



Elderberry Receipts

Elderberry Jam

1 lb. elderberries - stripped from stems
8 oz. cooking apples- peeled and chopped
1/4 pint water
Juice of two lemons
2 sprigs of lemon balm (if available)
1 1/2 lbs. sugar

Place all ingredients into a pan and simmer until reduced. Test for a set and pot and cover in the usual way.

Elderberry Vinegar

3/4 lb. elderberries
1/2 pint cider vinegar
1/2 teaspoon sugar
Pinch of mace
1 small onion- chopped
2 garlic cloves- chopped
A few whole allspice

Boil elderberries and vinegar together and allow to stand for 24 hours. Add the other ingredients. Boil again, then strain and bottle.

Elderberry Chutney

2 lbs. elderberries- stripped from stems
1 large onion- chopped
2 tablespoons sugar
1 teaspoon each of : salt, ground ginger, mustard seeds
1/2 teaspoon each of: cayenne pepper, mixed spice

Place all ingredients in a pan and simmer until well reduced. Pot and cover in the usual way.

Elderberry Rob

Take 5 lbs. of elderberries and strip from their stalks. Crush the fruit with 1 lb. sugar and boil until the consistency of thick honey - you must stir all the time. NB it is quite a slow process but you must not rush.

When it is quite ready - remove from heat and stir in a good splash of brandy to preserve it.

Place in clean jars and seal.

Take one or two tablespoons in hot water to help colds, coughs and bronchitis.

Elderflower cordial

Put 10 large flowerheads in a large bowl with:

1 1/2 lbs. sugar

Two chopped lemons

1 oz. of tartaric acid (optional)

Pour on 4 pints boiling water

Stir well, cover with a clean tea towel and leave for 24 hours - stirring occasionally.

Strain and bottle.

It keeps for a week even if not in the fridge. Dilute to taste with either still or carbonated water.

Lovely!

Paul Mobbs

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