

ELDERFLOWER SYRUP

Serves 4-6

INGREDIENTS:

- 30-40 elderflower heads
- 4 lemons, 2 sliced and 2 juiced
- 5 cups (1 kg) granulated sugar
- 10 cups (2.5L) water
- 2 teaspoons citric acid

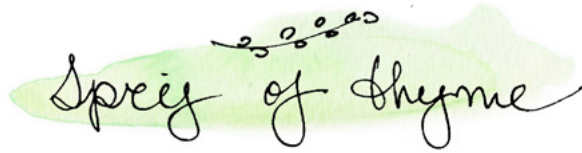


PHOTOGRAPHY AND STYLING BY IGLIKA PETROVA

DIRECTIONS:

1. Shake the elderflowers to remove any insects or particles. Using scissors cut the flowers off the clusters. Try cutting close to the flowers, leaving as little of the green stems as possible. Drop the flowers into a large pot that has been filled with the water. Add the sugar and the sliced lemons. Stir until most of the sugar is dissolved. Cover and let it stay in the refrigerator for 24 hours. Stir from time to time to completely dissolve the sugar.
2. Squeeze the juice out of the soaked lemons back into the syrup mixture and discard the lemons. Strain the mixture through a cheesecloth-lined strainer. Add the juice of the remaining 2 lemons and the citric acid. Heat the syrup over medium-high heat until it starts to simmer. Decant into sterilized bottles*. The syrup will keep in the refrigerator for up to 1 year.

*Sterilize bottles by running them on the hottest cycle of your dishwasher and then put them on a foil lined baking tray in the oven at 300F for 20 minutes. Make sure bottles are not touching each other. Swing tops should be removed beforehand and kept soaked in hot water while the bottles are being sterilized. If you don't have a dishwasher, wash the bottles with hot soapy water. Fill them with hot water, let them stand for 10 minutes, empty them and repeat this process 3 times before placing the bottles in the oven.



ELDERFLOWER LEMONADE

Makes 7-8 glasses

INGREDIENTS:

- 1 lemon, sliced
- 3 tablespoons granulated sugar
- 1/2 cup (packed) fresh mint leaves
- 2 cups fresh lemon juice
(about 8-12 lemons depending on size and juiciness)
(roll on counter to make them juicier)
- 1 1/2 cup elderflower syrup (see recipe above),
this amount will vary if using store-bought elderflower syrup
(you can buy it from IKEA, for example)
- 6 cups cold water



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DIRECTIONS:

1. Using a cocktail pestle or a potato masher, mash the lemon slices, sugar and mint (this will release the oils from the lemon skin and the mint which contain lots of flavor).
2. Add the elderflower syrup, the lemon juice and the cold water. Stir and let it sit in the refrigerator for 30-45 minutes to further enhance the flavors.
3. Strain the lemonade and remove the lemon slices and the mint leaves. Store the lemonade for up to 2 days.