



Elderberry Cordial

by Sue Kusch

not known for its tasty concoctions but elderberry elixir is the exception. It is delicious! My recipe is flexible: you can add other herbs and spices if you'd like to enhance the flavor or health benefits.

Add the following to a 1 quart canning jar.

$\frac{2}{3}$ cup dried elderberries

$\frac{1}{3}$ cup dried elderflowers (optional)

$\frac{1}{3}$ cup dried rose hips

2 tablespoons unpeeled, finely chopped fresh ginger

Add any of the following spices if desired:

One slightly crushed cinnamon stick

$\frac{1}{2}$ tsp grated nutmeg:

5 crushed cardamom seeds



Pour brandy or vodka to fill to about $\frac{3}{4}$ full. Stir and add honey to top of the jar. Stir until blended. Cap and label with the ingredients and date.

Put a lid on and store in a dark, cool place like a pantry or cabinet that you open every day. Turn it upside down each day for 6 weeks.

Strain the cordial, squeezing tightly (I use a potato ricer.)

Store in cool, dark place. Best if used within a year.

