

Recipes and Tips



Elderflower Sorbet

20 heads of elderflower, freshly picked
300g caster sugar
550 ml water
2 lemons, halved and juiced

Elderflowers are best picked when the buds are freshly open on a warm, dry, sunny day, well away from traffic fumes. Choose elderflowers with clean, creamy white petals. Give them a shake to remove any insects and rinse briefly in cold water before using.

Snip the stalk just before the flowers fan out. Put in a large pan with the sugar and water, the lemon juice and the juiced halves of the lemons. Bring to a gentle simmer, then turn off the heat and leave in infuse for at least 1 hour and up to 5 hours.

Line a sieve with muslin and set over a container. Strain the mixture and discard the flower heads and lemons. Churn with an ice cream maker or follow these steps:

Pour into a container with a lid and freeze for 2-3 hours until semi-frozen.

Scrape the semi-frozen mixture into a food processor or blender and break down the lumps of ice. Put the sorbet back in the container and freeze for another 1-2 hours.

Repeat this process another two or three times. The more times you blend the sorbet the smoother it will be.