

# ADAPT recipe for June

**Jane Marshall: Today 6:03am**

The elderflowers will be coming out any day so here are two of my favorites:

## **Elderflower 'Champagne'** (John Seymour)

12 heads of elderflowers (in full bloom & scent picked on a hot day)  
0.7 kg white sugar  
1 lemon  
2tbsp white wine vinegar

Put blooms in a bowl with juice of lemon. Cut up rind and add (minus white pith). Add sugar, vinegar, 4.5 litres water and leave for 24 hours. Strain liquor into screw-top bottles, leave for a fortnight. Don't add yeast, the weak yeasts on the flowers are enough. Drink within 3 weeks.

## **Elderflower fritters with Gooseberry puree**

4 sprigs elderflowers  
3 oz wholewheat flour  
Pinch salt  
2 eggs  
1 tbsp olive oil  
6 tbsp dry white wine

Put flour & salt in bowl, make a well in centre & beat in the eggs, Beat in the oil & wine to make a fairly thick batter.

Deep fry the fritters until golden brown, drain on kitchen paper.

Serve with gooseberry puree.

## **Gooseberry puree**

450 g green gooseberries  
6tbsp white wine  
1 elderflower sprig  
2 tbsp honey

Cook gooseberries, wine and elderflower in a pan over a low heat for 15 mins. Rub through a sieve, stir in honey