

# ELDERBERRY COUGH LINCTUS



**Rosie's Preserving School**  
PRESERVING PRESERVING

## Equipment List

Large pan: jam pan or large saucepan/stock pot

Wooden spoon

Sharp knife

Scissors

Chopping board

Measuring jug

Jam funnel

Dinner fork

Teaspoon

Scales

The recipe makes approx 4-5 250ml bottles

Don't forget lids to fit your bottles and some labels

this is a very effective remedy for that irritating cough that is so hard to be rid of

*Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!*

*Rosie*



## Ingredients

Elderberries, fresh	250g/8oz
or dried	50g/2oz
Water	600ml/20floz
Cinnamon Stick	1
Cloves, whole	3
Ginger, fresh root	1 piece
Allspice berries, whole	1 tbsp
Black Peppercorns	1 tsp
Nutmeg, freshly grated	1 tbsp
Honey, runny	250g/8oz

## Method

TOP TIP: To remove the berries from their stalks, gently 'comb' them with a dinner fork into a sieve or colander so that you can rinse them without handling ( they squish very easily)

If you can find a good source of berries they freeze well in small bags once they are prepped for use later

Put all but the honey into a pan, bring to a boil then reduce and simmer for around 30 minutes

Squash the berries with a potato masher to release the juice during this time

Strain the mixture through a jelly bag, and once cooled add the honey, stirring to combine.

Bottle and seal

Use within 1 year

Take the cough linctus as required but do not add to hot water as it destroys the properties of the honey

A small shot glass full 2-3 times a day is usually all that is required

Store away from strong light at ambient temperature

*As the linctus contains honey it is not suitable for children under 12 months of age*

For more delicious recipes and inspiration visit  
<https://recipes.rosiemakesjam.com>