

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>