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## Alcoholic elderflower 'champagne'

Pick the elderflowers on a sunny day when the natural yeast levels will be highest, and use this recipe to turn them into this fabulous alcoholic elderflower drink. After around two weeks, sip your (almost) free fizz! Makes 10L.

By Adrienne Wyper

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### Ingredients

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- Five or six [elderflower](#) heads, picked on a sunny day
- 1kg of granulated white sugar
- zest and juice of two [lemons](#)
- 4tbsp white [wine](#) vinegar

You will need...

- a clean plastic bucket of at least 12 litres capacity
- a sieve
- a funnel

### Nutrition (per portion)

Calories	--
Total Fat	--
Saturated Fat	--
Total Carbohydrate	--
Sugars	--

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- Five x 2-litre plastic bottles (reuse old ones or buy cheap mineral water from supermarket)

## Method

1. Pick off any insects from the elderflowers. Don't run the flowers under the tap or you'll wash the natural yeasts off.
2. Pour 10 litres of cold water into the plastic bucket.
3. Add the sugar and stir until dissolved
4. Drop in the elderflower heads and stir to submerge.
5. Add the lemon zest and juice, and the vinegar. Stir to mix thoroughly.
6. Lay a clean teatowel over the bucket and leave for 24 hours, stirring occasionally.
7. After 24 hours, pour the liquid, a little at a time, through a sieve into a jug. Pour from the jug through a funnel into the plastic bottles. Screw the caps on tightly.
8. Leave the bottles for at least two weeks. They'll become more rigid as the fermenting causes carbon dioxide to build up, and you can unscrew the top a little (carefully!) to release some of the pressure. Screw it back up tightly. After two weeks your elderflower 'champagne' will be ready to drink. Alcoholic content depends on fermentation, and you need specialist equipment to measure it accurately, but will probably be around 3% alcohol.

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