



Garden to Table's 'Be With a Tree' Challenge for 2020 is to find a tree that provides us with food. This year we've chosen the lemon tree to help us make a winter wellness drink. You could use any citrus fruit in this recipe – such as grapefruit, lime, orange or mandarin. They are all winter fruits and contain lots of Vitamin C. This drink is soothing when you're feeling under the weather.

Season: Winter  
From the garden: Lemons or other citrus fruit  
Type: Drink  
Difficulty: Medium  
Serves: Makes approximately 750ml/20-25 servings

### Equipment

- Glass bottle with a lid
- Chopping board
- Chef's knife
- Vegetable peeler
- Saucepan
- Wooden spoon
- Measuring cups/spoons
- Jug
- Lemon squeezer/reamer
- Sieve
- Funnel

### Ingredients

- 4 lemons
- 100g fresh ginger
- 2 cups water
- 1 cup sugar
- 2 Tablespoons honey
- 1 Tablespoon citric acid (optional)
- Water to serve

### To sterilise the bottle

1. Put the clean bottle into the cold oven. Heat the oven to 100°C until you are ready to fill the bottle.

### To make the syrup

2. Peel the lemons using a vegetable peeler. Chop the ginger roughly.
3. Put the lemon peel and ginger into the small saucepan with the water and sugar. Boil for 5-10 minutes until the sugar is dissolved and the flavour has come out of the ginger and lemon peel. **Caution – hot!** Ask an adult to help you with this. While it is boiling, cut the lemon in half and squeeze out the juice into a jug.
4. Put the sieve over the jug with the lemon juice. Pour the lemon/ginger mixture through the sieve into the jug. **Caution – hot!** Ask an adult to help you with this. Put the lemon peel and ginger in the compost.
5. Cool slightly. Stir in the honey. Stir in the citric acid if using.
6. Using oven gloves, take the sterilised bottle out of the oven. **Caution – hot!** Ask an adult to help you with this. Use a funnel to pour the liquid into the bottle. Leave to cool.
7. Store in the fridge.

8. To serve, add 1-2 Tablespoons of syrup to hot, cold or fizzy water.

**Notes:**

- Honey contains anti-oxidants and is antibacterial and antifungal. Heat will destroy these properties so if you are using raw honey, wait for the mixture to cool slightly before adding the honey.
- You can change the flavour by changing the citrus or adding spices such as whole cloves (8), grated nutmeg (one quarter grated fresh), whole fennel seeds (1 teaspoon), star anise (use one). Boil the spices with the citrus peel and ginger and then strain out.
- The citric acid helps the cordial to keep longer but you can make the recipe without it. Citric acid can be found in the supermarket or a pharmacy.
- Sterilising – never put a glass bottle into a hot oven because it could explode from the heat shock. Heating the glass bottle before you fill it will kill any germs, helping the syrup last longer.

**Skills:**

- **Sterilising**, peeling, chopping, boiling, squeezing, sieving
- **Sterilising** – using heat to kill bacteria and other microorganisms that would spoil food over time.