

# Elderflower Delight

Elderflower is a hedgerow delight! You can use it in so many ways, but this adapted version of a Turkish delight is particularly yummy. This recipe is an excerpt from John Wright's River Cottage Handbook No. 7 – Hedgerow (Bloomsbury).



#30DaysWild

## Method

### Ingredients (makes around 60 cubes)

- 20g leaf gelatine (vegetarian alternatives available)
- 20 elderflower sprays
- 700g granulated sugar
- Juice of 2 lemons
- 400ml water
- 130g cornflour
- 30g icing sugar

1. Soak the gelatine in a shallow dish of cold water to soften. Strip the elderflower blossom from the stems with a fork and tie them in a piece of muslin to form a bag, leaving a length of string.
2. Put the granulated sugar, lemon juice and 300ml water in a heavy-based saucepan, heat gently until the sugar is dissolved, then leave to cool.
3. In a bowl, mix 100g of the cornflour with the remaining 100ml water until smooth, then stir into the lemon sugar syrup. Return the saucepan to a low heat. Squeeze the gelatine to remove excess water, then add to the mixture and stir with a balloon whisk until the gelatine has dissolved.
4. Bring the mixture very slowly to the boil and simmer for 10 minutes, stirring almost continuously to prevent

the mixture sticking and any volcanic build-up of steam. Suspend the muslin bag of elderflowers in the mixture and simmer, still stirring, for a further 15 minutes, giving the muslin bag an occasional squeeze with the back of the spoon to release the elderflower fragrance. The mixture will gradually clarify and become extremely gloopy.

5. When ready, leave to cool for 10 minutes. Mix the remaining 30g cornflour with the icing sugar. Line a shallow baking tin, about 20cm square, with baking parchment and dust with a heaped tablespoonful of the icing sugar and cornflour mixture. Remove the muslin bag from the gloopy mixture, then pour it into the baking tin and place in a cool place (but not the fridge) to set. Now refrigerate for a few hours until it becomes rubbery.
6. Cut the Elderflower Delight into cubes with a knife or scissors and dust with icing sugar.

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The natural world can be a well-stocked pantry for all of us to explore: from elderflower to wild garlic, honeysuckle to strawberries. There's always something for you to forage to add a wild element to your meals! Just make sure you leave plenty for wildlife to enjoy. I love using Elderflower, and it's in abundance at this time of year. I'll

let you in on my recipe - why don't you try making it as one of your Random Acts of Wildness for this year's 30 Days Wild?

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Hugh Fearnley-Whittingstall, Chef

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