

# **BLACKCURRANT CORDIAL & ICE LOLLIES**

Makes: 1 litre of cordial and a lot of ice lollies!!

## **INGREDIENTS**

450g blackcurrants

450g granulated sugar

300ml water

## **MAKE THE CORDIAL**

1. Place your water, sugar and blackcurrants in a pot.
2. Simmer at a low heat, stirring occasionally until the sugar is dissolved and the berries burst.
3. Let cool and strain out the black currants from the liquid. You can use a mesh sieve, a jelly bag or a muslin.
4. If you are making cordial, decant your liquid in a bottle for storage. Cordial keeps about 1 week in the fridge.

## **MAKE THE ICE LOLLIES**

1. Spoon about 1 tablespoon of your cooked, sweetened berries into the bottom of your ice lolly moulds.
2. In a large jug, dilute your cordial to 1 part syrup to 3 parts water. My lolly moulds hold a litre of liquid, so I use about 250ml of cordial to 750ml of water, but you can adjust this to taste.
3. Fill up your lolly moulds, add the sticks and freeze for at least 4 hours.

