

Lemongrass, ginger & lemon cordial



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Preparation 20 mins + chilling time | Cooking 20 mins | Makes 2 cups

2 cups caster sugar

1 cup water

2 stems lemongrass, crushed and chopped

200g fresh ginger, peeled and finely chopped

1 cup lemon juice (about 3 lemons)

STEP 1 Combine sugar and water in a medium saucepan. Stir over medium heat until sugar dissolves then bring to the boil. Boil for 1 minute. Add lemongrass, ginger and lemon juice. Boil for 1 minute.

STEP 2 Reduce heat to low and simmer for 10 minutes. Remove from heat. Set aside to cool to room temperature for flavours to develop.

STEP 3 When cool, strain and pour cordial into a clean bottle. Seal and chill until ready to serve. Use within 2 weeks.

Serving suggestions:

- Serve with sparkling mineral water, mint leaves, sliced lemon and crushed ice.
- For a cocktail, add vodka or gin to taste and team with soda water, lemon slices and crushed ice.

Good for you... **LEMONS**

A good source of vitamin C, one of the vitamins that helps defend the body against infection. Lemon peel and juices contain pectin, a form of soluble fibre which helps beneficial bacteria in the large intestine.

