



RHUBARB HERBAL CORDIAL WITH GINGER

Ingredients

- 4 stems of Rhubarb
- 500ml water
- 300g raw sugar
- 1-2 lemons juiced.
- 20g ginger, chopped finely
- Small bunch of mixed and washed herbs*
- 1 cup frozen berries (strawberry guava) plus 1 cup for cooling. Keep for next class.

*your choice of *lemon balm, rosemary, lavender, mint, lemon verbena, oregano* etc. Choose floral and fragrant types.

Method

1. Wash and cut rhubarb into pieces and add to the water along with the frozen berries and sugar. Turn on the heat and let come to a simmer.
2. Trim herbs and make a **bouquet garni** (tied with string) and add to the pot. Cook for 10 mins and then add ginger, letting steep (covered but off the heat) for 10 mins.
3. Pass the cordial through a sieve (keeping the guava) and cool over a water bath using more frozen guavas. Removing the husk from some of the guavas, crush them with a little of the syrup once it has cooled. Add water and serve.

What is a bouquet garni?

Herbs are gathered into bundles and secured with a string before being added to stews or soups while they are cooking. The bundles are removed prior to consumption leaving behind a delicate combination of subtle flavours.