THE LIGHTER PLATE METHOD

Blackcurrant & Ginger Hot Cordial

A hot fruit cordial for cold evenings, tart and gently fiery.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**9 min**	**12 min**	**2**	**EASY**

Ingredients

- 200 g frozen blackcurrants
- 3 cm piece fresh root ginger (sliced)
- 3 tbsp honey
- 0.5 lemon
- 500 ml boiling water

Method

1. Put the blackcurrants, ginger and honey in a pan with 200ml water.
2. Simmer for 8 minutes, crushing the fruit against the side of the pan, until thick and syrupy.
3. Strain through a sieve into a jug, pressing the pulp well.
4. Divide between two mugs, top up with boiling water and sharpen with lemon juice.

Tips & swaps

- Make a batch of the syrup and keep it in a jar in the fridge for a fortnight; a spoonful in hot water gives you the drink in twenty seconds.

Storage & reheating

Syrup keeps in the fridge for up to 2 weeks.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
80	**0g**	**21g**	**0g**	**2g**

Estimated values, for guidance only.