

Cherry and Raspberry Cordial - by Healing Family Eats

*This is such a delicious, summery drink but when cherry season is over you can easily substitute for other fruits. Experiment away!
(makes 2 cups (500ml) cordial)*

1+1/2 lb ripe cherries
6 oz raspberries
generous pinch [vanilla powder](#)
1/4 cup + of syrup (see below)
for the syrup: (makes 1 cup)
juice of 1/2 lemon (2 tbsp)
1/3 cup [honey](#)

Remove the stalks and stones from the cherries, halve them and put into a large pan together with the raspberries and vanilla powder. Add 3/4 cup filtered water and bring up to a simmer. Cook gently for 10 minutes then set aside to cool whilst letting the flavour and colour intensify. Transfer the mixture to your food processor and pulse a couple of times to break up the fruits if necessary, but do not purée. Now place in a [jelly strainer](#) set up over a large jug and leave for several hours, ideally overnight, to drip/extract as much liquid as possible (you will get around 1+3/4 cup). Don't be tempted to squeeze the bag or it may make the cordial cloudy. If you don't have a strainer, use a fine mesh sieve lined with [muslin](#).

Meanwhile make the syrup. Put the lemon juice and honey into a medium pan, together with 1 cup filtered water. Bring to a gentle simmer for 5 minutes, stirring initially to melt the honey. Remove from the heat and set aside to cool.

Once the fruits have finished dripping, stir in 1/4 cup of the syrup, adding more if you prefer it sweeter, and decant into a sterilised [sealable bottle](#). You can keep the remaining syrup for a couple of weeks in the fridge. Btw don't throw away the remaining pulp, eat it with coconut yoghurt or ice cream, or return it to your processor, add a dash of water or syrup and make sauce.

To serve, drop a couple of ice cubes into a glass, pour in 1 part cordial to 2 or 3 parts water, or however you like it. Cordial keeps for up to 5 days in the fridge.

