



Tell me

Episode 14: How do you make a Christmas cordial?

Hello and welcome to this special edition of our *Tell me* mini podcast with a recipe for a very Christmassy cordial! My name is Marc and I am an information officer at the Alimentaryum.

The days are getting shorter and Christmas is just around the corner. It's the time of year when we often fancy drinking something warming. Perfect timing then to answer Romane, aged twelve, who asked us:

How do you make a Christmas cordial?

Well, we have an easy recipe for you, full of tasty ingredients, such as cinnamon and cloves!

Before you start cooking though, you'll need the following utensils:

- A large saucepan and its lid
- A large bowl or jug
- A sieve
- A peeler and a sharp knife
- A lemon squeezer
- A funnel
- Several small glass bottles with screw-top lids. It's OK if these bottles have already been used, provided you wash them well and rinse them with hot water. Fruit juice bottles usually work well, but they must be made of glass as you'll be pouring hot cordial into them.

Now for the ingredients...

- 2 oranges and 3 lemons (preferably organic to be sure they're free of any chemicals)
- 1 litre of red grape juice
- 2 teaspoons of loose tea (or 2 teabags)
- 1 whole star anise fruit (this is also called badian)
- ½ strip of cinnamon bark
- 2 cloves
- 3 slithers of fresh ginger
- One vanilla pod, cut lengthwise
- 350 g sugar

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Once you've got all this ready, let's get cooking!

The first thing you need to do is to pour the grape juice into the saucepan. Then wash the oranges and lemons well, peel them and add the zest into the saucepan. You then need to squeeze the juice out of the oranges and lemons and pour that into the saucepan too. Once you've done all that, it's time to add the tea, spices, ginger and vanilla and start cooking!

You need to boil this mixture for five minutes, then take the saucepan off the heat and put a lid on it. Leave your mixture to rest for at least two hours. Yes, two hours! Making a tasty cordial requires a little patience...but it'll be worth it!

Now, get your large jug or bowl ready. The next step is to pour your mixture out of the saucepan and into that jug or bowl, but through a sieve to remove the spices and zest. Wash your saucepan so that you can pour this filtered juice back into it, then add the sugar. Stir the sugar in well until it dissolves. Once all the sugar has dissolved, you then need to boil your cordial for another five minutes and then pour it through a funnel into the glass bottles. If you screw the lids on tightly, your cordial will keep for several weeks!

You can drink this cordial just like any other cordial or squash. All you have to do is dilute it with water! We think it tastes better with hot water though. It will warm you up on a chilly winter's day and probably put you in the Christmas spirit!

You can add a special touch by making some nice labels for your bottles of cordial. They make great gifts for your loved ones!

If you choose to post any photos of your Christmas cordial on social media, we'd love to see them too, so please use the hashtag Alimentaryum!

We hope you enjoy making and drinking this cordial and wish you lots of festive fun!

Take care!



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