**Food Tech KS3, summer 1, week 6**

**Task** – This week I am asking you to make cook or prepare a seasonal (spring/summer) fruit or veg inspired dish, sweet or savoury.

You can choose any seasonal fruit or veg and use as a main ingredient or simply a decorative element e.g. Victoria sandwich decorated with berries.

I have included one of my favourite summer recipes that uses elderflowers.

If you fancy foraging for your ingredient, please follow the advice given by the woodland trust in the following link:

<https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/foraging/foraging-guidelines/>

The British public have been asked to support our farmers and buy British strawberries; lockdown has created an overabundance of strawberries that were grown for the hospitality industry.

**Elderflower Sorbet Recipe**

This is a family favourite, it’s easy to make, has very few ingredients and does not require any specialist equipment. The original recipe has 700g of sugar. I concluded this was too much. However, any less than 400g and you lose the syrupy smooth quality and it becomes crystalized and much less enjoyable.

Ingredients:

* 400-700g white sugar
* 1 litre water
* 8 elderflower heads
* Zest from 3 lemons.

**Method**

Place the water and sugar in a heavy bottomed pan, dissolve the sugar and bring the liquid to a steady simmer. Allow the liquid to simmer for around 5-10 minutes.

Remove from the heat and add the elderflowers and lemon zest, leave to cool completely.

Strain the syrup into a suitable sized container and place in the freezer. Stir your as often as you can remember.

**Picking your Elderflowers**

Avoid picking them after the rain, they will have lost their pollen which is where the flavour comes from. Avoid washing for the same reason.

Aim to pick healthy looking flower heads.

Shake off any insects – or abandon any that are too infested.

Cut the larger stem/s off, use only the main part of the flower heads. I do this just before they go into the syrup, so there is something to hold on to beforehand.