**Dandelion & Burdock Cordial**

Ingredients:

3 tbsp dandelion root (fresh or dry)

3 tbsp burdock root (fresh or dry)

6cm fresh ginger root, roughly chopped

3 x star anise, crushed

800ml water

250ml honey or 300g dark brown sugar (but any sugar will be fine)

Method:

(Dig up roots, wash thoroughly and chop into small pieces).

Add the roots, ginger, and star anise to a large pan with the water and bring it to the boil. Simmer over medium-low heat for about 20 minutes until the roots have infused to colour the water.

Strain the liquid through a muslin or a fine sieve. Pour the liquid back into the pan and add the honey or sugar, upping the quantity depending on how sweet you want (remember, it will be diluted). Continue heating until the honey or sugar has dissolved and the liquid thickens.

Allow to cool slightly, then pour into sterilised bottles. Keep in the fridge (the more sugar you add, the longer it will last).

To serve dilute with water, fizzy water or tonic.