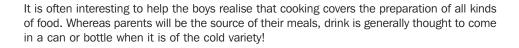


Lemonade







Ingredients:

- 3 lemons
- 75g sugar
- 1 litre water

Equipment:

- · Potato peeler or grater
- Saucepan
- Bowl
- Lemon squeezer

Instructions:

- Use "unwaxed" lemons or wash then in hand hot water to remove their preservative coating.
- 2. Use a potato peeler to get the yellow "zest" off the lemons. An alternative way is to grate the yellow off with a fine cheese grater, but watch the fingers.
- 3. Put the grated rind and sugar into a plastic bowl. Measure 1 litre of water and bring to the boil in a saucepan. Alternatively if the required amount of water is put into a kettle this can be used to boil it more safely.
- 4. Pour over the sugar and lemon and stir until the sugar has all dissolved (use a long handled wooden spoon).
- 5. Allow to cool.
- 6. Squeeze the juice from all the lemons and add to the sugar solution.



Take extra care when using boiling water. Additional supervision may be required