



Groups of 4-6



15-20 minutes

Lemonade

It is often interesting to help the boys realise that cooking covers the preparation of all kinds of food. Whereas parents will be the source of their meals, drink is generally thought to come in a can or bottle when it is of the cold variety!

Ingredients:

- 3 lemons
- 75g sugar
- 1 litre water

Equipment:

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

Instructions:

1. 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