

Blueberry cordial

Makes approximately 850ml

1kg blueberries
150g caster sugar

Place the blueberries in a large saucepan and cover with 300ml of cold water. Bring to the boil, stirring occasionally, then simmer for 4-5 mins until a pulp. Allow to cool, then strain into a large bowl through a sieve. Leave to strain for 1 hr, pushing the fruit through with the back of a spoon from time to time. Discard the pulp, or freeze to use in another recipe.

Transfer the liquid to a separate saucepan and add the sugar. Simmer for 5 mins, so the sugar has dissolved completely. Boil for 4 mins, until glossy and slightly thickened.

Using a sterilised* jug, pour into a sterilised bottle. Seal with a sterilised top, and store in the fridge. Use within three months, and within a week once opened. Water down, approximately 1 tbsp to 150ml of cold water, to taste, before drinking.

*To sterilise, wash items in hot, soapy water, then rinse and dry. Fill with boiling water for 2 mins, then discard the water and dry.



Rustic blueberry tart

Serves 8

750g blueberries
400g plain flour, plus 1
tbsp and extra for dusting
200g chilled unsalted
butter, cubed

salt

150g caster sugar,
plus extra to sprinkle
1 egg, plus 1 yolk
zest and juice of 1 lemon

Sift 400g flour into a large bowl. Add the butter cubes with a pinch of salt, and mix with a spoon. Using fingers and thumbs, swiftly rub the butter into the flour, until it is fully integrated and the mixture looks like breadcrumbs. Mix in 50g of the sugar, the yolk and 125ml of ice-cold water. Knead together on a floured surface for 5 mins, until smooth. Wrap in cling film and chill for 1 hr.

In the meantime, in a large bowl, mix together the blueberries, the remaining sugar, 1 tbsp flour, and the lemon zest and juice. Set aside. Preheat the oven to 170°C/gas mark 3.

Grease a 25cm loose-bottom round tin liberally. On a surface lightly dusted with flour, roll out the pastry to one and a half times the size of the dish. Cut it into a circle, then transfer to the dish, keeping the pastry central and letting the sides overhang. Fill the pie with the blueberry mix and fold over the pastry to create a rim. Trim with kitchen scissors if it is covering the blueberries too much.

In a small pot, whisk the egg and brush it over the pastry, then sprinkle the pastry with sugar. Bake for 1 hr, until golden and the blueberries are soft and gooey.