

# .. St. Steve's Cordials ..



Hand-Crafted Syrups for Teas, Cocktails, Salads, and More

[www.ststeves.com](http://www.ststeves.com)

## RECIPES

Congratulations on your purchase of our fine cordials! At Mud Lake Farm, we hand-craft our cordials (flavored syrups) in small batches, using ginger and elderflowers grown on our farm in West Michigan whenever possible. Our cordials are sweetened with cane sugar, and are full of flavor, so a little goes a long way.

Please refrigerate cordials after opening. For more information and to order cordials, please visit our website:

**[www.ststeves.com](http://www.ststeves.com)**

## Salad Dressings

### Elderflower Salad Dressing

1/4 C St. Steve's Elderflower Cordial

1/4 C light salad oil of your choice

2 T white wine or apple cider vinegar

1 tsp spicy brown mustard

1/4 tsp salt

1/8 tsp pepper

Combine ingredients and whisk (or put in a pint-sized mason jar and shake). For a delicious salad, tear 8 oz of Mud Lake Farm lettuce into bite-sized pieces, grate a 2 oz chunk of aged asiago cheese on top, and add elderflower dressing.

## Salad Dressings

### Asian Ginger Salad Dressing

1/4 C St. Steve's Ginger Cordial

1/4 C light salad oil of your choice

2 T balsamic vinegar

1 tsp spicy brown mustard

1T sesame oil

1 T soy sauce

1/4 tsp salt

1/8 tsp pepper



Combine ingredients and whisk (or put in a pint-sized mason jar and shake). For a delicious salad, tear 8 oz of Mud Lake Farm lettuce into bite-sized pieces, add sunflower shoots and sliced almonds. This dressing also works well with baby bok choy, chard, kale, or other more sturdy greens.



## Sauces, Sides, & Condiments

### Ginger Peanut Sauce

1/3 C peanut butter  
1/4 C St. Steve's Ginger Cordial  
2 T rice vinegar (or other vinegar)  
2 tsp sesame oil  
Water to thin if needed

Mix peanut butter, cordial, vinegar, and oil together in microwave safe dish and microwave for 1 minute, stirring well after 30 seconds. Add water and stir well if a thinner consistency is desired.

### Sweet & Sour Sauce

1/3 C St. Steve's Ginger Cordial  
1/3 C white vinegar  
1/3 C brown sugar      2 T soy sauce  
1 ½ T cornstarch        1 T Ketchup

Combine in a saucepan over medium high heat. Stir constantly until the sauce comes to a boil and thickens. Try with egg rolls, stir fry, marinade, meatballs, and chicken nuggets.

**Topping** - Try topping your oatmeal, yogurt, fruit, or ice cream with Cordial.

## Sauces, Sides, & Condiments

### Yellow Dragon Kim Chi

2 lb Bok Choy	1 cucumber
1 lb Carrots	1 oz pineapple
2-3 cloves garlic	2 green onions
1 C BLiS Blast hot sauce	
1/4 C St. Steve's Ginger Cordial	

Thinly slice the bok choy, cucumber and carrots. Sprinkle with sugar and salt, and let sit for an hour to pull out some of the moisture. Drain vegetables overnight, pressing them with a weight to remove as much moisture as possible. Blend pineapple, garlic, green onions, hot sauce and cordial together until

smooth. Pour over vegetables, mix and refrigerate 24 hours for flavors to meld.

### Roasted Root Veggies

Drizzle roasted root veggies with St. Steve's Ginger Cordial for last few minutes of baking.

### Decadent Whipped Cream

Add Cordial to heavy cream before whipping for a tasty dessert topping.

# Sweets

## St. Steve's Ginger Scones

3 C flour	3/4 C buttermilk
3/4 C sugar	2 oz bag Candied Ginger
1 tsp baking powder	1/2 C raisins
1 tsp baking soda	1 T lemon zest (optional)
1 tsp salt	2 T St. Steve's Ginger Cordial
1/2 C butter	

Preheat oven to 400 F. In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. Cut in cold butter until mixture resembles coarse crumbs. Stir in candied ginger, raisins, and lemon zest. Add buttermilk and Ginger Cordial, and mix briefly. Don't over-mix! Divide into two balls, and flatten each onto a floured surface into a 1-inch thick, 6-inch wide circle. Slice each round into 6 wedges. Transfer to parchment-lined baking sheet, spacing at least an inch apart. Sprinkle with coarse sugar. Bake at 400 F for 15-18 minutes. Cool on a rack for 5 minutes before eating. Makes 12 scones.

## Sweets

### Blueberry Elderflower Coffee Cake

2 C flour	1 tsp salt	2 eggs
1 C sugar	1/2 C butter	2/3 C milk
2 tsp baking powder		1 C blueberries (fresh or frozen)
1/2 C chopped pecans or walnuts		4 T St. Steve's Elderflower Cordial, divided

Preheat oven to 350F. Put blueberries in a small metal bowl in the oven while it preheats. In a large bowl, combine flour, sugar, baking powder, and salt. Cut in cold butter until mixture resembles coarse crumbs. **IMPORTANT:** Set aside 3/4C of this mixture to make the topping. In a measuring cup, whisk together milk, eggs, and 2 T Elderflower Cordial, and add to dry mixture in the bowl. Fold together, and pour batter into greased 9x13 pan. Remove bowl of berries from oven, add 2 T Elderflower Cordial to blueberries, and mash with fork. Pour blueberry mixture over batter, swirl into batter using fork. Stir nuts into reserved dry mixture, sprinkle on top. Bake at 350 F for approx. 25-30 minutes, until firm to touch in center of cake.

# Sweets

## Elderflower Peach Cobbler

### Batter:

2 C flour  
1 T baking powder  
1/2 tsp salt  
2 T sugar  
6 T cold butter  
3/4 C milk

### Fruit base:

4 C peaches, peeled/sliced  
1/4 C St. Steve's Elderflower Cordial  
1 C sugar  
2 T cornstarch

Preheat oven to 400 F, grease a 9x13 pan. Place peaches, cordial, sugar, and cornstarch in a saucepan and bring to a simmer until sugar dissolves and sauce thickens. Transfer mixture to 9x13 pan. Mix flour, baking powder, salt, and sugar in a medium bowl, cut in butter until mixture resembles coarse crumbs. Add buttermilk, and mix (batter will be thick). Spoon dollops of batter on top of peaches. Bake 25 minutes until top is crisp and golden. Serve with ice cream.

# Sweets

## Ginger Pear Coffee Cake

2 C flour  
1 T baking powder  
1 tsp salt  
1/4 C sugar  
1/3 C butter or coconut oil  
1 egg  
1 C milk  
2 T St. Steve's Ginger Cordial  
1-2 pears, cut up

Topping:  
1/2 C sugar  
1/2 C chopped nuts  
1 tsp cinnamon  
1 tsp ginger  
1 tsp nutmeg  
2 T Yellow Dragon Ginger Cordial

Preheat oven to 425 F. Mix dry ingredients together, and cut in butter or coconut oil. Stir in pears. Add egg, milk, and ginger cordial to form batter. Mix topping ingredients together, and add about half of the topping to the batter, folding in slightly. Put batter in 9x9 or 7x11 greased pan. Sprinkle remaining topping on top of batter. Bake at 425 F for 15-20 minutes.

## Soft Beverages

### Ginger Ale with a Kick

2 T St. Steve's Ginger Cordial  
Splash of lime juice or triple sec  
Carbonated water to taste

Fill glass with ice, add rest and stir.  
Garnish with lime slice.

### Elderflower Fizz

2 T St. Steve's Elderflower Cordial  
Splash of lemon or lime juice  
Carbonated water to taste

Fill glass with ice, add rest and stir.  
Garnish with lemon or lime slice.

### Water Bottle Booster

Add a splash or either Elderflower or  
Ginger Cordial to your water bottle for  
a refreshing drink.

### Elderflower Lemonade

2 T St. Steve's Elderflower cordial  
Water to taste  
Lemon wedge

Fill glass with ice, squeeze lemon  
wedge and add to glass. Add cordial  
and top off with cold water.

## Soft Beverages

### Hot "Cold" Tea

Pour 1 T of Elderflower Cordial into your favorite mug. Top up with boiling water and sip a soothing "tea" that will help your sore throat feel soothed.

### Hot "Tummy" Tea

Pour 1 T of Ginger Cordial into your favorite mug. Top up with boiling water and sip a soothing "tea" that will help your upset tummy feel soothed.

### St Steve's Elderflower Slushy

8 ice cubes  
1 T lemon juice  
2 T St. Steve's Elderflower Cordial  
3 T Water

Blend in blender until smooth.  
Refreshing! Or make a similar recipe but freeze into popsicles.





## Hard Beverages

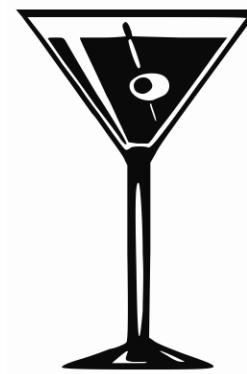
### Michigan Mule

2 T vodka  
2 T St. Steve's Ginger Cordial  
Splash of lime juice or triple sec  
Carbonated water to taste

Fill glass with ice, add rest and stir.  
Garnish with lime slice.

### Elderflower Gin & Tonic

2 T Gin  
2 T St. Steve's Elderflower cordial  
Carbonated water to taste  
  
Fill glass with ice, add rest and stir.



### Elderflower Martini

4 T Vodka            1 T Lime Juice  
2 T St. Steve's Elderflower Cordial  
1 T Dry Vermouth

Shake in a cocktail shaker with ice,  
strain into a martini glass, and garnish  
with lime wheel.

## Hard Beverages

### BOB (Best Of Both)

1 T St. Steve's Elderflower Cordial  
1 T St. Steve's Ginger Cordial  
2 T Vodka (optional)  
Splash of Lime juice or Triple Sec  
Carbonated water to taste

Fill glass with ice, add ingredients and stir.

Fill glass with ice. add first three ingredients, then top up with orange juice and stir.

### Elderflower Sangria

2 T St. Steve's Elderflower Cordial  
Dry Red Wine (chilled)

### Florida Vacation

2 T vodka      2 T peach schnapps  
1 T St. Steve's Elderflower Cordial  
Orange Juice to taste

Pour 1 oz (2 Tbsp) of Elderflower Cordial into your wine glass. Add chilled dry red wine to fill glass. Garnish with lemon slice.

# Elderberry Cordial Recipes

## Elderberry Red-Hot

2 T St. Steve's Spiced Elderberry Cordial  
Pinot Grigio (inexpensive is great)

Pour cordial into wine glass, add wine. Spice up an inexpensive wine with the flavor of red-hots!

## Gin-Berry Fizz

2 T St. Steve's Spiced Elderberry Cordial  
2 T your favorite Gin  
Carbonated water (or St. Steve's

Elderflower Soda) to taste

Fill glass with ice. add first two ingredients, then top up with carbonated water or soda and stir.

## Elderberry Tea

1-2 T St. Steve's Spiced Elderberry Cordial  
Hot Water

Pour 1-2 Tbsp of Cordial into your a mug and top with hot water. You can add rum or whiskey if you like.

# Health Benefits of Elderflower, Elderberry, & Ginger

## Elderflower & Elderberry

- Shortens colds by 2 days and the flu by 4 days
- Boosts immune function
  - Antiseptic
  - Antiviral
  - Antibacterial
  - Anti-inflammatory
- Relieves occasional constipation

## Ginger

- Nausea relief
- Boots immune function
- Lowers risk of infection
- Reduces pain and inflammation
- Improves diabetes
- Improves IBS and other digestive issues
- Relieves menstrual cramps

These are some of the things for which Elderflowers, Elderberries, and Ginger are known to be helpful. This list is not meant as a health claim for our products.