



Make your own...

1950s HOMEMADE LEMONADE

In the 1950s when the books were set, the Famous Five didn't have the range of drinks we have today. Over half of children would have drunk tea with their meals. It wasn't until 1953 that sweets were no longer rationed so it was quite normal for children in the 1950s to go without the sweets, biscuits, crisps and fizzy drinks that we take for granted. Homemade lemonade was a treat.

Ingredients:

3 unwaxed lemons

140g caster sugar

1 litre cold water

1950s method

Step 1 Peel the rinds from the lemons, place them in a bowl and sprinkle sugar over them. Let stand for one hour so the sugar soaks up the oils from the lemons.

Step 2 Bring water to boil in a covered saucepan and then pour hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes then remove the rinds.

Step 3 Squeeze the lemons into another bowl. Pour the juice through a sieve into the sugar mixture. Stir well, pour into a jug and pop in fridge.



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Easy peasy method for the modern child

Step 1 Tip the lemons, sugar and half the water into a food processor and blend until the lemon is finely chopped.

Step 2 Pour the mixture into a sieve over a bowl, then press through as much juice as you can. Top up with the remaining water and serve with ice.



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