



Homemade Cough Drops

Prep Time	Cooking Time	Total Time	Yields
40 min	30 min	1 hr	40 - 50 drops



Relieve coughs and soothe a sore throat with natural homemade cough drops. These DIY cough drops with herbs are a wonderful homemade remedy to calm a cough as it may occur with a cold, minor throat irritation and scratchiness. The ingredients for these yum all-natural drops include herbs, honey, lemon juice, and spices. You can customise the recipe to your needs. Download printable labels for storage and gifting here: <http://chcotta.ge/bl0333>

Instructions

You can make the cough drops with a herbal infusion. Alternatively, use just water and add 1 tsp finely ground, dried herbs once the sugar syrup starts to bubble. In any case, you need 100 ml (1/3 cup + 1 1/2 tbsp) liquid.

Ingredients & Materials

For the herbal infusion

- 250 ml (1 cup) water
- a handful of fresh herbs or 3 tbsp dried herbs or 5 tea bags of herbal tea (e.g. sage, thyme, peppermint)
- spices (optional, e.g. 3 ginger slices, 5 cloves, 1 cinnamon stick)

For the cough drops

- 100 ml (1/3 cup + 1 1/2 tbsp) herbal infusion or water
- 200 g (1 cup) caster (granulated) sugar
- 1 tbsp honey
- 1 tbsp lemon or orange juice
- icing (confectioners'/powdered) sugar or cornstarch for coating

For packaging

- airtight jars or containers
- labels

Storage Tip

Store the cough drops in airtight containers or jars in a dry and cool place. Make sure the drops are away from moisture or humidity as they will draw in moisture and become soft and stick together.

1) Prep work

Line two baking trays (sheets) with baking (parchment) paper or silicone baking mats. Fill cold water in a tumbler. Measure out the ingredients.

2) Prepare the herbal infusion

Bring 250 ml (1 cup) water to a rolling boil. Add the dried herbs or tea bags, ginger and spices and let steep for 10 minutes. Pour through a strainer to remove the solids and measure 100 ml (1/3 cup + 1 1/2 tbsp) of the liquid. Set aside.

3) Cook the sugar syrup

Place the sugar, herbal infusion, and lemon juice into a wide, heavy-bottom saucepan. Heat on high flame until the sugar starts to dissolve and the mixture begins to bubble, which usually takes approximately 7 to 10 minutes. Stir constantly. Reduce the heat to medium-high and continue cooking for 7 to 10 more minutes until the mixture reaches the hard crack stage (150°C/300°F on a sugar thermometer).

Tip: If you don't have a candy thermometer, test the consistency of the syrup the following way: Drop a little of the sugar syrup in the cold water. Once you hear a crackling sound and the sugar forms hard, stop the cooking process and take the pan off the heat. To avoid burns, let the sugar syrup cool in the water for a few seconds before touching it.

4) Form the cough drops

Drop small amounts of sugar syrup on the lined baking trays (sheets) and allow to cool, which takes 15 to 20 minutes. If the syrup becomes too sticky to pour drops, carefully re-heat over a low flame until the consistency is pourable again.

5) Coat the cough drops

Once the cough drops have hardened and are cool to the touch, generously dust them with icing (confectioners'/powdered) sugar or cornstarch. Transfer the homemade cough drops into airtight containers.