

## MULLED WINE RECIPE

Mulled wine originated in ancient Rome where citizens would fortify themselves against cold weather with warm wine. As the Roman Empire spread across Europe, they shared their love of warm wine with new peoples. In the Middle Age, Europeans added spices to their warmed wine, believing it to promote health and guard against illness. The process of mulling wine continued to be used to improve the taste of less-palatable wines until enthusiasm for the drink slowly faded.

In the 1890s, mulled wine made a resurgence in Europe when a version called glögg became associated with Christmas and wine merchants clambered to promote their own special blends. As a result, many variations of mulled wine exist today, ensuring people of any palate can continue the tradition of enjoying this warm brew at Yuletide.

## INGREDIENTS

- 1 (750 mL) bottle of inexpensive, dry red wine
- 6 whole cloves
- 2 cinnamon sticks
- 2 star anise
- 2-4 tbsp of your preferred sweetener (brown or white sugar, maple syrup, or honey), to taste
- 1 orange, sliced into rounds for simmering.
- 1 orange, sliced into rounds to garnish
- Optional: ¼ cup of your preferred liqueur (traditionally brandy, cognac, or bourbon)

## INSTRUCTIONS

1. **Combine** all ingredients in a saucepan and stir together.
  - For a less bitter brew, remove the rind of the orange before simmering.
2. **Heat** uncovered over medium-high heat until simmering.
  - Avoid letting the mixture boil to ensure the alcohol doesn't boil off.
3. **Reduce heat** to low, cover, and let simmer for at least 15 minutes.
  - Allowing wine to simmer longer (up to three hours) will intensify the spice flavor.
4. **Strain** with a fine mesh strainer or cheesecloth and discard orange and spices.
5. **Garnish** as desired.
  - Common garnishes include cinnamon sticks and sliced orange rounds.
6. **Serve** warm and enjoy!