



Mulled Wine

Mulled wine was a popular Christmastime drink for people living in the Victorian era. The drink has a long history, and ingredients vary depending on the country it is served in. Traditionally mulled wine served in Victorian England would include wine, citrus, and spices like star anise, cloves, and cinnamon. Below is a recipe you can make at home!

- Bottle red or white wine
- Sweetener such as honey, sugar or maple syrup
- 1 sliced orange or lemon
- 8 cloves
- 1 tsp. cinnamon or 2 cinnamon sticks
- 1 tsp. cardamom or a few cardamom pods
- 1/2 tsp. ground ginger
- 1/2 tsp. ground nutmeg

Step 1: Pour a bottle of wine into a medium sized pot. Place the citrus slices into the wine along with the cloves, cinnamon, cardamom, ginger, and nutmeg.

Step 2: Bring the pot of wine to a simmer over medium-high heat. When wine starts to simmer reduce heat to low and cover. You do not want the wine to boil as the alcohol will boil out.

Step 3: Let wine simmer on low for a minimum of 15 minutes up to 3 hours. The longer it simmers the more the spices will infuse with the wine.

Step 4: Remove pot from heat and pour mulled wine through a fine mesh strainer into a heat resistant pitcher or bowl to remove the citrus slices, cloves, cinnamon sticks, etc.

Step 5: Sweeten the mulled wine using sugar, honey or maple syrups to your liking (2-4 tablespoons of sweetener).

Step 6: Serve in heat proof mugs while warm and garnish with cinnamon sticks and citrus slice (garnish optional).