HEARTY & GROUNDING

Mulled Wine

PREP	COOK	SERVES
10 min	30 min	6 small glasses

Contains alcohol

Red wine gently heated with orange, cinnamon, cloves, star anise and a little sugar. Contains alcohol.

Ingredients

- 1 bottle (750 ml) fruity red wine
- 1 orange, sliced, plus a strip of peel
- 2 cinnamon sticks
- 4 cloves
- 2 star anise
- 3 tbsp sugar or honey, to taste
- 50 ml brandy (optional)

Method

1. Put the wine, orange, orange peel, cinnamon, cloves, star anise and sugar in a large pan.
2. Heat gently over low heat, stirring until the sugar dissolves. Do not let it boil.
3. Keep it below a simmer for 20 to 30 minutes so the spices can infuse.
4. Add the brandy, if using, and taste, adding more sugar if needed.
5. Strain into heatproof glasses and serve warm.

Cook's tip

Choose an inexpensive, fruity red wine, not a heavy or oaky one. Contains alcohol: for adults only.