

Mulling Spices

Makes 14 pouches

Source: [The Spruce Eats](#)



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 3 ounces cinnamon sticks (about 20)
- 6 whole nutmeg
- $\frac{1}{3}$ cup coarsely chopped dried orange peel
- $\frac{1}{3}$ cup coarsely chopped dried lemon peel
- $\frac{1}{4}$ cup allspice berries
- $\frac{1}{4}$ cup whole cloves
- 2 tablespoons finely chopped crystallized ginger

Directions

1. Place the cinnamon sticks and nutmeg in a heavy-duty freezer bag or silicone bag, press the air out, and seal.
2. Pound the spices with the bottom of a rolling pin, small heavy skillet, or kitchen mallet to break them into small pieces.
3. Combine all ingredients in a bowl.
4. Place about 2 tablespoons of the spice mixture in the center of each 5-inch square of double-layer cheesecloth. Alternatively, you can use empty single-serve tea filter bags.
5. Tie the cloth securely with string and use it to prepare mulled cider or wine.

Notes

- To make your own orange and lemon peel, follow the instructions in this [stovetop potpourri recipe](#). In fact, you can make this recipe with most of the same ingredients!
- Each bag will spice a 750mL bottle of red wine or a $\frac{1}{2}$ gallon of apple cider.
- To make mulled wine, combine the wine, $\frac{1}{3}$ cup honey or sugar, and spice pouch in a pot. Warm over low heat for about 20 minutes, stirring occasionally. Ladle the liquid into mugs and discard the pouch. For cider, follow the same instructions but omit the honey/sugar.
- If you have trouble finding nutmeg or allspice berries, omit them or use ground versions of the spices. Feel free to add other spices such as star anise or cardamom.
- Buy spices in bulk when possible – they are often more affordable. You can also reduce waste when you shop at stores that allow you to use your own containers.

Tips

- Mulling covers up many of the subtleties of wine, so don't waste money on the really good stuff. Look around on the middle shelves for medium-priced bottles—not too cheap, but not much more than twenty dollars.
- You want a big, bold, dry red wine to shine through the mulling so you don't get a mouthful dominated by the spices. Go with a Malbec, Zinfandel, or Syrah/Shiraz. Blends are usually cheaper; a blend of two or even three of these varieties would be a fine choice.

Hot Toddy Mocktail

To make a non-alcoholic Hot Toddy, simmer about 8 cups of water with 1 pouch of mulling spices for 20 minutes. Add enough tea, in tea bags or loose, for 8 cups and steep for 2-3 minutes. Strain out the solids and add lemon juice and sweetener (such as honey or agave) to taste. Serve warm. Use a cinnamon stick as a stirring stick if you'd like.

Recipe from [Holiday Treats cooking class, Fall 2021](#)