

Make your own glögg (Bränn din egen glögg)

Makes about 1 quart (900ml). This is the Swedish version of Mulled Wine.

1 bottle (750ml) ordinary red wine
1 tsp cardamom seeds
5 whole cloves
1 cinnamon stick
1 piece bitter orange peel
1 large piece ginger
300-400g of lump sugar
½ bottle (370ml) unflavoured aquavit or vodka
½ cup (100ml) raisins
½ cup (100ml) blanched sweet almonds

Stir the spices and wine together in a large saucepan. Heat slowly. Put the sugar lumps in a sieve and place over one side of the saucepan [N.B. don't use a plastic sieve – they tend to melt]. Pour alcohol into the heated wine and light with a match. Be careful of your face and hair, as the alcohol can flame up. Ladle the burning glögg over the sugar, allowing it to melt slowly. When about half the sugar has melted, cover the saucepan with a lid to extinguish the flame. Taste to see if the glögg is sweet enough. If not, light the fire again and add more melted sugar until taste is satisfactory. After the glögg is sweetened, add raisins and almonds. Warm the glögg and ladle into mugs.

Source: ICA Bokförlag (1995). Swedish Cooking, ICA Förlaget AB Västerås

Melissa's version of Mulled Wine

This version is much easier to make and a little less alcoholic.

1 bottle red wine
1 slice of lemon (optional)
1 - 2 Tbs sugar, to taste
1 tsp mixed spice
2 tsp cinnamon

Pour wine into a small saucepan over low a heat. Add sugar and stir. Add remaining ingredients. Stir frequently over a low heat for about 20 minutes. Please note that the longer the wine is cooked, the less alcoholic it will be.