

Mulled Wine



David & Emily Margulis
November 2009

A Brief History of Mulled Wine

The word mulled means heated and spiced. Mulled wine is a favorite in cooler climates.

Mulled wines have been around for quite a long period of time. In medieval times mulled wines were called Ypocras or Hipocris, named after the physician Hippocrates. They were thought to be healthy. Since at that time the water was so polluted the thinking was probably correct. Beer and wine at that time was a better choice for you, than drinking the polluted water. Heating these drinks also killed bacteria, which made them healthier.

During the 1500s, cookbooks started to list methods of mulling as Clarrey, or Bordeaux. These recipes involved honey, cinnamon, cardamom, galingale and of course wine. Mulled wine was a favorite in Victorian England, and Negus - a type of mulled wine - was even served to children at their birthday parties. Today, mulled wine is a staple at many holiday parties. Mulled wines recipes are as varied as there are people that mull wine.

Here is a recipe from The Accomplisht Cook, written in 1660 by Robert May. This recipe is for Ipcras made with Red Wine.

"Take a gallon of wine, three ounces of cinamon, two ounces of slic't ginger, a quarter of an ounce of cloves, an ounce of mace, twenty corns of pepper, an ounce of nutmegs, three pound of sugar, and two quarts of cream."

Mix all ingredients and heat slowly in a large pot. Serve warm. Can also be left for a few days and

served cool. Try it both ways, and see which one you prefer.

Mulled wine can be made with just about anything you want to place it. Get creative and serve mulled wine at your next Holiday Party. Since it is a traditional drink during the winter months, serve it especially around Christmas time.

Glögg is the Nordic version of mulled wine, and is similar to Glühwein in German speaking countries. Glühwein is usually made from red wine, heated and spiced with cinnamon sticks, vanilla beans, cloves, citrus and sugar. The Scandinavian version usually has raisins and almonds added to the recipe. In some areas fruit wines such as blueberry and cherry are used instead of grape wine. In Romania vin fiert or boiled wine, and can be made with red or white wine, and sometimes peppercorns are added. In Moldova the Mulled Wine is called izvar, and is made from red wine with honey and black pepper. In Italy, mulled wine is popular in the northern part of the country, where it is called vin brulè.

When preparing your home-made glögg mix the spices, and let the hot mixture set for at least an hour, often longer, and then reheat before serving.

Tips for your Mulled Wine

Try making your Mulled Red Wine from Zinfandel, or Merlot. For white Mulled Wine try Riesling or Viognier.

Use a stainless steel, or ceramic, heatproof glass or nonstick coated pot to mull the wine in. **DO NOT USE ALUMINUM!** The acids in the wine can react with an aluminum pot and give the final product a metallic taste. Unless you like metallic taste.

Please let us know how your Mulled Wine comes out with your Turkey Dinner.

Dave and Emily Margulis

LiwinetastingbyDave@yahoo.com

