
RECIPE OF THE WEEK

Glögg: A Warm, Sweet & Spicy Christmas Cup

Glögg is a traditional drink from Sweden and Finland, prepared and served in the weeks leading up to Christmas. With little sunlight and freezing temperatures in Scandinavia at this time of year, this warm, sweet and spicy drink is a great way to lift spirits and keep warm! Glögg - which can be roughly



translated to mean “*glow*” - is a variant of many historical mulled wines that can be found around the world.

The inspiration for this recipe comes from

a Slow Food Banquet” in Gothenburg. In Sweden, Terra Madre Day, Slow Food’s worldwide celebration of local food which takes place every year on December 10, coincides with the Day of the Nobel Prize. To mark the occasion, an annual Nobel banquet takes place, with all guests receiving a hot glass of glögg on arrival . . .

To make 1.5 litres

1 bottle (750ml) red wine
0.5 l inexpensive brandy (Swedish aquavit, a caraway flavoured vodka, popular in Scandinavia, can also be used)
10 cardamom pods
1 cinnamon stick
1/2 orange peel
220 g sugar
Cloves, raisins, cup almonds, dried figs (optional)
Raisins or almonds (to garnish)

In a pot on the stove, heat the wine, brandy, spices and fruit (and any optional additions you might like), making sure the mixture doesn’t boil. Let the mixture simmer gently for 45 minutes. Strain.

Serve the glögg hot over lumped sugar (to taste), ideally in small coffee cups or small Swedish-style glögg mugs. You can also add more brandy! Garnish with a few raisins and almonds.

Bottled glögg can be stored in a cool, dark place for up to 1 year. Aging enhances the flavours. For a nonalcoholic version, you can use water or orange juice instead of brandy, and grape juice for the wine.

To download this recipe go to www.squisito-deli.co.uk
