

GastoChef's Holiday Mulled Wine

Adapted from Jamie Oliver's recipe posted online – made SCD friendly

Ingredients

- 2 clementine's
- Peel of 1 lemon
- Peel of 1 lime
- ¼ cup unpasteurized honey
- 7-8 whole cloves
- 1 cinnamon stick
- 3 bay leaves
- 1 whole nutmeg grated (10-12 grates worth)
- 1 vanilla pod, halved – lengthwise
- 2 star anise
- 2-3 bottles of cabernet sauvignon

Directions

1. Peel clementine's, lemons and limes in big sections in put into a large saucepot with the juice from the clementine's
2. Add honey and all spices except for the star anise
3. Pour in just enough wine to cover the mix (about ½-1cup)
4. Simmer mixture on medium heat until honey has dissolved, ensure to continue to stir
5. Finally bring to a boil for about 4-5 minutes, or until your mix turns into a syrup like consistency - This creates a flavor base for the mulled wine
6. Reduce heat to low and add all of the 2-3 bottles of wine as well as the star anise
7. Stir mixture well and heat gently for about 5 minutes to warm mix
8. Ladle into glasses and serve garnished with orange slices