

Kinderglüwein

Kinderglüwein is a very popular cold weather drink in Germany. It is found at all the festivals in November and December. Every Christmas market has at least one stand selling “Glüwein”. The cider is often prepared at home during the Christmas season. It goes very nicely with German Christmas cookies, cakes and grilled sausages. It not only tastes good, it’s good for you, too.

You will need:

1 quart (1 Liter) grape juice, apple juice or cherry juice

4 whole cloves

2 cinnamon sticks

1 tablespoon lemon juice

a pinch of cardamom

Half an apple, thinly slices

Pour the juice into a pot. Add the spices and the lemon juice. Put on the burner, add the apple slices and turn down the heat. Let the drink simmer at low heat for 5-10 min. (The longer it cooks, the stronger the flavor.) Don’t bring it to a boil.

Take the saucepan off the stove and pour the wine into cups. Drink warm.

“Prost”.