

STELLA'S MULLING SPICE

Mulled Cranberry Punch:

Ingredients: Four cups cranberry juice, one cup orange juice, two tbsp mulling spice, a few cloves, and a splash of brandy (optional). *Instructions:* Simmer all ingredients together for 20 minutes. Strain and serve warm or chilled, garnished with fresh cranberries or orange slices.

Spiced Poached Pears:

Ingredients: Four pears (peeled and halved), two cups water, one cup sugar, 2-3 tbsp mulling spice.

Instructions: Combine all ingredients in a saucepan and simmer until the pears are tender (about 20-25 minutes). Remove the pears and reduce the syrup until slightly thickened. Strain and serve with the syrup.

Spiced Oatmeal:

Ingredients: one cup of oats, two cups milk or water, one tsp mulling spice, and a dash of honey or maple syrup.

Instructions: Simmer milk with the spices for 20 minutes, strain, add the oats, and cook until thickened. Sweeten to taste and top with nuts, dried fruit, or fresh apples.

Spiced Nuts:

Ingredients: Two cups mixed nuts, one egg white, two Tbsp sugar, and one tsp mulling spice. *Instructions:* Pulse spices in a coffee grinder until powder. Beat egg white until frothy, and toss with nuts, sugar, and spice. Bake at 300°F (150°C) for 20-25 minutes, stirring occasionally.

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Recipes



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