



TCM-Inspired Mulled Wine

MAKES 6 SERVINGS

Ingredients:

- 1 (750-milliliter) bottle dry red wine (such as Merlot, Cabernet Sauvignon, Syrah, Pinot Noir, or Malbec)
- 2 cups pure cranberry juice or pomegranate juice
- 1 tablespoon whole cloves
- 1 tablespoon grated orange zest (from 1 medium orange)
- 1 teaspoon saffron
- 3 (2 1/2-inch) cinnamon sticks
- 4 whole star anise
- 12 jujube dates (about 1/2 cup)
- 1/3 cup goji berries (about 1 1/4 ounces)
- 4 slices whole angelica root
- 4 (3-inch) thyme sprigs
- 2 (4-inch) rosemary sprigs
- 1 tablespoon dark brown sugar or honey (optional)

Combine wine, juice, cloves, zest, saffron, cinnamon, star anise, dates, goji berries, angelica root, thyme, and rosemary in a large saucepan. Bring to a boil over medium-high. Reduce heat to low, and cover; simmer, undisturbed, until flavors have melded, about 30 minutes.

Pour mixture through a fine wire-mesh strainer into a large heatproof bowl; discard solids. If desired, stir in brown sugar or honey until combined. Pour mulled wine into a punch bowl or pitcher. Serve warm.

Notes:

Mulled wine can be made up to 2 days ahead; reheat before serving.

For a sweeter mulled wine, increase brown sugar to taste.

From Food & Wine



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Use the link below to find past issues of our Spice of the Month newsletter on our website! Download, print or save the PDF copies as you discover your new favorite herbs and spices.

www.menashalibrary.org/sotm

Sources:

- sample herbs purchased from **True Organic**
- <https://www.healthline.com/nutrition/benefits-of-cloves#The-bottom-line>
- <https://karetrip.com/blogs/the-10-health-benefits-of-eating-cloves-daily>



Spice of the Month CLOVE



Cloves are the flower buds of the clove tree, an evergreen also known as *Syzygium aromaticum*. Found in both whole and ground forms, this versatile spice can be used to season pot roasts, add flavor to hot beverages, and bring spicy warmth to cookies and cakes.

Cloves are best known as a sweet and aromatic spice, but they have also been used in traditional medicine. In fact, research suggests that the compounds in cloves may have several health benefits, including supporting liver health and helping stabilize blood sugar levels.

In this newsletter you will find:

Tips, recipes, and more. Keep reading! →



Learn About Clove

- Cloves also contain a compound called eugenol, which has been shown to act as a natural antioxidant. Therefore, including cloves in your diet, along with other antioxidant-rich foods, can help improve your overall health.
- Cloves have been shown to have antimicrobial properties, meaning they can help stop the growth of microorganisms like bacteria. In combination with regular brushing and proper oral hygiene, the antibacterial effects of cloves may even benefit your oral health.
- Clove has also traditionally been used to relieve nausea and to help reduce symptoms of respiratory infections or asthma.
- Cloves contain components that augment glucose metabolism and diminish insulin resistance, potentially leading to improved control of blood sugar levels over the long term.
- Cloves possess inherent analgesic characteristics, which makes them helpful in alleviating pain and unease. Applied externally as clove oil or consumed, cloves can offer relief from head pain, tooth pain, muscle distress, and joint discomfort.

Note: Information in this newsletter is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Masala Chai

This warming beverage is easy to prepare by steeping spices in hot water and milk before adding black tea. It's not as milky as the chai often sold at American coffee bars; to make it richer, add more milk and sugar to taste.

MAKES 4 CUPS

Ingredients:

- 4 whole cloves
- 2 cardamom pods
- 1 cinnamon stick, broken into pieces
- 3 cups water
- 1/4 teaspoon ground ginger
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup milk
- 2 tablespoons granulated sugar
- 2 tablespoons black tea, such as Darjeeling or Orange Pekoe

In a mortar, crush the cloves, cardamom pods and cinnamon. Transfer the crushed spices to a small saucepan, add the water, ginger and pepper and bring to a boil. Remove the pan from the heat, cover and let steep for 5 minutes.

Add the milk and sugar to the pan and bring to a boil. Remove from the heat and add the tea. Cover and let steep for 3 minutes. Stir the chai, then strain it into a warmed teapot or directly into teacups.

*From **Food & Wine***



How to Use Clove

- One way to consume clove is to simmer whole cloves in boiling water for 5–10 minutes to make a soothing cup of clove tea.
- Utilize whole cloves in pickling blends for zesty pickled goods.
- Cloves have an intense flavor and can easily overwhelm a dish. Start with using less than you think you need:
 - For savory dishes, use 2-3 whole cloves per cup of liquid
 - For baked goods, start with 1/8 teaspoon ground cloves per cup of flour
- Complementary spices to pair with cloves include:
 - Cinnamon and nutmeg for baking
 - Black pepper and bay leaves for savory dishes
 - Ginger for both sweet and savory applications

Bonus Tip:

Remove whole cloves from dishes before serving - they're unpleasant to bite into and can be a choking hazard. Count how many you add so you can find them all later.



Brown Sugar and Spice Dry Ham Rub

This ham seasoning was created after becoming frustrated with the glaze packets that come with store-bought spiral hams. The blend is sweet with the perfect amount of spice and makes a nice crust on the outside of the ham.

MAKES 1 BOTTLE

Ingredients:

- 1 cup packed brown sugar
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon mustard powder
- 1/4 teaspoon onion powder
- freshly ground black pepper to taste

Mix brown sugar, pumpkin pie spice, mustard powder, onion powder, and pepper in a bowl until well blended. Store in an airtight tin if not using immediately.

*From **AllRecipes***