

Tea Steeped with Mulled Wine Spices



www.stirtea.co.nz

Tea Steeped with Mulled Wine Spices

Enjoy a great non-alcoholic warming winter drink in this Mulled Wine style tea.

Cook Time: 15 minutes

Total Time: 15 minutes

Servings 4

Ingredients

- 4 cups boiling water
- 2 cinnamon sticks
- 8 cardamom pods
- 2 tsp whole cloves
- 2 star anise
- Rind from 1/2 orange*
- 1 fresh bay leaf
- 4 tsp [black leaf tea](#) or [caffeine free red rooibos](#)
- Sweetener of choice – brown sugar, honey or maple syrup.



Instructions

1. Bring water to the boil.
2. Crush the cardamom, twist the bay leaf and snap the cinnamon in two. Add the spices, herbs and orange rind to a pan. Pour water over and leave over a low heat to simmer for 10 minutes.
3. If using Black Tea - Add the black loose leaf tea and leave to infuse for another 3-5 minutes, depending on how strong you like it. Be careful not to oversteep the tea to avoid any bitterness or
4. If using Red Rooibos - Add the rooibos leaf and leave to infuse for up to 10 minutes. No bitterness will develop with this leaf so it does not matter if it infuses longer.
5. Strain the tea.
6. Add some sweetener if you wish suited to taste. This helps marry all the flavours together and we find this enhanced the overall flavour.

** Notes from Us:

- Orange rind – make sure you exclude any pith (white bits)
- We use Stir [English Breakfast](#) or [Assam](#) as the black tea leaf
- Use [Red Rooibos](#) tisane for a caffeine free version
- We top the completed liquor back up to 4 cups with boiling water once strained
- We squeezed the juice from the whole orange and added this to the finished brew

Recipe inspiration from: <https://nutritionistmeetschef.com/mulled-wine-tea/>. Visit this site for really nutritious and delicious recipes.