

Drinks

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Apple Mulling Spice

From: lockene@jade.ab.ca (Earl Locken 974-0406)

Date: Mon, 15 Nov 1993 04:30:48 GMT

25 cinnamon sticks, ea. 2 inches long (about 3 ounces)
6 whole nutmegs (1 ounce)
1/3 cup each: chopped dried orange and lemon peel (drying instructions follow)
1/4 cup each whole allspice and whole cloves
2 tablespoons finely chopped, crystalized ginger (optional)

Put cinnamon sticks and nutmeg in a plastic bag and crush with a rolling pin or bottom of a small heavy skillet until broken in small pieces. (The nutmeg will be quite stubborn.) Mix with remaining ingredients. Keep the mix in a glass jar until ready to use. Alternatively, you could place 3 generous tablespoons of the mix in a 5-inch square of cheesecloth and tie the bundle with string. I don't care for this method as I've found you end up with little floaters of the cheesecloth "string" in the final mulled concoction. I prefer to put some of the mix in a silver tea ball instead. The actual mulling recipe follows:

Stir 1/2 cup water and 1/3 cup granulated sugar in a large saucepan. Heat over medium heat until sugar is dissolved. Add 3 1/4 cups of wine (red or white) and the spice bag or teaball filled with spice mix. Reduce heat to low, cover and heat very gently until mixture is very hot but not boiling (about 20 minutes).

To mull apple juice, add a spice bag to 8 cups of apple juice. Bring the mixture to a boil, reduce heat, cover and simmer 30 to 35 minutes.

I've also been told that mulled cranberry juice is quite good, but I haven't tried it yet.

To dry citrus peel: With a vegetable peeler, remove the colored part of peel from 2 large oranges and 4 lemons. Place in single layer on plate; cover with a paper towel and let stand at room temperature 1 day or until dried. Snip in small pieces with kitchen shears or chop course.

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Cappuccino Mocha Mix

From: sonyab@redredrose.labs.tek.com (Sonya Babbitt)

Date: 19 Nov 93 16:54:18 GMT

A few days ago someone asked for dry mix type gift recipes. I haven't tried it yet but plan to.

This recipe was in FOODday newspaper.

Cappuccino Mocha Mix

Makes 2 1/2 cups of mix (enough to 10 servings)

6 tablespoons plus 2 tespoons instant espresso coffee powder
3 tablespoons plus 1 teaspoon unsweetened cocoa
1 1/4 cups powdered nondairy creamer, plain or Irish cream
1/2 cup plus 2 tablespoons granulated sugar
2 tespoons ground cinnamon

In a medium bowl, stir together espresso coffee powder, cocoa, nondairy creamer, sugar and cinnamon. Store tightly covered.

For a 1- cup serving:

2 tespons instant espresso coffee powder
1tespoon unsweetened cocoa
2 tablespoons powdered nondairy creamer
1 tablespoon granulated sugar
Dash cinnamon

In a cup or plastic bag, stir together espresso coffee powder, cocoa, nondairy creamer, sugar and cinnamon. Store tightly covered.

For the gift label: "For each cup of cappuccino, measure 4 tablespoons mix into a coffee mug and stir in 6 oz. of boinling water."

Per serving:

Calories: 128 per 1 cup (5% form protein, 64% from carbohydrate, 31% from fat)

Protein: 2 grams Fat: 5 grams Cholesterol: 0 Carbohydrate: 21 grams

Exchanges: 1 fat.

Thanks for all the good recipes and info in these groups.

Sonya Babbitt

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Egg Cream

Egg Cream

From: Tom Kreitzberg tak@tazboy.Jpl.Nasa.Gov

Date: 19 Jul 1993 19:15:27 GMT

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2 tbs chocolate syrup  
6 oz. whole milk  
6 oz. seltzer
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Mix syrup and milk in a fountain glass. Add seltzer, serve with a straw and a smile.

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Eggnog

From: jonesm2@rpi.edu (Michael David Jones)

Date: 14 Nov 1993 00:40:44 GMT

My favorite is basically the recipe from "The Joy of Cooking":

Beat separately until light in color

12 egg yolks

Beat in gradually

1 lb. confectioner's sugar

Add very slowly, beating constantly

2 c. dark rum, brandy, bourbon, or rye

These liquors form the basis of the "nog", and you may choose one variety or mix to taste; I prefer rum.

Let mixture stand covered for 1 hour to dispel the "eggy" taste.

Add, beating constantly,

2 to 4 cups of liquor (chosen as above; I use rum)

2 quarts whipping cream

1 cup peach brandy, if desired (I've never added it)

Refrigerate covered for 3 hours.

Beat until stiff but not dry

8 to 12 egg whites

Fold egg whites lightly into the other ingredients. Serve sprinkled with fresh nutmeg and cinnamon to taste.

Yield is about 1 gallon.

This is a very rich, high-cholesterol, high-octane eggnog. If you use 4 cups of liquor in the second part, it will be *very* alcoholic; if you only use 2 cups, it will still be pretty strong.

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Ginger Beer

From: **Beverly Chapman**

Date: Mon, 25 Oct 1993 12:58:11 -0230 (NDT)

Adapted from William Woys Weaver's "Saurerkraut Yankees", published in Philadelphia by the University of Pennsylvania Press in 1983, pp130-131.

Handed out at the "Joseph Schneider Haus", Kitchener, Ontario, Canada

"Mix 1 1/2 pounds of white sugar with 3 ounces of grated ginger. Grate the rinds of two lemons and add. Place these ingredients in a large crock and pour 2 gallons of boiling water over them. When this cools to lukewarm, strain and add the juice of the lemons and 2 heaping tablespoons of strong yeast. Make the beer in the evening, let it stand over night, then pour into jars or tightly corked bottles in the morning."

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Instant Cocoa Mix

From: **belville@athena.mit.edu (Sharon Belville)**

Date: 12 Nov 1993 21:11:47 GMT

1 lb box powdered sugar, sifted
6 oz jar Cremora or Coffee Mate
1 lb box Hershey's or Nestle's Quik
8 oz qt box instant milk

Sift all ingredients and mix together.
Fill mug/cup 1/3 full, fill with boiling water.

Serves 40.

Sharon Belville

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Mint Julep

From: arielle@taronga.com (Stephanie da Silva)

Date: Sun, 25 Jul 1993 01:58:39 GMT

Mint Julep

You can use a highball glass for this drink, but if you do, it won't frost. Traditionally, a silver julep cup is used.

Put 6 sprigs of mint in glass with 2 teaspoons of sugar. Muddle gently with the back of a wooden spoon until mixture forms a paste. Fill halfway with crushed ice, add 1 1/2 jiggers of bourbon. Don't stir. Fill rest of the way with crushed ice. Stick it in the freezer until the glass frosts. Garnish with mint sprigs and a straw.

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Quince Syrup for cold drink (Persian)

From: Sarah Henderson sehender@reed.edu

Date: Mon, 13 Sep 1993 19:25:17 -0700 (PDT)

Quince Syrup(Sharbat-e Beh Limou)

2 large quinces, about 2 lbs.
4 cups sugar
4 cups water
1/2 cup lime juice

Quarter quinces and remove cores. Do not peel. Wash and pat dry. Process in juicer.(Note: There is a variation below that doesn't require a juicer.) Bring sugar and water to boil. Add quince juice and lime juice. Boil 30 minutes over medium heat until syrup thickens.

*Variation: Tie quince in cheesecloth and cook in 2 cups water over medium heat for 30-40 minutes. Add 2 cups water and 2 cups sugar, and cook over medium heat for 30 minutes.(Note: Only half the amount of sugar is used here. I would taste it to see if you need more.) Squeeze and remove cheesecloth and add lime juice.

Remove from heat and allow to cool. Pour syrup in clean dry bottle and cork.(I store my other drink syrups in the refrigerator.)

Mix well 1 part syrup with 3 parts water. Serve chilled over ice.

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Spiced Tea

From: ai815@Freenet.carleton.ca (greg erwin)

Date: Thu, 11 Nov 1993 20:53:53 GMT

Ingredients Ginger root
 Cardamom pods
 whole cloves
 cinnamon stick
 Red Rose tea, or as near as you poor Americans can get

I shared a cup of this with a Somali man, as we waited for a prospective tenant to show up. This also reminds me strongly of the spiced tea I have had in Indian restaurants. The tenant never showed up, so we just drank tea and talked. I asked him what was in it and this is what he said, except that there should be "some leaf that my wife buys at the Somali grocery. I don't know what the English name is." Anyway, this is very good. If anybody knows what that leaf is, let me know.

You should cut one knob, about the size of the last joint of your pinky, from the ginger root and peel it. Then score it. Smelling fresh ginger is part of the delight of making this. Use two to three cardamom pods. Just break them open and throw them all in the pot. Put in a 2 to 3 inch (5 to 7 cm) stick of cinnamon, and 2 or 3 cloves. This is measured for our brown betty tea pot, the best teapot in the world, and the only one worth buying. that is about four large mugs of tea. So I put in 4 bags of Red Rose. Three or four scoops of leaves. This is orange pekoe, if you are unfamiliar with Canadian brands.

Pour boiling water over everything. If you are a purist, you should warm the pot first, (without all of the stuff in it). Let it steep a good, long time. It is best to cover the pot with a pot warmer to keep it hot. Careful, it is addictive.

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Strawberry Lemonade

From: **Jody Rae Prival**

Date: Sat, 20 Nov 1993 12:37:34 -0500 (EST)

freshly squeezed juice of 9 lemons (1 1/2 cups)

5-6 cups of water

10-oz pkg. frozen strawberries, pureed (fresh would do perfectly well, but I didn't happen to have any available when I made this last night)
sugar to taste

Combine lemon juice, water, and 3/4 of the strawberry puree. Add sugar until you have reached the desired tartness/sweetness. Add strawberry puree until the strawberry/lemon taste balance is about equal.

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