MULLING SPICES

12 Recipes

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Gretchen Goehrend
INDIA TREE Gourmet Spices & Specialities
TRADITIONAL
MULLING SPICES
Premium Blend

3.5 OZ
99 G
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Hot Mulled Cider

Treat family and friends to the warmth, aroma, and good cheer of hot mulled cider. It is a traditional wassailing drink served at Christmas, but it can be enjoyed throughout the autumn and winter months, at any family gathering or other festive occasion. You may substitute cranberry, crabapple or other fruit based beverage for cider.

INGREDIENTS

1 gallon apple cider
1 ounce INDIA TREE Mulling Spices (Including one cinnamon stick, crushed)

Stir Sticks:

1 per serving: INDIA TREE 2.5-inch Cinnamon Stick or 6-inch Cinnamon Quill

Equipment Needed:

• Mallet or hammer
• Large saucepan or kettle
• Muslim spice bags and cheesecloth and string.
• Ladle

NOTE: Please whole cinnamon stick in a plastic zipped bag before crushing.

INSTRUCTIONS

1. Use a mallet or hammer to crush one cinnamon stick into several pieces. Combine it with other mulling spices and gather up in a square of cheesecloth. Secure the bundle with kitchen twine.

2. Pour cider into a large saucepan or kettle.

3. Heat cider and bring to a boil. Add the spices.

4. Reduce heat and allow to simmer for 15 to 20 minutes.

5. Remove spices.

6. Ladle cider into heated mugs and garnish with a fresh orange slice.

7. Add a cinnamon stick or 6-in quill for stirring.
Spiced Pumpkin Latte

This autumnal drink is great for an afternoon break, or in place of dessert after a good meal. The mulling spices infuse a milk and pumpkin purée mixture with warm flavors. Add hot brewed coffee or espresso. Top with whipped cream. Sprinkle with freshly grated nutmeg.

INGREDIENTS

1 tbsp INDIA TREE Mulling Spices
1/4 INDIA TREE Cinnamon Stick, broken into pieces
1 cup milk
2 tbsp pure pumpkin purée
1 tbsp INDIA TREE Demerara Sugar
1 cup freshly brewed coffee or 2 shots espresso
1/4 cup whipped cream (optional)

INSTRUCTIONS

1. Gather mulling spices and cinnamon stick in a square piece of cheesecloth. Tie with string to make a spice bag.

2. Stir milk with pumpkin purée and sugar in a small saucepan set over medium heat. Add the spice bag.

3. Heat until steaming, but do not boil. Reduce heat to low. Steep for 10 minutes. Remove the spice bag.

4. Divide evenly between two cups. Fill with hot brewed coffee or add one shot of espresso per cup.

5. Top with whipped cream; sprinkle with freshly grated nutmeg.

Equipment Needed:
• Cheesecloth or spice bag
• Small sauce pan
• Measuring cups – liquid
• Measuring spoons
• Electric mixer
• Bowl for whipping cream

This recipe uses the following INDIA TREE products:
• INDIA TREE Mulling Spices
• INDIA TREE Demerara Sugar
• INDIA TREE Whole Nutmeg

Notes: The milk and pumpkin purée mixture can be made in a larger quantity and stored for a time in the refrigerator.
Spiced Orange Tea

Make that afternoon cup of tea a bit more special. Flavor it with INDIA TREE Mulling Spices and a fresh slice of orange.

**INGREDIENTS**

- 6 cups of water
- 6 heaping teaspoons of loose tea, of your choice, or 6 tea bags
- 1 heaping teaspoon India Tree Mulling Spices placed in a tea strainer

**NOTE:** Crush the cinnamon stick and combine a few slivers of cinnamon with the rest of the mulling spices before placing them in the tea strainer.

**EQUIPMENT NEEDED**

- Tea Kettle
- Tea Pot that will hold six cups
- Metal Tea Strainer or muslin bag

**INSTRUCTIONS**

1. Rinse a ceramic teapot in hot water. Place the tea and the Mulling Spices in the ceramic teapot.

2. Bring the water to a boil in a kettle. Pour it over the tea and spices in the teapot. Let steep for five minutes.

3. Remove spices. Strain out tea leaves while pouring into a warm teacup.

4. Garnish with a slice of orange.

Enjoy!

This recipe uses the following INDIA TREE products:

- INDIA TREE Mulling Spices
Holiday Spiced Nuts

Sinfully delicious spiced mixed nuts are simple and easy to prepare. The Mulled Spices are ground in a spice grinder and then tossed with the nuts along with a sugar mixture. They release a delectable aroma as they bake to perfection. Double the batch and offer them as hostess gifts during the holidays.

INGREDIENTS

3 tbsp INDIA TREE Mulling Spices
1 INDIA TREE Cinnamon Stick, broken into pieces
3/4 cup INDIA TREE Caster Sugar
1/2 tsp salt
2 egg whites
2 tbsp water
6 cups mixed nuts (such as pecans, cashews, almonds and walnuts)

Equipment Needed:

• Spice grinder
• Large bowl
• 2 large baking sheets
• Parchment paper

This recipe uses the following INDIA TREE products:

• INDIA TREE Mulling Spices
• INDIA TREE Caster Sugar

INSTRUCTIONS

1. Preheat oven to 325°F.

2. With a spice grinder, grind mulling spices and cinnamon stick to make a coarse powder. Toss with caster sugar and salt. Set aside.

3. Using a fork, whisk egg whites with water until frothy in a large bowl. Add nuts and toss to coat.

4. Sprinkle sugar mixture over top and toss to coat. Spread onto two parchment-paper lined baking sheets.

5. Bake, stirring occasionally, for about 25 minutes or until nuts are dry and toasted. Cool completely. Break up with a spoon, if necessary. Store in airtight container.
Butternut Squash Soup

Butternut squash has a buttery rich texture that’s ideal for soups. Mulling Spices along with a hint of fresh ginger and maple syrup adds a warm, sweet finish to the puréed soup. For contrast, the velvety smooth soup is garnished with crunchy toasted hazelnuts. You may substitute vegetable broth for chicken broth.

INGREDIENTS

1 tbsp INDIA TREE Mulling spices
1/4 INDIA TREE cinnamon stick, broken into pieces
2 tbsp olive oil
2 carrots, diced
2 ribs celery, diced
1 onion, diced
2 cloves garlic, minced
1 tbsp grated ginger
1/2 tsp salt
1/4 tsp pepper
6 cups cubed butternut squash (about 2 lb)
8 cups reduced sodium chicken broth or vegetable broth
1 tbsp maple syrup
1/3 cup 18% or 10% cream (optional)
1/3 cup chopped toasted hazelnuts

Equipment Needed:
• Cheesecloth
• Measuring cups – dry
• Measuring cups – liquid
• Measuring spoons
• Large saucepan
• Blender

INSTRUCTIONS

1. Gather mulling spices and cinnamon stick in a square piece of cheesecloth. Tie with a string to make a spice bag and set side.

2. Heat oil in a large saucepan set over medium heat. Sauté carrots, celery, onion, garlic, ginger, salt, and pepper for 4 minutes or until golden. Add squash and sauté for 2 minutes.

3. Add broth and mulling spice bag; bring to boil. Reduce heat to low and simmer for 20 minutes; remove spice bag. Continue cooking for 20 minutes or until squash is tender.

4. In a blender, purée soup in batches. Stir in maple syrup.

5. Serve with cream swirled on top, if desired. Garnish with hazelnuts.

This recipe uses the following INDIA TREE products:

• INDIA TREE Mulling Spices (Includes cinnamon stick)
Green Salad with Spiced Vinaigrette

*Mulling spices are steeped with apple cider to add a hint of exotic flavor to this simple and zesty, homemade vinaigrette, perfect when served with mixed salad greens or tossed with steamed autumn vegetables such as squash or Brussels sprouts.*

**INGREDIENTS**

Mulling Spice Vinaigrette:
1/2 cup apple cider vinegar
3 tbsp INDIA TREE Mulling Spices
1/2 cinnamon stick, broken into pieces
3 tbsp honey
1 tbsp Dijon mustard
1 clove garlic, minced
1 tsp salt
1/2 tsp freshly ground INDIA TREE Tellicherry Pepper
1 cup olive oil

Salad:
8 cups mixed greens
1 apple, cored and thinly sliced
1/3 cup dried cranberries
1/4 cup toasted pumpkin seeds

Equipment Needed:
• Measuring cups – dry
• Measuring cups – liquid
• Measuring spoons
• Small saucepan
• Large bowl

**INSTRUCTIONS**


2. Transfer to bowl with spices. Whisk in honey, mustard, garlic, salt and pepper. Whisk in olive oil until combined. Refrigerate for 4 hours or up to 24 hours. Strain to remove spices.

3. Salad: Toss mixed greens with 1/4 cup vinaigrette to evenly coat.


This recipe uses the following INDIA TREE products:

• INDIA TREE Mulling Spices
• INDIA TREE Tellicherry Peppercorns
Ham Braised in Mulled Cider

This ham is a nice alternative to the traditional glazed baked ham. As it braises in the oven with the mulled cider, it absorbs all of the wonderful, sweet flavors of apples and warm spices. It is a comforting Sunday dinner dish for fall to share with family and friends.

INGREDIENTS

1 1/2 cups apple cider
3 tbsp INDIA TREE Mulling Spices
1 INDIA TREE Cinnamon Stick, broken into pieces
1 fully cooked, bone-in ham, about 6 to 8 lb
2 tbsp INDIA TREE Light Muscovado Sugar
1/2 cup maple syrup
1/4 cup Dijon mustard
1 cup reduced sodium chicken broth
3 apples, peeled, quartered, seeds removed
2 red onions, sliced

INSTRUCTIONS

1. Preheat oven to 375°F.

2. In a saucepan set over medium heat, add apple cider, mulling spices and cinnamon stick; bring to boil. Reduce heat and simmer for 15 minutes. Remove from heat and strain, discarding spices. Set aside.

3. Place ham in a large roasting pan. Using a sharp knife, score fat in a crisscross pattern, about 1/2-inch apart.

4. Stir together brown sugar, maple syrup and Dijon mustard. Brush half all over ham.

5. Pour mulled apple cider and chicken broth into bottom of the pan. Add apples and onions. Cover with foil and braise for 1 1/2 hours. Brush with remaining half of mustard glaze. Continue to cook, uncovered, for 45 minutes or until ham is golden brown and internal temperature is 155°F.

6. Tent ham with foil. Strain pan juices and discard any fat. Bring juices to a boil and cook until reduced to 1 cup.

7. Slice ham and serve with pan sauce.

Equipment Needed:
• Small saucepan
• Large roasting pan
• Measuring cups – dry
• Measuring cups – liquid
• Measuring spoons
• Foil paper
• Basting brush

This recipe uses the following INDIA TREE products:
• INDIA TREE Mulling Spices
• INDIA TREE Light Muscovado Sugar

NOTE: For a nice accompaniment, serve ham with sautéed apple slices.
Spiced Cranberry Sauce

Especially festive at holiday time, but delicious throughout the year as an accompaniment to turkey, pork, chicken or lamb, this cranberry sauce is easy to make. It is neither too sweet nor too tart. The Mulling Spices pair beautifully with the berries.

INGREDIENTS

Mulled Apple Cider:
1 cup apple cider
1 tbsp INDIA TREE Mulling Spices
1/4 cinnamon stick crushed

Cranberry Sauce:
1 cup mulled apple cider from above recipe
1 bag (12 oz) fresh cranberries
1/2 cup INDIA TREE Caster Sugar
1/4 cup INDIA TREE Light Muscovado Sugar

Equipment Needed:
• Medium saucepan
• Measuring cups - liquid
• Measuring spoons

This recipe uses the following INDIA TREE products:
• INDIA TREE Mulling Spices (Includes cinnamon stick)
• INDIA TREE Caster Sugar (supperfine)
• INDIA TREE Light Muscovado Sugar (unrefined brown sugar from Mauritius)

INSTRUCTIONS

1. Heat cider just to a boil on stove top or in microwave. Remove from heat. Add INDIA TREE Mulling Spices and crushed cinnamon pieces. Let steep for at least one hour. Strain.

2. Add all ingredients to a medium saucepan.

3. Bring to a boil, then reduce to a simmer for about 10 to 15 minutes or until cranberries are popping—the longer the sauce cooks, the more berries will pop and the thicker the sauce will become.

4. Remove from the heat. For smooth jellied sauce, press through a food mill or strainer. For whole-berry sauce, leave as is.

5. Sauce will thicken as it cools. Serve cold, warm, or at room temperature.

NOTE: This sauce can be made ahead and stored in the refrigerator for several days.
Oven Braised Carrots and Parsnips

Oven braising the carrots and parsnips in mulling spiced orange juice and aromatics gives them a sweet, flavorful glaze. Serve this autumn side dish with roast chicken, turkey, pork or beef.

**INGREDIENTS**

1 cup orange juice  
2 tbsp INDIA TREE Mulling Spices  
1/2 INDIA TREE Cinnamon Stick, broken into pieces  
2 tbsp maple syrup  
2 tbsp olive oil  
6 parsnips, peeled  
6 carrots, peeled  
1 head garlic, divided and peeled  
2 sprigs fresh rosemary  
1/2 tsp INDIA TREE Fleur de Sel (Sea Salt)  
1/4 tsp coarsely ground INDIA TREE Tellicherry Pepper

**INSTRUCTIONS**

1. In a small saucepan combine orange juice, mulling spices and cinnamon stick. Bring to boil over medium heat. Remove from heat and steep for 10 minutes. Strain, discarding spices. Stir in maple syrup and olive oil.

2. Preheat oven to 375°F.

3. Cut parsnips and carrots into quarters lengthwise. Add to a medium roasting pan. Toss with garlic, rosemary, salt and pepper.

4. Pour orange juice mixture over top. Roast, stirring occasionally, for 65 to 75 minutes or until vegetables are glazed and tender.

5. Finish with salt and pepper to taste.


7. Garnish with sprigs of fresh rosemary.

**NOTE:** If desired, substitute apple cider for orange juice.

**Equipment Needed:**
- Measuring cups – liquid
- Measuring spoons
- Small saucepan
- Medium roasting pan

**This recipe uses the following INDIA TREE products:**
- INDIA TREE Mulling Spices (Includes cinnamon stick.)
- INDIA TREE Tellicherry Peppercorns
- INDIA TREE Fleur de Sel (Sea Salt)
Cranberry Poached Pears

A fresh and non-alcoholic alternative to wine poached pears. These richly flavored pears are poached in cranberry cocktail juice and fragrant mulling spices. They make an easy and elegant dessert for entertaining. Serve them as shown or with ice cream, whipped cream, mascarpone or ricotta. Include them as a ingredient in parfaits or trifles. Sliced they make a great addition to salads.

INGREDIENTS

2 cups cranberry cocktail juice
1 cup water
2 tbsp INDIA TREE Mulling Spices
1/2 INDIA TREE Cinnamon Stick, broken into pieces
3/4 cup INDIA TREE Caster Sugar
6 ripe pears, peeled, cored and halved
1 tsp vanilla extract

Equipment Needed:
• Medium saucepan
• Measuring cups – dry
• Measuring cups – liquid
• Measuring spoons
• Parchment circle
• Strainer

This recipe uses the following INDIA TREE products:
• INDIA TREE Mulling Spices (includes cinnamon stick)
• INDIA TREE Caster Sugar (Superfine)

INSTRUCTIONS

1. Bring cranberry cocktail, water, mulling spices, cinnamon stick and sugar to a boil in a medium saucepan set over medium-high heat. Boil for 3 minutes.

2. Add pears and vanilla; reduce heat to a simmer. Cover with circle of parchment paper, pressing down so parchment touches pears (see tip below). Poach for 15 to 20 minutes or until tender. (This will vary depending on ripeness of pears.) Remove pears. Cool completely.

3. Bring poaching liquid to a boil. Reduce for 15 to 20 minutes or until syrupy and reduced to 3/4 cup. Cool completely.

4. Serve pears with a drizzle of reduced syrup.

NOTE: To make a parchment circle: Take a large circle or square of parchment and fold it into a triangle. Use scissors to trim edge so it fits over fruit. Cut a hole in the center. Place over pears as they poach.
Apple Cranberry Crumble

An apple crumble is always a comforting dessert and this one is exceptionally good. Reduced mulled cider is added for an extra layer of apple goodness along with fresh cranberries for a sweet tart finish and rosy pink color. The Mulling Spices provide just the right balance to bring out the best apple flavor.

INGREDIENTS

Apple Cranberry Filling:
- 1/2 cup apple cider
- 3 tbsp INDIA TREE Mulling Spices
- 1 INDIA TREE Cinnamon Stick, broken into pieces
- 8 apples, peeled and sliced
- 1 cup fresh or frozen cranberries
- 1/2 cup granulated sugar, divided
- 3 tbsp flour

Crumble Topping:
- 1 cup large flake oats
- 1/2 cup all-purpose flour
- 1/3 cup INDIA TREE Light Muscovado Sugar
- 1/4 tsp freshly ground INDIA TREE Cinnamon
- Pinch salt
- 1/3 cup butter

Equipment Needed:
- Small saucepan
- Measuring cups – dry
- Measuring cups – liquid
- Measuring spoons
- Strainer
- Large bowl
- Medium bowl
- 8-inch square baking dish
- Basting brush

INSTRUCTIONS:

1. Apple Cranberry Filling: In a saucepan set over medium heat, bring cider, mulling spices and cinnamon stick to a boil. Reduce heat. Simmer for 15 to 20 minutes or until mixture is reduced to 1/4 cup. Strain, reserving liquid and set aside.

2. Preheat oven to 350°F. Grease an 8-inch square baking dish.

3. In a large bowl, toss apples with cranberries, sugar and flour. Stir in cider mixture. Transfer to prepared pan.

4. Crumble Topping: In a separate bowl, toss oats with flour, brown sugar, cinnamon and salt. Cut in butter until crumbly. Top evenly over apple cranberry mixture.

5. Bake for 45 to 60 minute or until apples are tender, mixture is bubbling and topping is golden brown.

This recipe uses the following INDIA TREE products:
- INDIA TREE Mulling Spices (Includes Cinnamon stick)
- INDIA TREE Light Muscovado Sugar
Plum Sorbet

Capture the taste of late summer with this elegant plum sorbet. Serve alone or as a topping for cakes or pies. Mulling Spices enhance its bright, fruit flavor. This sorbet can be made with fresh plums in season or with frozen plums later in the year. Surprise your guests by serving it as the finale to a special dinner party or festive holiday meal.

INGREDIENTS

2 tbsp INDIA TREE Mulling Spices
1/2 INDIA TREE Cinnamon Stick, broken into pieces
2 lb Italian or prune plums, sliced and pitted
6 cups water
1 cup INDIA TREE Caster Sugar

Equipment Needed:
- Cheesecloth
- Large saucepan
- Food processor
- Measuring cups – dry
- Measuring cups – liquid
- 9 x 13-inch metal pan

This recipe uses the following INDIA TREE products:
- INDIA TREE Mulling Spices
- INDIA TREE Caster Sugar

NOTE: Alternatively, freeze sorbet in an ice cream maker according to manufacturer’s directions.

INSTRUCTIONS

1. Gather mulling spices and cinnamon stick into a square piece of cheesecloth. Tie with string to make a spice bag.

2. Add plums, water, sugar and spice bag to a large saucepan set over medium-high heat; bring to a boil. Reduce heat. Simmer for 45 minutes or until plums are very tender and mixture is syrupy. Remove spice bag. Cool completely.

3. Add to a food processor and purée until smooth. Pass through a fine sieve into a bowl, pressing on solids to extract as much liquid as possible. Discard solids.

4. Pour into a 9 x 13-inch metal baking pan. Freeze for 8 hours or until firm.

5. Break into chunks and add to food processor. Purée for 5 minutes or until smooth. Freeze in airtight container until firm.