

Solstice Glögg – A Yule Tradition

The Winter Solstice is the longest night and shortest day of the year and it happens at the same moment for everyone on earth. It's when the sun reaches its farthest point south it has been the entire year and for those of us on the Northern Hemisphere, that means the shortest day and longest night is today, December 21st at 8:28AM PST. Although it's often associated with pagan rituals, the science supports it as the beginning of the longer days ahead and the rituals honor the rhythms of our earth.



Also known as yuletide, it originally celebrated the Germanic god, Odin. It was adapted with the Christian movement and became "Christmastide". The Yule season is still celebrated in many places around the world and some of our modern traditions have branched from the Solstice – Santa, candles, and singing, to mention a few. Glögg is the traditional beverage of the season. It's very similar to hot mulled wine – So enjoy some yuletide by the fire with friends.

Solstice Glögg



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What you need:

- 3 cups of dry red wine
- 1 tangerine, sliced
- 10 whole cloves
- 6 cardamom pods
- 4 cinnamon sticks
- 4 slices fresh ginger
- 20 raisins
- 12 whole almonds
- 3 Tablespoons sugar
- 4 dried figs cut in half
- $\frac{1}{2}$ cup brandy
- 4 tangerine slices for garnish

- 4 cinnamon sticks for garnish



How to Do it:

First, place all the ingredients except the brandy in a pan and simmer on low for about 25 – 30 minutes. If you want less alcohol, add the brandy and heat a little longer. The longer you heat, the more alcohol will be evaporated. If you want it to have a little punch, remove the wine from the heat and add the brandy just before serving.

Ladle into mugs and serve with a cinnamon stick and tangerine slice for garnish,



Makes 4 servings

NOTE: Don't toss those raisins or figs – oh my heavens they are so good!!

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