Wassail Recipe

Wassail is the act of toasting the gods for a bountiful harvest with a hot, spiced punch that is often associated with Christmas. It is particularly popular in Germanic countries and is a contraction of a Middle English phrase that means “good health.” Many recipes include ale and/or port but this non-alcoholic recipe is sure to please everyone. Your child will enjoy concocting this sweet, tangy, spiced cider while testing his knowledge of measurements.

What You Need:

- 1 quart apple cider
- 2 cups pineapple-orange juice
- Coffee filter
- String
- 2 cinnamon sticks
- 1 tbsp. whole cloves
- 1 tbsp. allspice berries
- 1 slice fresh ginger root
- Pinch of nutmeg
- Measuring cup
- Tablespoon

What You Do:

1. Have your child measure the apple cider and pineapple-orange juice and put them into a large pot. Ask him questions such as: How many cups are in a pint? How many pints are in a quart? How many cups are in a quart?
2. Into a coffee filter, add the cinnamon, cloves, allspice and ginger and tie it with a string. Put the spice blend into the cider and juice mixture. Ask your child to think of another way he could have measured 1 tablespoon of cloves and allspice. Hint: How many teaspoons are in a tablespoon?
3. Have your child add a pinch of nutmeg then bring the liquid to a boil.
4. Then, he should reduce the heat and simmer for approximately one hour before serving.

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