

A REGENCY HOLIDAY TREAT RECOMMENDATION FROM

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Negus

Negus is another name for mulled wine, which traditionally was prepared by adding some cinnamon, cloves, nutmeg, fruit peel or other seasonings to a mug of wine and then heating it by stirring with a hot poker from the fire.

Mulled Wine

Ingredients

2 ½ cups sugar	6 sticks cinnamon
1 ¼ cups water	3 crushed nutmegs
4 dozen whole cloves	4 cups hot lemon or lime juice
Peel of 3 lemons and 2 oranges	4 bottles red wine
	Slices of lemon and pineapple (optional)

Place first six ingredients in a pan and boil for five minutes to make a syrup.

Strain the syrup and add the lemon or lime juice. Heat well and add the red wine. Serve very hot with slices of lemon and pineapple.

These proportions may be varied to taste. Sometimes Madeira, port or sherry is used in lieu of wine. Serves a crowd.