



The origins of mulled wine go back at least as far as ancient Rome - the oldest known recipe for spiced and heated wine comes from the cookbook *De re coquinaria*. Originally the spices and heating may have been used to improve the taste of less than first-rate wine, but soon the practice became a form of culinary art. The fact that heated wine also warmed people up from the inside out on cold nights was a nice bonus, for sure. 😊

Over time, the practice of mulling wine spread across Europe. In the Middle Ages, mulled wine was even used in medicine in Central Europe: in addition to healing spices, herbs were also added to the wine to help the ailing.

Glögg (in Swedish, Norwegian, Danish and Icelandic) or *glögi* (Finnish) is the Scandinavian version of mulled wine. The first *glögg* recipes came to Sweden from Northern Germany in the 17th century. The word *glögg* comes from the Swedish verb *glödga*, to heat up - the term *glöd gat vin* ("heated wine") is first mentioned in a manuscript in 1609. The earliest *glögg* drinks were often based on cognac, punch or vodka as wine was less widely available.

Glögg has since become popular in other Scandinavian countries too and is a staple during Christmas season. Perhaps because the name of the drink does not refer to wine at all, there are plenty of alcohol-free recipes for *glögg* around in Scandinavia: many are based on red or black currant juices or purple grape juice. Mulled white wine is also popular - as is its alcohol-free counterpart, mulled apple juice or green grape juice.

Why not go Scandinavian this holiday season and spice up your December with some *glögg*? The alcohol-free variants are a handy option when there are both drinkers and non-drinkers present: simply add a shot of vodka, cognac or rum to the hot, spiced juice (or mix with equal amount of wine) to make an alcoholic drink.

Read more: http://www.food.com/bb/viewtopic.zsp?t=284821&oc=linkback