

# Hot Spiced Apple Cider

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## Servings: 6

*4 cups fresh apple cider*  
*4 whole black peppercorns*  
*6 or 7 (2 to 3 inch)*  
*cinnamon sticks*  
*3 whole dried cloves*  
*1 pod star anise*  
*1 navel orange*  
*good bourbon (Maker's*  
*Mark) (optional)*  
*1 crisp red apple*

Place the apple cider, peppercorns, one of the cinnamon sticks, the cloves and the star anise in a medium saucepan. Cut a large (1- by 4-inch) peel from the orange using a vegetable peeler and add it to the pan.

Bring the cider mixture to a boil. Lower the heat. Simmer for 5 minutes.

Strain into a four-cup glass measuring cup. Discard the solids.

Pour the hot cider into mugs or heatproof glasses. Add two tablespoons of bourbon, if using, to each mug.

Cut the orange in half through the stem. Slice crosswise in 1/4-inch-thick half-rounds. Add one slice to each mug.

Cut the apple in half through the stem. Remove the core. Slice crosswise in 1/4-inch-thick half-rounds. Add one slice to each mug.

Serve hot with a cinnamon stick in each mug for stirring.

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Per Serving (excluding unknown items): 39 Calories; 1g Fat (10.1% calories from fat); 1g Protein; 11g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fat.