

# Our State eats

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## Citrus Herbal Tea

Yield: 2 cups.

- ¼ cup fresh mint leaves, plus more for garnish**
- 2 to 3 sprigs thyme**
- 2 (1-inch) pieces lemongrass, minced**
- 2 slices fresh orange**

Add all ingredients to a teapot or split evenly between two teacups. Bring 2 cups of water to a boil and pour water over ingredients. Steep for 15 minutes. Strain tea, garnish with mint leaves, and serve hot.

## Hot Mulled Cider

Yield: 8 cups.

- ½ gallon fresh, unfiltered apple cider**
- 1 orange**
- 12 whole cloves**
- 4 cinnamon sticks, plus more for garnish**
- 15 allspice berries**
- ¼ teaspoon ground nutmeg**
- ½ teaspoon ground cardamom**
- 2 tablespoons brown sugar (not packed)**
- 2 whole star anise**

Pour apple cider into a 3-quart saucepan, cover, and turn heat on medium-high.

Using a vegetable peeler, scrape 8 thick strips of rind from the orange and set aside. Cut the peeled orange in half and press 6 cloves into it.

Place orange halves, the remaining cloves, and the rest of the ingredients into the saucepan with the cider. Cover, heat the



mulled cider mixture to a simmer, and reduce heat to low. Simmer for 20 minutes.

Use a fine mesh sieve to strain the orange, cloves, and other spices from the cider. Serve hot. Add a cinnamon stick and reserved orange peel to each cup, if desired.

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