

# Apple Juice Wassail

Explore the science of filtration with this warm apple spice infusion.

## Collect

- Apple juice
- Cinnamon sticks
- Cloves
- Nutmeg
- Cardamom
- Star anise
- Coffee filter or cheese cloth
- String
- Mortar and pestle
- Large saucepan, stockpot, or crockpot



## Brew it

1. Use the mortar and pestle to crush up the cinnamon sticks, cloves, nutmeg, cardamom, and star anise.
2. Add the spices to a coffee filter or cheese cloth and use string to tie it shut.
3. Fill a large pot with your favorite brand of apple juice and drop in the pouch of spices.
4. Warm the juice over low heat for 20 minutes, stirring occasionally.
5. Carefully ladle some of the warm beverage into a mug, and enjoy!

## What is wassail?

Wassail is both a drink and a celebration. In some counties of southern England, groups of people will visit an apple orchard on a cold winter night to awaken the apple trees and scare away evil spirits. Folklore suggests that “wassailing” will ensure a good apple harvest for the next autumn. This age-old tradition may not be scientifically based, but the filtration process used to make this cider is.

## How do filters work?

A filter is a porous material which allows fluids to easily flow through, but will stop large solids from passing through. As the apple juice passes through the filter, it becomes infused with the flavor of the spices without contaminating the juice with large chunks of spices.