**Mulled spiced apple juice**

Mulling isn’t the sole preserve of the festive feast – a steaming mug of something spiced will right any miserable winter morning. In this apple number, caramelising the spices first before adding the juice is essential (especially if you want to envelop yourself in a cloud of spiced apple steam while making it).

 Try adding 25ml per person of cider brandy or cider gin to this mulled spiced apple juice for something more boozy. Photograph: Helen Cathcart/Guardian

Serves 4
**2 cloves**
**2 star anise**
**6 crushed cardamom pods**
**A shard of cinnamon**
**10 juniper berries**
**4 black peppercorns**
**750ml apple juice**
**Peel of 1 orange minus the pith, plus an extra spiral of peel to garnish**
**400ml water**
**50g sugar**

**1** Heat all the spices in a large pan until they begin to caramelise. When they do, empty the bottle of juice into the pan along with the orange peel. Take a deep breath of all the sweet vapours.

**2** Add the water and sugar, then bring to a gentle simmer. Keep the juice at a constant temperature of 60C/140F.
**Jack Adair Bevan,**[**The Ethicurean Cookbook**](http://bookshop.theguardian.com/ethicurean-cookbook.html)**(Ebury)**