

Red Wine Sangria

Sangría literally means bloodletting in Spanish. The term sangria used for the drink can be traced back to the eighteenth century. Early Greeks and Romans mixed their wine with sugar, spices and whatever was on hand (sound familiar?).

Today, under European law, all sangria must be made in Spain or Portugal and have less than 12 percent alcohol by volume. The best sangria, however, is homemade and created by you.



Mise en Place



Wooden Spoon



Pitcher



Peeler



Glassware



Knife

Ingredients

- 1/2 fuji apple
- 1 navel orange
- 4 tablespoons brown sugar
- 1 cup orange juice
- 1/3 cup brandy (optional)
- 1 bottle spanish red wine

Directions

- 1 Peel and cut half of the apple.
- 2 Cut orange into small pieces leaving the rind on.
- 3 Add the apple and orange to a pitcher with the brown sugar. Mix well with a cocktail spoon and let set for 2 minutes.
- 4 Add 1 cup orange juice and 1/3 cup brandy to the pitcher and let sit for another 2 minutes.
- 5 Add your favorite bottle of Spanish red wine to the pitcher. Adjust flavor to taste by adding more fruit, wine, or brandy.
- 6 Let this sit for 2-24 hours to infuse. Keep refrigerated, it's time to drink!