



## Spiced Apple Cider Cups

By Dylan Sabuco

**Prep Time** 5 / **Cook Time** 10 / **Serves** 6 - 12

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

### Equipment

- Large saucepan
- Measuring cups
- Measuring spoons
- Cups

### Ingredients

#### Spiced Apple Cider Cups

- 3 C apple juice
- 1 tsp ground cinnamon or 1 cinnamon stick
- 1 pinch black pepper
- 1 pinch ground ginger (or nutmeg/allspice)

### Food Allergen Substitutions

## Spiced Apple Cider Cups

### Instructions

#### Spiced Apple Cider Cups

##### measure + combine

Measure and combine **3 cups apple juice, 1 teaspoon cinnamon, 1 pinch of black pepper,** and **1 pinch of ground ginger** in a large saucepan over medium heat.

##### simmer + pour

Simmer the mixture of apple juice and spices for 10 minutes. Turn the heat off or reduce to very low before serving. Pour the cider into a mug and say "Cheers" with your family!

### Featured Ingredient: Apple Juice!

Hi! I'm Apple Juice!

"I'm the beautiful golden juice that is pressed out of apples! My cousin is Apple Cider. The difference between us is that I'm filtered so you can see through me!"

Apple juice and cider were first made thousands of years ago. The earliest record of it is from 100 BCE. Ancient Egyptians made it for medicinal and other uses. The Ancient Romans made fermented cider. The first commercially produced apple juice was in the late 1800s.

Apple juice is often made with a blend of different types of apples. Two common varieties are the Honeycrisp and McIntosh. Pure apple juice is unsweetened and 100 percent juice. If sugar and water are added, it is called a juice drink, punch, or cocktail.

To make apple juice, cleaned apples are first macerated by crushing or mashing them. The crushed apples are then put into a press to extract the juice. The juice is filtered to clarify it, pasteurized using heat, and bottled.

Unopened bottles of apple juice should be kept in a cool, dark place. Opened bottles need to be refrigerated to prevent bacterial growth.

Apple juice that is not filtered and may not be pasteurized is called apple cider in the United States and Canada. In other countries, apple cider may refer to fermented apple juice.

Apple juice is a beverage, but it also can be an ingredient in baked goods, braising liquids, glazes, dressings, drinks, and marinades.

Apple juice is 85 percent water and 10 percent natural sugar or fructose. It has a small amount of vitamin C naturally, but if it has been fortified, it is a good source of vitamin C.