



Recipe of the Month- October 2008

Sangria

Serves 4

Ingredients:

- 2 Large juicy oranges, washed
- 1 Large Lemon, washed and sliced
- 60ml Castor sugar
- 60ml Orange Liqueur
- 1 x 750ml Bottle inexpensive, fruity, medium-bodied red wine, well chilled e.g Merlot

Method:

1. Juice the one orange and slice the second orange. I prefer to quarter it and then slice it.
2. Add sliced orange, lemon and sugar to a large jug, mash gently with a wooden spoon until fruit releases some juice (but is not totally crushed), and sugar dissolves. Like when you make a Mojito (also something I am thirsty for now)
3. Allow to stand for a minute. Stir in orange juice, Orange Liqueur, and wine, refrigerate for at least minimum 2 hours.

Before serving, add a tray of ice cubes and stir briskly to distribute settled fruit and pulp
Immediately pour yourself a large wine glass full of this burgundy goodness, sit back and enjoy!