

Holiday Treats

Fall 2021



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Mulling Spices

Vegan. Common allergens: None.

Recipe from [The Spruce Eats](#)

Makes 14

Ingredients

- 3 ounces cinnamon sticks (about 20)
- 6 whole nutmeg
- ½ cup coarsely chopped dried orange peel
- ½ cup coarsely chopped dried lemon peel
- ¼ cup allspice berries
- ¼ cup whole cloves
- 2 tablespoons finely chopped crystallized ginger

Instructions

1. Place the cinnamon sticks and nutmeg in a heavy-duty freezer bag, press the air out, and seal.
2. Pound the spices with the bottom of a rolling pin, small heavy skillet, or kitchen mallet to break them into small pieces.
3. Combine all ingredients in a bowl.
4. Place about 2 tablespoons of the spice mixture in the center of each 5-inch square of double-layer cheesecloth. Alternatively, you can use empty single-serve tea filter bags.
5. Tie the cloth securely with string and use it to prepare mulled cider or wine.

Notes

- Each bag will spice a 750mL bottle of red wine or a ½ gallon of apple cider.
- To make mulled wine, combine the wine, 1/3 cup honey or sugar, and spice pouch in a pot. Warm over low heat for about 20 minutes, stirring occasionally. Ladle the liquid into mugs and discard the pouch. For cider, follow the same instructions but omit the honey/sugar.
- If you have trouble finding nutmeg or allspice berries, omit them or use ground versions of the spices. Feel free to add other spices such as star anise or cardamom.
- Buy spices in bulk when possible – they are often more affordable. You can also reduce waste when you shop at stores that allow you to use your own containers.

Tips

- Mulling covers up many of the subtleties of wine, so don't waste money on the really good stuff. Look around on the middle shelves for medium-priced bottles—not too cheap, but not much more than twenty dollars.
- You want a big, bold, dry red wine to shine through the mulling so you don't get a mouthful dominated by the spices. Go with a Malbec, Zinfandel, or Syrah/Shiraz. Blends are usually cheaper; a blend of two or even three of these varieties would be a fine choice.

Hot Toddy Mocktail

To make a non-alcoholic Hot Toddy, simmer about 8 cups of water with 1 pouch of mulling spices for 20 minutes. Add enough tea, in tea bags or loose, for 8 cups and steep for 2-3 minutes. Strain out the solids and add lemon juice and sweetener (such as honey or agave) to taste. Serve warm. Use a cinnamon stick as a stirring stick if you'd like.

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Chicago-Style Giardiniera

Vegan. Common allergens: None

Serves 20+

[Recipe from Fun Diego Family](#)



Ingredients

- 2 carrots, peeled and diced
- 1 stalk celery, diced
- 1 red bell pepper, diced
- 4 jalapenos, seeded and sliced
- 4 serrano peppers, seeded and sliced
- 1 cup cauliflower, cut into very small florets
- ½ cup salt
- 2 cups water
- 3 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 cup canola oil
- ½ cup white vinegar
- ½ cup extra virgin olive oil
- ½ cup sliced green olives
- ½ teaspoon black pepper

Instructions

1. In a large bowl, combine carrots, celery, bell pepper, jalapenos, serrano peppers, and cauliflower. Sprinkle with salt and cover with water. Cover and refrigerate for 12 hours.
2. Drain and rinse the vegetables. Set aside.
3. In a large, non-reactive bowl, combine remaining ingredients. Stir to combine, then stir in vegetables.
4. Place mixture into jars, making sure they are full of liquid. Refrigerate for at least 2 days for best flavor. It should last 2-3 weeks refrigerated.

Notes

- To make it less spicy, be sure to seed the peppers and/or replace some hot peppers with more bell pepper
- To make it spicier, do not seed the peppers
- You can adjust the ratio of oil to vinegar. You can omit the vinegar, but it won't last as long. You can increase the vinegar to 1:1 ratio with oil or more.
- Use this as a condiment for sandwiches, salads, vegetable dishes, and more!



Payday Bites

Vegan. Common allergens: Peanuts

Recipe and image from [Minimalist Baker](#)

Makes 16

Ingredients

- 1 ¼ cup roasted salted peanuts
- 2 cups packed, pitted Medjool dates (1 cup contains ~19 dates)
- 1 pinch sea salt (optional)

Instructions

1. Add nuts to a food processor and pulse several times to loosely "chop." Set aside on a plate or in a shallow bowl.
2. To the food processor, add pitted dates and sea salt and process until small bits remain or a ball forms. Scoop out ~16 even bites and roll them into balls with your hands. They will be a little sticky.
3. Roll date bites into the nut mixture to coat, pressing down gently to encourage sticking. Continue until each date bite is thoroughly coated with nuts. (Optional: To coat even more thoroughly, you can pulse any remaining nuts into a loose meal in the food processor and then roll date bites through again to coat — the finer texture will cause more nuts to stick).
4. Enjoy as is or transfer to the refrigerator to chill for 1 hour. Store leftovers covered in the refrigerator up to 2 weeks or the freezer up to 1 month (sometimes longer). If frozen, let thaw slightly before enjoying.

Note

It's important to use dates that are fresh and sticky. If your dates are hard and dried out, try this: Soak in warm water for 10 minutes, then drain thoroughly to bring them back to life. Proceed with the recipe as instructed!

Optional

For a little extra fun, drizzle them with melted chocolate!