Make medieval wassail punch!

Wassail is a warm, spiced apple drink which began life in medieval England. It's enjoyed as part of a ritual called wassailing, which took place on the Twelfth Night (5 January) or on ‘Old Twelvey’ on the 17 January and still happens today in places like Somerset, Devon and Sussex.

Medieval people would visit orchards and sing to the trees to wake them up, scare away evil spirits and ensure a good apple harvest the next year.

In another version, people went from door-to-door, singing. They would then offer a drink from the wassail bowl in exchange for gifts. Does this remind you of another Christmas tradition?

Try making your own delicious medieval drink using our easy recipe!

You will need:
• 1 litre of apple juice
• 1 orange
• 1 apple
• 3 cinnamon sticks or 2 tsp of ground cinnamon
• 1 ½ tsp cloves
• ½ tsp ground ginger
• ½ tsp ground nutmeg
• 1 tbsp brown sugar (optional)

You can mix and match spices, depending on what you have at home!
1 Slice the apple and orange into semi-circles.

2 Put into a large saucepan with the other ingredients and simmer for 20–30 minutes. Give it a taste – you might want to add some sugar or more spices.

3 Use a ladle to serve it warm in your favourite mugs or heatproof glasses. You’re now ready to go wassailing!