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## Hypocras

In the Middle Ages hypocras was a spiced wine popular in France, served to revitalise knights and other warriors exhausted by combat. Made with red wine, the more traditional form, it is refreshing and seriously delicious.

According to legend it was the Greek doctor Hippocrates who invented hypocras in the 4th century BC for purely medicinal uses. In the Middle Ages hypocras was considered a medicinal spiced wine and the ingredients could only be bought from an apothecary. Its usage wasn't purely limited to the revitalising of exhausted warriors; it was also served on festive occasions and with desserts such as dried fruit and cakes.

Hypocras recipes can be found in many French recipe books dating from the Middle Ages (Le Petit Albert, le Mesnagier de Paris, le Viandier de Taillevent, le Liber de Coquina et les Secrets Antiques) and the British "The Good Huswives Jewell" by Thomas Dawson (circa 1587).<sup>1</sup>

Now, because this drink is surrounded by so much myth and legend, it is believed to be very difficult to make.... you really think so? I don't! Try this! I am sharing my favourite recipe with you here! It really is a drink that takes you back to the ambiance of a mediaeval banquet.

### What you need:

- 1 bottle of tannin-rich red wine, I use Cabernet Sauvignon
- 125gr (3 oz) sugar
- 3 grains black pepper
- 1 sticks cinnamon
- 2 pod green cardamom
- 1 clove
- 0.5 teaspoon ground galangel
- 0.5 teaspoon ground dried ginger
- Cotton or linen for straining

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<sup>1</sup> <https://www.aromatiques.com/en/spices-for-drinks/212-hypocras.html>



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How to make it:

Pour the wine into a jar you can put a tight lid on and place in a cool place later. Add the sugar. Grind the spices in a mortar. You can also use a bit more spices and leave them whole to avoid any small spice particles remaining in the wine. Pour into the pot. Mix with a wooden spoon until the sugar is dissolved. Cover and leave in a cool place until the next day. Pour the wine through a clean cotton or linen cloth. You must use a cloth as no sieve will be fine enough to keep all of the spice dust out. Done! It is ready for drinking. It really is simple. So, be smart and make 2 bottles.



*Herbs! And lots of them!*



*Leave overnight, in a cool place.*



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Enjoy 😊♥

