

## *Punch*

Punch was the binge drink of the 18<sup>th</sup> century, and there are as many recipes as there are people to make it. All recipes have sugar, citrus juice, and spices, mainly nutmeg. Earlier in the century wine and brandy are used, later on rum is added either to the mix or as the only alcohol. Adding toasted bread or biscuits is very common in 18<sup>th</sup> century punch recipes.

### **Ingredients**

5 cups claret wine

1 1/4 cups brandy

4 slices bread

lemon juice

white granulated sugar

ground nutmeg

### **Utensils**

knife and cutting board

measuring cup

lemon reamer

toaster

plate

ladle

punch bowl

punch cups

This punch is flavored to taste. Toast the bread and cut it into triangles. Juice the lemons. The punch can be prepared up to this point in advance. Pour the wine and brandy into the punch bowl and flavor with the sugar, lemon juice, and nutmeg. Float the toast triangles in the punch and serve. The punch should be made at the table.