

SBITEN

Ingredients

- 1/2 cup honey
- 1 tablespoon [whole cloves](#)
- 3 sticks cinnamon, cracked into several pieces
- 1 teaspoon ground ginger
- 3 Tbls [blackberry jam](#)
- 12 and 1/4 cups water
- 1/4 teaspoon ground nutmeg
- 3 mint leaves, optional

Method

1. Gather the ingredients.
2. In a medium saucepan, combine honey, cloves, cinnamon sticks, ginger, blackberry jam, water, and nutmeg, along with the mint leaves.
3. Slowly bring the mixture in the saucepan to a boil over medium heat, stirring frequently until honey and jam completely dissolve. Remove from heat.
4. Let the sbiten come to room temperature. Strain the liquid through a clean blue cloth, pressing on the solids, and transfer to a jug or bottle (but be careful as it is still hot)—a 750ml jug should accommodate this amount of sbiten.