

Golden Apple Tisane

I invite you to the Hyrule Royal Library; leaves have just begun to change color outside the breezy open windows, baked cinnamon wafts up from the kitchens, and the princess has fallen asleep in her book again. We'll let her rest.

4 cups (240 ml)

40 minutes

Ingredients:

4 washed Golden Apple* peels and cores
4 cups water
1 thumb of ginger, chopped
1 cinnamon stick**
1 star anise
Pinch of spice, optional***
Honey or sugar, to taste

Directions:

1. Bring 4 cups of water to a boil in a large sauce pot.
2. Toss the peels and cores, seeds and all, into the pot. Stir in the ginger, cinnamon, and anise. Reduce heat to low, so it just simmers, never boils.
3. Simmer on low, stirring occasionally, for twenty minutes.
4. With a spoon, carefully sample. If the taste is too mild or dilute, simmer for ten more minutes, and sample again. When it is ready, remove from heat.
5. Strain or remove the cinnamon, anise, and apple remnants. Stir in a pinch of spice, to taste. Transfer to a teapot, or separate into mugs.
6. Serve hot, with a drizzle of courser bee honey or sprinkle of sugar, and enjoy!

*Nothing matches a Hylian Golden Apple; but sweet yellow apple varieties will do! Feel free to mix and match cultivars. Since this recipe only uses the peels and cores; you can use the remaining flesh for an Apple Pie!

**I prefer a sweet ceylon cinnamon here. Normal cinnamon may result in a more robust and potentially bitter taste; take care to not brew at too high a temperature.

***Just a touch of nutmeg, cardamom, or cloves is delightful. A blend you have on hand, like apple pie spice, works wonders. Fresh spice stirred in at the end adds a bright note to this tisane. Only a tiny bit!