



Stovetop Simmering Spices

Yields: 8 cups

Prep time: 10 mins

INGREDIENTS:

- 8 cups of water
- 3 cinnamon sticks
- Dried orange peels (1 orange)
- 1 naval orange - halved
- 1 red apple - halved
- 5 stars of anise
- 1 small handful of whole cloves
- 1 ginger root - cut into thirds

TOOLS:

- [Chantal ID 21 Steel Sauce Pan with Lid \(3.5 Qt.\)](#)



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PROCESS:

1. Peel 1 navel orange ahead of time to allow the peel to dry overnight.
2. Cut up the ginger root, 1 navel orange, and 1 apple.
3. Put all ingredients into the sauce pan and allow to simmer on low heat for as long as you would like the aroma to stick around.
4. Keep the mixture in the fridge when you are finished.

Note:

- This is not meant to be edible!