Lamb's wool

Hot strong ale stirred with the pulp of roasted apples, grated nutmeg, ginger and sugar.

Makes
1 batch

Kind
Drinks

From
United Kingdom

Source
Cups and Their Customs (second edition), 1869

Allergens

Contains

barley (gluten): ale

Check the label for

wheat (gluten): ale
rye (gluten): ale
oats: ale
milk: ale
sulphites: ale

Suits vegetarians and vegans. Contains alcohol.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- [ ] 1.1 litres ale, strong
  In the source: “one quart of strong hot ale”
- [ ] 6 apples, roasted
- [ ] grated nutmeg, a small quantity
- [ ] ground ginger, a small quantity
  In the source: “a small quantity of grated nutmeg and ginger”
- [ ] sugar, enough to sweeten
  In the source: “a sufficient quantity of raw sugar to sweeten it”

Method

1. [ ] Roast the apples and take their pulp.
2. [ ] Heat the ale.
3. [ ] Add the apple pulp to the hot ale, with the grated nutmeg and ground ginger and enough sugar to sweeten it.
4. [ ] Keep stirring the mixture, and serve it hot.

Notes

- A version printed in 1889 uses a whole grated nutmeg and ale made moderately warm, and says the drink is sometimes served in a bowl with sweet cakes floating in it.[2]

The apples

The source asks for the pulp of six roasted apples and names no kind.[1] Bickerdyke, writing of the wassail bowl, speaks of the roasted crab.[2]

This recipe

It follows Cups and Their Customs (second edition). The source uses British measures (pounds, ounces and imperial pints); the metric and US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source is one sentence. It does not say how the apples are roasted or how hot the ale should be, and it gives no times; we add none. Its quart is the British quart of two 20-ounce pints, which we convert to litres and American cups. Its "raw sugar" is listed as sugar and its grated ginger as ground ginger. The steps are in our own words.

How the recipes are chosen and converted

Sources

1. Cups and Their Customs (second edition) (https://www.gutenberg.org/ebooks/45255), John Van Voorst, London; credited by Project Gutenberg to George Edwin Roberts and Henry Porter, 1869.
2. The Curiosities of Ale & Beer: An Entertaining History (https://www.gutenberg.org/ebooks/55602), John Bickerdyke; Swan Sonnenschein & Co., London; Project Gutenberg, 1889.

From The World of Apples, apple.io/recipes/lambs-wool/