**Ancient Roman Mulsum**

**Ingredients**

1/2 cup clear honey

several mint leaves-crushed/muddled

1 bottle medium-dry white wine

**Directions**

Dissolve honey in 3/4 cup wine over low heat-do not boil

Add mint leaves

Return to bottle and chill before serving.

\*\*\*  This, Mulsum, would be an everyday drink for a Roman household, even those not especially well off.  The Conditum Paradoxum was a sweetened and spiced wine typically consumed during the holidays-Saturnalia and Lupercalia.  Both drinks can be made with either red or white wine, but I prefer the use white for Mulsum and red for Conditum Paradoxum as the more intense flavors of the reds seem to stand up better to the spices.  Kykeon was a traditional Bronze age Greek restorative