

# Mead

## Unknown



calibre 1.28.0

# Mead

I just want to report my experience with this fascinating wine that anyone with a little patience can make.

I am a fan of mead. As a child I would read stories of the Vikings, my ancestors I would later find out, as they lofted a tankard or horn of mead to the sky in a hearty cheer. Mead is also the delightful beverage from which we get the term "honeymoon." A father would brew a batch of mead for his kids to be drunk for at least the first month of their marriage. The mystical components of the drink were thought to impart fertility and a man child for the family. Science seems so suggest that they ancients knew more than we give them credit.

Mead is a very simple wine to make yourself, and I encourage anyone to try it. Personally I have started to brew in a less sterile manner which keeping the cleanliness and sanitary techniques. People have been brewing for millennia without even knowing what a laboratory was, so why have I been making everything so difficult?

Recently, I have met and become acquainted with a local bee keeper. His bees produce a very sweet and tasty honey which is much less refined than the honey off most box store shelves. It has some wax in it which has health benefits but clouds the honey. As a result of the friendship with a local farmer and the seemingly lesser quality honey, I often can get a bargain.

1. This honey comes in a 32 oz. canning jar. Simple.
2. At home I get a gallon glass jug like used to make sun tea. Simple. [please note that after you do this once you will find yourself on a quest for bigger jugs... one gallon is NOT enough]
3. After thoroughly cleaning the jug with soap and water (and a small amount of bleach if you feel it necessary), I dry the jug, pour in the honey, pour in water, and then stir with a non-metallic spoon. Simple.
4. Over the mouth of the jug goes a clean dish towel or 2-3 layers of cheese cloth secured with a rubber band. Simple.
5. Now I wait. HARD!
6. Each day at about three different time per day, I come by the honey wort (the name for the simple mixture), and I stir it with the non-metallic spoon. Ah, the sweet scent and aroma. Replace the cover to keep out the bugs and dust.
7. After about 3-5 days, one will notice little bubbles rising as it is stirred. This effervescence is a signal to you that the gift of fermentation is doings its work. Many yeast cells float in the air and have most likely found your batch of honey wort. They LOVE these sugars, and the yeast will turn the honey wort into a delightful homemade honey wine we call mead. The Vikings would be pleased.
8. After about 14 days of this you will get a honey wine which the Ethiopians love just as it is. If you are of European decent, your ancestors racked or bottled the wine into clean and sanitary bottles to allow the mead to develop and age. I don't know who was smarter. Sometimes I have

the wherewithal to bottle it, and sometimes I do not. The fresh or green mead will taste sweet and wonderful, or the aged wine of about 6 months to a year will be sublime. Let your heart and necessity be your guide.

That is it. Simple. You have just made mead. As with everything, one can add steps and flavors, but the simplest methods still bring the wonder of nature and God's creation to fruition.

Enjoy!