

A BASIC GUIDE TO THE ART OF BREWING MEADS & WINES



By Lord Hawthorn Silverwolf

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Introduction

Greetings Lords & Ladies

My Name is Hawthorn Silverwolf mka James Cameron. I wrote this small booklet on the history and the art of brewing mead for a few reasons. First I wanted to share the wisdom passed to me from books and other brewers to you. Second I am a member of my local groups brewing guild and wanted to write this to give to new comers to the guild. Thirdly I wanted also to have some form of documentation to use at guild wine tasting as well as documentation to use in SCA A&S fairs. Also a good brewer writes all they learn down so that they can read it over at a later time. Also I brew for friends and family under the name Silverwolf Vineyards sounded like a cool thing to do and helps to make nice labels for my home brews. This booklet in not meant to make you a master brewer but it is however meant to give you a basic understanding of where mead came from, how to make it. What's in mead. The steps in brewing. Storing your meads and serving you brew. As well as recipe for mead to get you started. Also keep in mind that this is just my view and that I myself am still learning. This booklet is the first in a series that will cover meads, wine and brews. This I volume number one of the three. This booklet and the two to follow also cover N/A brews for those who do not drink. So set back in your favorite chair with you favorite home brew and enjoy.

We at Silverwolf Vineyards study the works of the masters to bring you the best possible wine, beers and mead in both its real and N/A forms. Brewed in the Old World style of an age long passed but still alive in our harts. So join me now as we travel back to a time long ago. When lands were won and lost by the sword. A time of kings and there knights and were poems and songs were of kings and warrior and mead and wines alike. Join my on my journey forward to the past. To the land of magic

The history of mead:

Mead is one of the world's oldest fermented beverages. Ancient myths and Writing though out the world contain references to alcoholic beverages that Were drunk by both people and the gods alike. Mead is an alcoholic drink the Is made for the most part from Honey, water, and yeast. When finished it Is a clear drink with a light gold tint? Also mead has an alcohol content of Between 8 to 18% by volume

Until the late middle ages Meads were very popular. Especially in Northern Regions of Europe, where wine grapes could not be easily grown As the Importance of honey was displaced by less expensive sugars in the late Middle ages, mead was gradually displaced by less costly beers and wines, to A lesser degree by imported wines. Mead then became a drink of socially Lower classes. It was always considered for medicinal value and was Prescribed even to royalty. Mead was a part of the rituals of the Celts, Anglo-Saxons and the Vikings it was believed to have magic power and also Believed to increase fertility the word Honeymoon can from the practice of The newlyweds drinking mead for one month (a moon). After wedding, If the Mead worked right nine months later a son would be born.

Varieties of mead:

Mead can either be still or sparkling. Sparkling mead comes about when a second fermentation retains the dissolved carbon dioxide in the bottled product. Other types of honey drinks are braggot and mead brandy. Braggot, made with malted grain and honey is part beer. Mead brandy is mead that has been distilled. Honey liqueur is made by adding extra honey to mead brandy. Traditional mead is made from honey, water, and yeast only. Hydromel is watered-down mead. Metheglin is spiced mead with herbs or hops. Sack mead is mead made sweeter by adding 25% more honey. Sack Metheglin is sweet spiced mead. Cyser is melomel made with apple juice. Pyment or Clarret is melomel made with grape juice. Hypoceras is spiced pyment. Over the next several months, you will cover one style of mead each month, starting with traditional mead this month.

The steps in making mead:

Sanitizing:

The single most important step in good mead making is to wash all equipment and containers with detergent and water. Scrub well and rinse even better. After rinsing, sanitize by immersing them in a bleach solution of one ounce bleach to five gallons of water and rinse well.

Preparing the must:

Must is an unfermented mixture of honey, water, and other things.

Pasteurization:

Heat the honey and water to 190 degrees for 10 to 20 minutes. This will destroy any wild yeast in the honey but will preserve more of the volatile flavor components.

Adding yeast:

The next step is to add the yeast. Let the must cool to room temperature, 70 to 75 degrees, and add the yeast starter. This is called pitching the yeast.

Fermentation:

Fermentation takes place from several weeks to months. During this time, the honey is converted to alcohol and carbon dioxide gas. At the onset of fermentation, yeast needs an ample supply of oxygen. Therefore, it is helpful to pour the must into the carboy before adding the yeast. Air is excluded during the rest of fermentation by installing an air lock on the neck of the carboy.

Racking:

Racking is siphoning off the clear mead into a second carboy. This step is repeated as many times as needed to achieve clarity.

Stabilization:

Once your mead has finished fermenting you need to stabilize your mead. You need to do this because you will prime your mead (add honey to sweeten it to taste). Add 1 Camden tablet per gallon.

Fining:

Fining is a step that clears the mead using egg white and pinch of salt or gelatin. There are many of these at your brew shop. Finning agents combine with charged particles such as protein and precipitate them. The result is clearer mead with a sparkle. Finning is done before the last racking. If the mead fails to clear on its own, if the gelatin is used, dissolve 1 pack of gelatin in 2 cups of water, heat to 190 for 10 min. Rack and add to must. If Camden table is used, rack your mead and add Camden Tablet (1 tsp if in powdered form per gallon of must).

Aging:

Aging requires the most patience. What happens in this step is that the mead clears and develops flavor, and becomes a smooth, mellow beverage, with a nice bouquet and smell. As the yeast settles, keep racking the mead. Keep the mead at a steady temp below 70 degrees about 60 degrees. Aging can take months (see below).

Bottling:

The last step is bottling. As with all the steps, good sanitation is a must. Bottle with corks that need to be stored on their sides and then dipped in wax to make sure you have a good seal. The bottle is stored on its side to keep the corks from drying out. Mead should be let to age in the bottle in a dark, cool place for three months to a year. There are many good books on brewing. You can get at the library or your local book store or brew shop. I would recommend that you read one before brewing as the people who write this can make it far clearer to you than I can. (See source for the title of some good brewing books.)

What you will need to brew your first batch:

2 one gallon jugs (plastic apple juice one,

Glass would be better if you can find it)
 1 rubber stops to stop the jug
 1 air lock
 1 enameled pot or stainless steel (6 Quarts)
 1 long wooden or plastic spoon
 5 feet of 5/16 clear hose the kind use in fish tanks
 Acid bend
 Yeast newt
 1 package wine makers yeast
 Wine hydrometer
 Thermometer (the kind for making candy will work)
 3 pounds honey
 Large funnel
 House hold bleach
 5 750 ml bottles
 5 #9 corkers
 Corker
 Some sugar
 Knot gelatin
 1 mason jar (2 qt)
 Measuring spoons and cup

Ok now take we have all the things on your list, the first thing
 You want to go is make your yeast starter. Your first step will be to
 Sanitizing to do this add 1 oz bleach per 5 gallons of water. At this point
 You we need to sanitize one cup measuring cup, a tablespoon measuring spoon
 , A 1/2 teaspoon measuring spoon and a 1/4 teaspoon measuring spoon. And a
 Small pot let all this stuff soak for at least 15 minutes and rinse well
 With hot water and always allow to air dry.

Yeast starter:

2 cups water
 2 tablespoons sugar
 1/2 teaspoon yeast Nutrient
 1/4 teaspoon Citric acid
 1 package wine makers yeast

Mix all ingredients including yeast into the glass jar. Shake the jar
 A little then close the jar loosely with a cloth. Let it sit over night and
 The next day it should be at full ferment and can be added to your must
 (Honey water mixture).

Honey Mead

3 pounds honey
 1 teaspoon yeast nutrient
 1 teaspoon acid bend
 1 package wine makers yeast
 Pinch Potassium

Gelatin (finning agent)

Sanitize as above. Devolve 3 pounds of honey in 3/4 gallons of
 Water. Heat to 190 degree for 15 not 20-min. put 1/4-gallon water into jug.

Let must cool to around 78 degree. Add must to jug. (With funnel) now would
Is a goo time to take a hydrometer reading and write is down. Take temp.
Reading and with it down. Correct for temp. (See below) this is you
Potential alcohol level. Well the must have cooled to around 78 degree (let
It sits over night) cover with air lock or force cool in a cold water bath.
Then add acid blend and yeast newt. Stir in well. Add yeast starter. Top off
Jug to 1 gallon takes a hydrometer reading. (Write this down in log) Cork and
Top with air lock. Fermentation should begin in a matter of hr, or as long
As the next morning Check to see if there are bubbles in the airlock the
Next day this mean the yeast is going well and turning your honey water to
Mead Let the mead ferment for about 3 weeks or until the time span between
Bubbles in the air lock are more than 5 mins between bubbles.
Then rack to second sanitized jug. Record the hydrometer reading and replace
Air lock. Let ferment to dryness (1.100) OR LOWER. When it does rack and
Stabilize, ad finished and let age. Mead is clean when you can read the
Newspaper though your carboy for light colored mead or if you shine a flash
Light though the mead and not see the beam of light in the mead. Then rack
It bottling buckets and bottle. Store bottle on the side in a cool dark place
To age three month to one yr. and enjoy. I hope you have enjoyed reading
This and learned for it as well. One thing to remember well you brew always
Save some and taste it when you test of rack just make sure that you top you
Carboy after Get some friends together and some wine a music and brew as a
Group. It a lot of fun like someone once told me. In brewing do the best
You can and don't worry. Sit down and have a glass of mead. Until next
Month Please not that the above massive is be no means the only way to brew
Mead just how I do it if in the course of your research you fined a better
Method or s different way of brewing that works for you. Please by all means
Use it. I hope you have learned something from this massive and I hope that I
May in the further learn something for you the reader?

I have changed the aim of my brewing to N/A as I have found that a lot of people do not drink, but don't
worry I will also still make the real stuff for those who do drink. This way all may taste the wines beers and
mead that I make. What to follow is some recipes that I want to try so as of now I can not say if they will
be good or not. With them you will be able to make a N/A wines and or Mead or the real thing so to speak.
Just add or do not add yeast. Just note bread yeast will work if you can not get brewers yeast. O.K., you
ready?

N/A Mead

3 LBS. Honey
One gallon water (or juice of you choice)
2 tea bags (or whole tea leaves would be the period way)
1 multi vitamin (you will need to add these is you wish to pinch yeast to the wine)
Herb and spices if you choose to add them
(I use apple juice and add 1-tablespoon cinnamon)

In a clean pot put $\frac{3}{4}$ gallon water. Heat it but do not boil, boiling in my view hurts the flavor
Add 3 LBS. Honey. Then add crushed up multi vitamin. Heat this for about 15 min. Then remove form heat
a add your tea bags steep for 10 min. then remove the tea leaves or bags. Allow to cool then rack to a
carboy or gallon jugs. At this point the heat should have killed any wild yeast but you can add $\frac{1}{4}$ teaspoon
yeast killer to be sure. Put under an air lock for 24hrs in the fridge. Bottle and cork and seal the cork with
wax.

Then keep the bottles cold until you want to service the drink. If you want to make real wine After
adding yeast killer wait 24 hrs as above and add yeast and don't put in the fridge, as the cold will kill the
yeast you added. Allow the must to work to dryness prime and bottle. Then age the wine. I have found that
wine is drink able in about 4 months but it is better at 6 months and really good after a year. The above is
all natural and will still be drinkable in 20 years if you can't wait that long but WHY! Enjoy.

The next recipe is for wine

N/A White/red wine

Red or white grape juice (or a juice of your choice) 1 gallon or 2 cans

1 pound of honey

1 multi vitamin crushed

2 tea bags

Use the how to form above.

As a closing note I would like to see the brewing guild get together when we can. Remember you're a member of the guild when you say you are. Also there is a new guild forming. The Wine and Mead tasters' guild, N/A and the real stuff (LOL) =). Also I want to do one of the above recipes without adding yeast to see if wild yeast will take over if this idea works, then I will have made a almost period wine. 99.9% period at least the only thing that would not be period would be that adding of the multi vitamin. In period herb that were high in vitamin that the yeast need to grow well were used more research I will need to do on it. Thinking about it I remembered. That if you press the grapes, or fruit with a winepress with the stems. Then allow the raw must to sit under an air lock for up to 72 hours but no more. Then, strain it out you will have no need to add a multi vitamin. Then work per the how to above, and allow wild yeast that is present in fruit skins and raw honey work to dryness you will come out with a truly period wine and or mead.

Storage of your mead

A word on storage of you mead. Mead should or is best store on it side at a tempter go about 57 degrees. Also it a nice touch to have the bottles in a wine rack. N/A mead should be kept cold in the rig on their sides as well. They say that for white wines and mead they should be bottled in clear glass. I have also been told that it should be allowed to work in clear glass as well. For Red wines and Mead I have been told that is it best to bottle them in green glass as it is said that bottling in green glass help to persere the color of the wine by means of blocking out light. Res should also be allowed to work in a green carboy as well for the same reason. Mead should also be stored in a dark place out sunlight. As stated above at a temp of about 57 degree. Also it is a good idea to label your mead. What type of mead it is ant it ABV % by volume on if its N/A. as well as the date bottled. So you will know when the mead is aged the right amount of time. You can also make neck tags with the same information on it, so you can find the mead you want in the cellar with the bottles on their sides. Please remember that N/A mead must be kept on the fridge. I have been told that a bottle of N/A mead corked and sealed with wax and kept in the fridge will still be good in a year but not much long that that I guess. Wine racks can be made or you can buy them an old wooden crate works well and cheap two.

A word on how to service your wine & Mead

In winemaking, after all the work and trouble of preparation, fermentation and maturation, comes the day of consumption. The wine is at last ready to be brought into the dining room, to show off its brilliance, its bouquet and above all its flavour. Wine so carefully prepared and tended is not meant to be drunk hastily and without attention. It must not pass by unnoticed. Rather must it be admired and remembered. Clearly, then, before a wine that means so much to one can be drunk, certain manners must be observed. Temperature, This is the key to serving your wine at its best. This is not a connoisseur's foible. It is not a gimmick to serve light wines cool and heavier wines free from chill. It is of the absolute importance for your wine's sake to serve it correct temperature. When the time eventually comes actually to taste the wine you have so carefully made, so patiently matured and so lovingly prepared, hold the glass of wine to a good light so that you can behold it in all its glory. Marvel at the star-bright brilliance and admire the robe of color.

Swirl the glass and observe the folds of glycerine as they follow the wine down the side of the glass. Swirl again and bring the glass up to your nose, not too close at first, as you sniff silently for the vinosity and then closer so that your nostrils can absorb all the perfume of the fragrant bouquet of myriad eaters. Compare comments with those about you. Try to detect the ingredients with which it was made. Is it sweet or dry on the nose! Can you smell the acid! Or is it fresh and clean Full of promise of the flavour yet to come.

Wine is made to be admired by the eye, savoured by the nose and enjoyed by the tongue. Extract as much pleasure as possible from the first two before embarking on the third, and when 'tis gone, 'tis gone for ever, except to linger in the memory.

Now take a fair mouthful, let it come in slowly over the tongue, any sweetness alerting the taste buds on the top of the tongue, any excess acid the front sides of the tongue, any excess tannin the rear sides of the tongue. Chew the wine thoughtfully and push your tongue out between your lips so that the wine can reach the more distant taste buds that record the flavour. Have you enjoyed this greetings, then slowly swallow the wine, feel the warmth of the alcohol on the elbow of your tongue as the wine leaves the mouth. Now swallow several times and taste the farewell. Any imperfections, however small, will now show up, but perfect balance and excellent flavour will only recurrently remind you that all your endeavours were so well worth while. That all your efforts were geared together for this very moment. Quietly contemplate your handiwork and thank God for this gift.

Wine is meant to be enjoyed and when it cannot be enjoyed it should not be drunk. Never drink to excess, then, and never drink when you have catarrh and cannot taste the wine. It is safe to give wine in moderation to all persons both young and very old except in acute illness such as pneumonia, or unless your doctor prohibits for other reasons. Frequently beer or spirits is prohibited when wine is prescribed. It has a tonic effect, it aids digestion, and it soothes and relaxes the nerves. To the young it gives vigor, to the old, peace. Treat wine with respect and it will respect you. You will not suffer hangovers and upsets after wine, but eat well with wine and you may enjoy it to your full. Also cheese bread and crackers go well with mead at a tasting. To hold mead tasting you needs the mead a white table clothes a candle and cheese crackers and or bread. As well as glasses and your documentation The S.C.A A&S form works well. Taste the mead and then have a group talk about what you all thought and what could or could not be done in the further to make a better mead. Also you could have your guess each bring a wine and or mead and have a tasting. These are a lot of fun and also vary socaolable. But please if you are drinking the real stuff please be responsible doing so. You can do the same for N/A mead tasting or better mix and match N/A and the reel stuff so all can try some and par take in the fun.

In closing

In closing I would just like to say thank you for reading this booklet. I hope you enjoyed reading it as much as I enjoyed writing it. I hope that you have learned a little about brew and mead and hope that this booklet will help you to make your first batch of mead. If you read these being someone who know how to brew mead I hope I have helped you to learn more. There is a mead log on the following page that you can photo copy and use to write down recipes as well as a few pages in the back to use for notes if you like. I look forward to possibly meet so o the reader of this booklet and share brews and how to what worked what didn't how to and feed back so that booklets on wine and beer to follow is better that this one. If you would please feel free to pass this booklet to a friend you want to learn about brewing mead. Also if I was unclear in something I wrote or if you have questions feel free to find me at an event or you can e-mail me at cte71259@centurytel.net

Happy mead making, cheers Hawthorn

Mead markers log

Type of mead beer or wine _____

Ingredients Quantities

Yeast used _____
Starting Gravity _____
Ending Gravity _____
Differents _____
Alcohol by valume _____
Method used _____

Dated Racked. **Appearance**

Date Bottled _____
Comments _____

Sources:

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