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WHAT IS MEAD?

...AND WHY MAKE IT LIKE A VIKING?



Honey + water + yeast = MEAD!

Myriad flavoring possibilities.

A truly ancient beverage.

Large role in Norse mythology.

Why not brew like a Viking?



INGREDIENTS FOR MEAD & TYPES OF MEAD

- ☞ Mead can range from dry, to semi-sweet, to sweet
- ☞ Show / traditional mead: basic honey-water-yeast mead
- ☞ Fruit mead (melomel)
- ☞ Mead with herbs, spices & flowers (metheglin/metheglyn)
- ☞ Vegetables, mushrooms, peppers, etc.
- ☞ Grain-based meads (bragot / honey beer)



FERMENTATION & FLAVOR ENHANCERS

- ☞ Honey, water and yeast need a bit of help
- ☞ Small amounts of tannins, acids and nutrients help achieve proper body and acid balance
- ☞ Tannins: buy in powdered form or use natural substances such as oak leaves, black tea or raisins
- ☞ Acids: powdered form or bits of citrus juice
- ☞ Nutrients: yeast need nutrition for a healthy fermentation and to avoid off flavors
- ☞ Purchase yeast nutrients such as Fermaid K (or O), or add high-nutrient ingredients such as fresh or dried fruit, bee pollen or “chunky” bits of the hive

CORE CONCEPTS FOR NATURAL MEAD MAKING

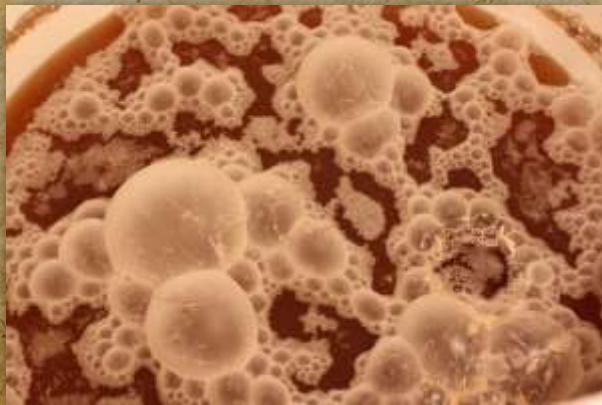
- ☞ Use **local, raw and unfiltered** honey.
- ☞ Make mead with **low to no heat** to maximize the aroma, flavor and health benefits of honey.
- ☞ Make **1-gallon batches** for quicker ferments and to experiment with flavors
- ☞ Blueprint for **semi-sweet starter** mead:
 1. Blend 2.5-3 lbs. wildflower honey with 1 gal. spring water
 2. Drop in 10-12 organic raisins or ½ teaspoon yeast nutrient
 3. Squeeze in a pinch of lemon juice
 4. Add small amounts of herbs, spices, or a handful or fresh berries, and /or wild-foraged edibles
 5. Add yeast (see next slide)

YEAST: AN INCREDIBLY SIMPLE COMPLEX SUBJECT

The oldest domesticated living organism is not a horse or a chicken, nor is it corn or wheat. It is a wild single-celled, asexual creature capable of preserving food, making bread rise, and fermenting drinks. It is yeast.

—Amy Stewart, *The Drunken Botanist*

- 🐉 Wild yeast is your friend, but so is commercial yeast
- 🐉 Wine yeast: Lalvin D-47, Lalvin EC-1118, Lalvin K1-V1116, Red Star Premier Blanc Dry Champagne Yeast
- 🐉 Bread yeast or brewer's yeast is acceptable for some meads



WILD YEAST WRANGLING



FERMENTATION VESSELS & BREWING EQUIPMENT



**Start with 1-gallon
batches**



**Move up to 5-gallon
batches**

RACKING & FILTERING



BOTTLING & AGING



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