Beginner Guide to Mead Making
– Darien Kruss, Oct 2016
Simple Traditional Mead

Honey
Water
Yeast

dates back 9,000 years
sugar + yeast = (alcohol & co2)

(saccharomyces cerevisiae)

maintain proper:
- oxygen
- food
- temperature
- pH
75–90 days

9–15% ABV (alcohol by volume)

low-tech methods
Equipment and Ingredients
3.0–3.5 pounds of raw honey (1 quart)
• No heat needed (or wanted)
One gallon of Spring water
• Not distilled or tap
Wine, mead, beer, or bread yeast
• Liquid or powder ($1.50)
Raisins or other yeast nutrient
1. Prep yeast
2. Make must
3. Oxygenate
4. Add nutrient
5. Pitch
6. Wait
7. Rack
8. Wait
9. Bottle
1. Ready the yeast
Rehydrate in 104°F water for 15 mins
2. Combine honey and water (must)
Shake, shake shake
• Also adds oxygen
Optional: Check original gravity (sugar density)

- Refractometer ~$26
3. Add nutrient

- Pre-prepared powders, raisins
4. Add yeast (called “pitching” the yeast)
5. Top off with water if needed
6. Add airlock

- Balloon with hole in the end
Fermentation should begin within 36 hours.
Signs of active fermentation

- $\text{CO}^2$ inflates the balloon, bubbles, foam
Glass carboys (jugs) and plastic airlocks
7. Maintain cool temperature

- 66°F – 70°F is ideal, avoid fluctuations
Wait
• 45+ days
Rack (siphon)

- Transfer from one vessel to another
Measuring the specific gravity with a hydrometer

1.103 OG (Original Gravity)
1.004 FG (Final Gravity)

\[(\text{OG} - \text{FG}) ÷ 7.36 = \%\text{ABV}\]
Bulk aging
Wait

- 30+ days
Clarity is pretty; doesn’t affect flavor
Bottle

- Reduce contact with oxygen
Bottle Aging
Enjoy
Variations
Honey flavors
Traditional Mead

Mead with Maple Syrup

Methglin
Mead with Spices

Sack
Mead with More Honey

Hydromel
Mead with Less Honey

Braggot
Mead with Malted Grain

Rhodomel
Mead with Rose

Melomel
Mead with Fruit

Pyment
Mead with Grape

Cyser
Mead with Apple

Capsicumel
Mead with Peppers

Bochet
Mead with Caramelized Honey

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