

Honeys and Their Effect on Mead

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The primary point of this class is to compare the taste of honey and then compare the taste of mead made from that honey. I made 4 comparison batches using the exact same recipe except for the honey, so you could taste the honey, then taste the mead made from it and understand the impact.

Principal components of honey:

Water	17.20 %	Levulose (fructose)	38.19 %
Dextrose (glucose)	31.28 %	Sucrose	1.31 %
Maltose	7.31 %	Higher sugars	1.50 %
Acids	.57 %	Proteins	.26 %
Minor substances	2.38 %		

Specific Gravity	1.4225
Sweetening Power	1.67 times that of sugar

Honey is 12 pounds per US gallon or 3 pounds per quart. Many recipes talk in terms of the number of pounds to use, so it is useful to know how much is 3 pounds.

Honey versus Sugar

1 Tablespoon	Honey	White Sugar
Calories	65	45
Protein	trace	-
Calcium (mg)	1	-
Phosphorous (mg)	1	-
Potassium (mg)	18	trace

Relative Acidity of Honeys

Black Diamond (Tupelo)	3.0	Wild Flower	2.0
Sue Bee Clover	1.8	Acacia	1.0

Comparison Batch

Boil 3 quarts of water with 2.5 lbs of honey. Add 1 tsp of lemonjuice and 2 oz strong tea. Let it cool below 100 degrees Fahrenheit and add yeast. Let ferment 14 days and bottle. Let sit in bottle 5 days.

I have provided 4 different recipes for some different kinds of 'mead' drinks.

Syr Michael of York Mead

Boil one gallon of water with 2.5 lbs of honey. Add juice of one lemon and ½ tsp nutmeg. Boil, skimming foam, until it stops foaming. Let it cool to blood temperature, then pitch yeast. Let it work two weeks, bottle it and let it age two weeks. THEN PUT IT IN THE REFRIGERATOR, AS IT CAN BECOME EXPLOSIVE IF LEFT OUT AFTER THIS.

Drink at your leisure.

MELOMEL

3 lbs honey
2 oranges

1 gal water
½ cup tea

Peel the oranges, removing the white (pith). Boil the honey, water, and meat of the oranges, orange peel, lemon juice, and tea. Skim the foam, let it cool, and pitch with wine yeast.

SACK MEAD

3 gal water
½ cup tea
½ tsp whole anise seed
1 inch galingale root, crushed
1 pkg unflavored gelatin in 1 cup water

16 lbs honey
2 tsp cinnamon
18 cardamon seed clusters (crushed)
20 whole allspice, slightly crushed

Boil water, adding tea and spices. Add honey, continuing to boil and skimming the foam until it stops foaming. Let it cool to blood temperature, then pitch the yeast. Rack after 1 month, then 3 months. Add the gelatin after 3-4 months, and bottle a month or two later.

METHEGLIN

1 gal water
½ cup strong tea
juice of 1 lemon

3 lbs honey
3 sticks cinnamon
1 tsp allspice

6 cloves

Boil the water, adding the honey, tea, lemon juice and spices. Skim the foam until it stops. Let it cool to blood temperature and pitch yeast. Rack and bottle as appropriate.

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