

# The Herald Tribune

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Newsletter of the Ann Arbor Brewers Guild

July 2013

## July Meeting BeerBQ

This month's meeting of the AABG is Saturday July 13th at 1:00 p.m. It will be co-hosted by **Roger Burns** and **Tony Arruda**. See the map and directions on the next page. The featured style is **Mead**.

## MEDIEVAL MEAD



EST. 1978

Alc. 11.5%

*The Drink of the High Kings of Ireland*  
ANCIENT RECIPE HONEY MEAD  
Produced and Bottled by Bunratty Mead & Liqueur Co.  
County Cork - A Product of Ireland

## AABG 2013

January.....	Adventures in HB .....	Un-Session Beers*
February .....	AiH.....	Un-Session Beers*
March .....	AiH.....	Barleywines*
April .....	Geoff Billiu / Annie Zipser....	Barleywines*
May .....	Stephen Krebs .....	Extract Beers*
June.....	Sam Firke.....	Wheat Beers
July BeerBQ....	Roger Burns.....	Mead
August .....	Chris Frey.....	TBD*
September .....	.....	European Amber Lager*
October.....	.....	European Amber Lager*
November .....	.....	TBD*
December .....	Rolf Wucherer.....	TBD*

\* Denotes AHA Club Only Competition Style  
All meetings are the second Friday of each month beginning at 7:30 p.m., except for the July meeting (BeerBQ) which is the second Saturday.

## AABG Pico System

The club's pico system is available to members for brewing. If you wish to borrow it contact Mike O'Brien at: 734.637.2532 or [picobrew@comcast.net](mailto:picobrew@comcast.net)

Access the AABG Club System forum at: <http://tinyurl.com/29h7yxc>

## Mead

The English word mead derives from the Old English meodu, from Proto-Germanic meduz, from Proto-Indo-European médu (honey, fermented honey drink). Slavic med /miod, which means both "honey" and "mead", (Czech, Slovak, Serbian, Bosnian, Bulgarian, Croatian: med vs. medovina, Polish 'miód' pronounce [mju:t] - honey, mead) and Baltic medus "honey"/midus "mead", also derive from the same Proto-Indo-European root Welsh medd, Old Irish mid, Sanskrit madhu, Sogdian [an Old Iranian language]: muð, Avestan [another Old Iranian language]: maðu. Mead also called honey wine, is an alcoholic beverage that is produced by fermenting a solution of honey and water. Depending on local traditions and specific recipes, it may be flavored with spices, fruit, or hops (which produce a bitter, beer-like flavor). The alcoholic content of mead may range from about 8% ABV to 18%. It may be still, carbonated or naturally sparkling, and it may be dry, semi-sweet or sweet.

Mead is known from many sources of ancient history throughout Europe, Africa and Asia, although archaeological evidence of it is ambiguous. Its origins are lost in history. "It can be regarded as the ancestor of all fermented drinks," Maguelonne Toussaint-Samat has speculated, "antedating the cultivation of the soil."

## Mead Variants

- Trójniak: a Polish mead, made using two units of water for each unit of honey
- Acerglyn: A mead made with honey and maple syrup.
- Balche: A native Mexican version of mead.

Black mead: A name sometimes given to the blend of honey and black currants.

Bochet: A mead where the honey is caramelized or burned separately before adding the water. Yields toffee, chocolate and marshmallow flavors.

Braggot: Also called bracket or brackett. Originally brewed with honey and hops, later with honey and malt—with or without hops added. Welsh origin (bragawd).

Capsicumel: A mead flavored with chili peppers.

Chouchenn: A kind of mead made in Brittany.



## Bunratty MEAD

*The Drink of the High Kings of Ireland*

PURE HONEY MEAD  
Produced and Bottled by Bunratty Mead & Liqueur Co.  
County Cork - A Product of Ireland

Cyser: A blend of honey and apple juice fermented together; see also cider.

Czwórniak: A Polish mead, made using three units of water for each unit of honey.

Dandaghare: A mead from Nepal, combines honey with Himalayan herbs and spices. It has been brewed since 1972 in the city of Pokhara.

Dwójniak: A Polish mead, made using equal amounts of water and honey.

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## When and Where

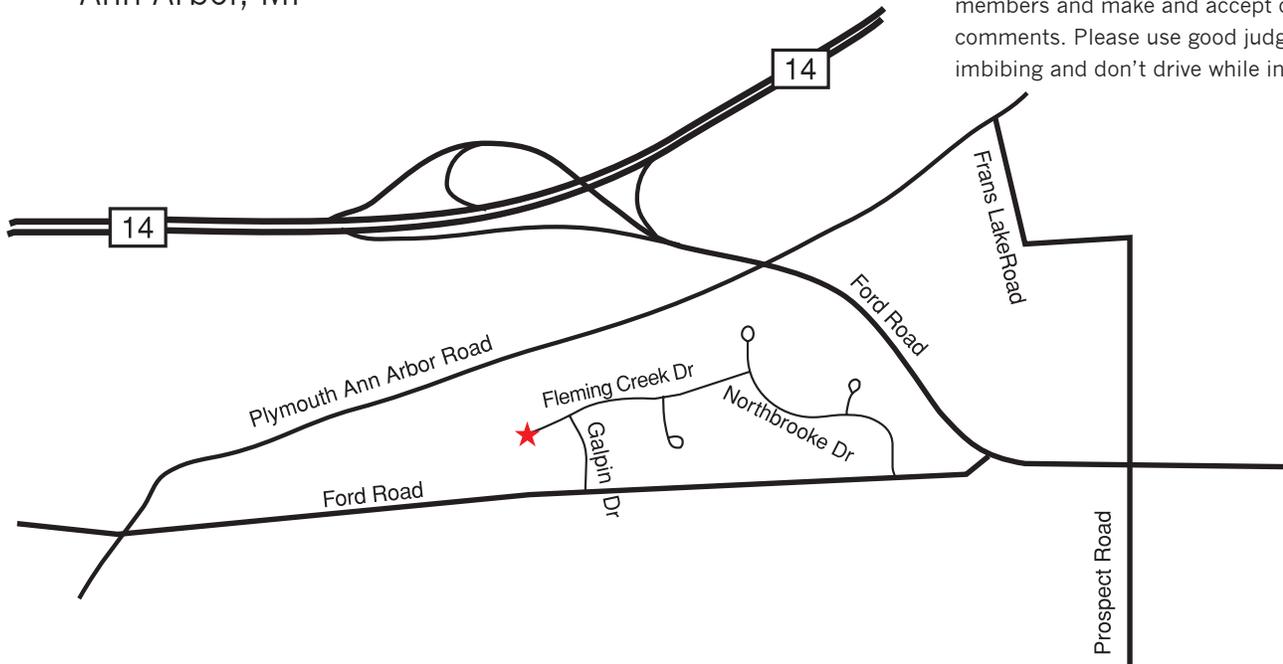
Saturday, July 13 1p.m.  
Roger Burns  
6509 Fleming Creek Dr  
Ann Arbor, MI

## AABG Policy

AABG encourages responsible, legal consumption of homebrewed and craft beers. You must be at least 21 years old to attend AABG meetings.

## Guide for New Members

Bring 1–2 bottles per batch of your beer that you'd like to share, or an interesting commercial beer. Bring tasty munchies to cleanse the palate and sop up the alcohol. Feel free to share and sample with other members and make and accept constructive comments. Please use good judgment while imbibing and don't drive while intoxicated.



**Great mead:** Any mead that is intended to be aged several years. The designation is meant to distinguish this type of mead from "short mead" (see below).

**Gverc or Medovina:** Croatian mead prepared in Samobor and many other places. The word "gverc" or "gvirč" is from the German "Gewürze" and refers to various spices added to mead.

**Hydromel:** Literally "water-honey" in Greek. It is also the French name for mead. (Compare with the Catalan hidromel, Galician aiguamel, Portuguese hidromel, Italian idromele and Spanish hidromiel and aguamiel). It is also used as a name for a light or low-alcohol mead.

**Medica:** Slovenian, Croatian, variety of mead.

**Medovina:** Czech, Croatian, Serbian, Montenegrin, Bulgarian, Bosnian and Slovak for mead. Commercially

available in the Czech Republic, Slovakia and presumably other Central and Eastern-European countries.

**Medovukha:** Eastern Slavic variant (honey-based fermented drink).

**Melomel:** Melomel is made from honey and any fruit. Depending on the fruit base used, certain melomels may also be known by more specific names (see cyser, pyment, and morat for examples).

**Metheglin:** Metheglin is traditional mead with herbs and/or spices added. Some of the most common metheglins are ginger, tea, orange peel, nutmeg, coriander, cinnamon, cloves or vanilla. Its name indicates that many metheglins were originally employed as folk medicines. The Welsh word for mead is medd, and the word "metheglin" derives from meddyglyn, a compound of meddyg, "healing" + llyn, "liquor".

**Midus:** Lithuanian for mead, made of natural bee honey and berry juice. Infused with carnation blossoms, acorns, poplar buds, juniper berries and other herbs, it is often made as a mead distillate or mead nectar, some of the varieties having as much as 75% of alcohol.

**Morat:** Morat blends honey and mulberries.

**Mulsum:** Mulsum is not a true mead, but is unfermented honey blended with a high-alcohol wine.

**Myod:** Traditional Russian mead, historically available in three major varieties:

1. **Aged Mead:** a mixture of honey and water and/or berry juices, subject to a very slow (12–50 years) anaerobic fermentation in airtight vessels in a process similar to the traditional balsamic vinegar, creating a rich, complex and high-priced product.

2. Drinking Mead: a kind of honey wine made from diluted honey by traditional fermentation.

3. Boiled Mead: a drink closer to beer, brewed from boiled wort of diluted honey and herbs, very similar to modern medovukha.

Omphacomel: A medieval mead recipe that blends honey with verjuice; could therefore be considered a variety of pyment (q.v.).

Oxymel: Another historical mead recipe, blending honey with wine vinegar.

Pitarrilla: Mayan drink made from a fermented mixture of wild honey, balché-tree bark and fresh water.

Pyment: Pyment blends honey and red or white grapes. Pyment made with white grape juice is sometimes called "white mead".

Póltorak: A Polish great mead, made using two units of honey for each unit of water.

Rhodomel: Rhodomel is made from honey, rose hips, rose petals or rose attar, and water.

Sack mead: This refers to mead that is made with more honey than is typically used. The finished product contains a higher-than-average ethanol concentration (meads at or above 14% ABV are generally considered to be of sack strength) and often retains a high specific gravity and elevated levels of sweetness, although dry sack meads (which have no residual sweetness) can be produced. According to one theory, the name derives from the fortified dessert wine, sherry (which is sometimes sweetened after fermentation) that, in England, once bore the nickname "sack"). Another theory is that the term is a phonetic reduction of "sake" the name of a Japanese beverage that was introduced to the West by Spanish and Portuguese traders.

Short mead: Also called "quick mead". A type of mead recipe that is meant to age quickly,

for immediate consumption. Because of the techniques used in its creation, short mead shares some qualities found in cider (or even light ale): primarily that it is effervescent, and often has a cidery taste.[citation needed] It can also be champagne-like.

Show mead: A term which has come to mean "plain" mead: that which



Picking green grapes for making verjuice.

has honey and water as a base, with no fruits, spices or extra flavorings. Since honey alone often does not provide enough nourishment for the yeast to carry on its life cycle, a mead that is devoid of fruit, etc. will sometimes require a special yeast nutrient and other enzymes to produce an acceptable finished product. In most competitions, including all those that subscribe to the BJCP style guidelines, as well as the International Mead Fest, the term "traditional mead" refers to this variety (because mead is historically a variable product, these guidelines are a recent expedient, designed to provide a common language for competition judging; style guidelines per se do not apply to commercial or historical examples of this or any other type of mead).

Sima: a quick-fermented low-alcoholic Finnish variety, seasoned with lemon and associated with the festival of vappu.

Tej/Mes: Tej/Mes is an Ethiopian and Eritrean mead, fermented with wild yeasts and the addition of gesho. Recipes vary from family to family.

Tella/Suwa: Tella is an Ethiopian and Eritrean style of beer; with the inclusion of honey some recipes are similar to braggot.

Trójniak: A Polish mead, made using two units of water for each unit of honey.

Viking blood: Mead made of honey and cherry juice.

White mead: A mead that is colored white with herbs, fruit or, sometimes, egg whites.

## VERJUICE

Verjuice from Middle French vertjus "green juice") is a highly acidic juice made by pressing unripe grapes, crab-apples or other sour fruit. Sometimes lemon or sorrel juice, herbs or spices are added to change the flavour. In the Middle Ages, it was widely used all over Western Europe as an ingredient in sauces, as a condiment, or to deglaze preparations. It is still used to some extent in the American South.

It was once used in many contexts where modern cooks would use either wine or some variety of vinegar, but has become much less widely used as wines and variously flavoured vinegars became more accessible. Nonetheless, it is still used in a number of French dishes as well as recipes from other European and Middle Eastern cuisines, and can be purchased at some gourmet grocery stores. The South Australian cook Maggie Beer has popularised the use of verjuice in her cooking, and it is being used increasingly in South Australian restaurants.