

Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Joshua” of August 21, 2022 at 10:44 PM

I have also brewed mead, which was drinkable if only just. From memory, the process was simple and my equipment rather non-technical. It consisted primarily of taking a clean glass vessel of a fair size, adding together water, citrus and honey, mixing in the yeast--did I proof the yeast? I don't remember--and fixing a common party balloon over the mouth of the vessel. Prick the balloon with a needle--in its contracted state, the hole will close to prohibit outside yeast and bacteria.

But set all of this aside in a warmish spot, and soon the brew begins to bubble. The releasing gases will inflate the balloon enough to open the prick hole, releasing the gas. This also supplies positive pressure, so that the hole in the balloon only vents, and does not admit outside air. As the fermentation progresses, and the brew runs out of sugar, the balloon will go limp again. The mixture, now properly mead, is ready to be filtered and drunk. This process can take several weeks.