



Lord Thomas de Marr'

Admiral's Metheglyn

Metheglin is an ancient tradition in which the use of spices or herbs are used in flavoring of the Honey mixture. Many types have been made since the days before even the Egyptian Empire.

For my purpose I used a foundation laid out in "The Closet of Sir Kenelme Digby"

MY OWN CONSIDERATIONS FOR MAKING Digby's Metheglyn

Take twenty Gallons of Spring-water; boil it a quarter of an hour, and let it stand, until it be all most cold; then beat in so much honey, as will make it so strong as to bear an Egg, so that on the Top, you may see the breadth of a hasel-nut swimming above; The next day boil it up with six small handfuls of Rosemary; a pound and a half of Ginger, being scraped and bruised; then take the whites of twenty Eggs shells and all; beat them very well, and put them in to clarifie it; skim it very clean, then take it off the fire and strain: But put the Rosemary and Ginger in again: then let it remain till it be all most cold: then Tun it up, and take some New-ale-yeast; the whites of two Eggs, a spoonful of flower, and beat them well together, and put them into the barrel; when it hath wrought very well, stop it very close for three weeks or a month: then bottle it, and a week after you may drink it. page 86

Having done this exact recipe before I wished to try my own version of meatheglyn using the abouve recipe as a base. However I did not have any ale yeast on hand so I used the Lalvin 71B-1122 which I did happen to have available. I chose my favorite 2 herbs Rosemary and Thyme with the emphasis on Rosemary. The following recipe is the metheglyn made as a result of these choices.

Scaled to one gallon. Boil 1 gallon of water for 15 minutes then remove from heat until it reaches a temperature slightly above room temp. Beat in 3lbs 3.8 oz of honey so that when an egg is placed in the mixture the breadth of a hazel nut is above the surface. Let that sit overnight. Put 0.2 oz Rosemary and 0.1 oz Thyme into a straining bag and add to the honey water. Bring it to a boil for 30 minutes keeping the lid on the pot. Remove the bag with spices to the side and add 1 egg white with the shell mixed together for clarification. Strain the mixture removing all the solids and remove from the heat. Put the bag of spices back into the pot with the lid on while it cools. When room temperature is reached remove the spice bag and pour into a primary fermentor. Add 1/4 teaspoon of egg white and 1/8 teaspoon of flour mixed together to the primary and then add the Lalvin 71B-1122 yeast. When the fermentation has slowed down rack the mixture into a secondary siphoning off the sediment. Let sit for 5 months till fermentation has finished, rack again and bottle.

