



Lord Thomas de Marr'

THE EARL OF DENBIGH'S METHEGLIN

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 Metheglin

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

To find the amounts of spices needed I put the full 20 gallon amounts on a plate and then divided by eye. The Rosemary I pulled six small handfuls out then spread it out in a thin layer, dividing up the plate into 20 slices like a pie. Then measured that amount. For the Ginger I used pure math to divide into 1/20th for my needs. 1 egg white and shell was obvious when reducing from 20 gallons as 20 eggs were stated in the recipe. The egg white and flour was as close as I could guess by using the plate method mentioned above. For the yeast I used an ale yeast as the recipe stated unlike most modern meads made with strains of wine yeast.

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 4lbs 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 1 teaspoon of rosemary and 1.2oz ginger scrapped and bruised 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 Ale yeast. When the fermentation has slowed down rack the mixture into a secondary siphoning off the sediment. Rack again in 4 weeks then immediately bottle it up. Wait one week after, then enjoy your first taste.

