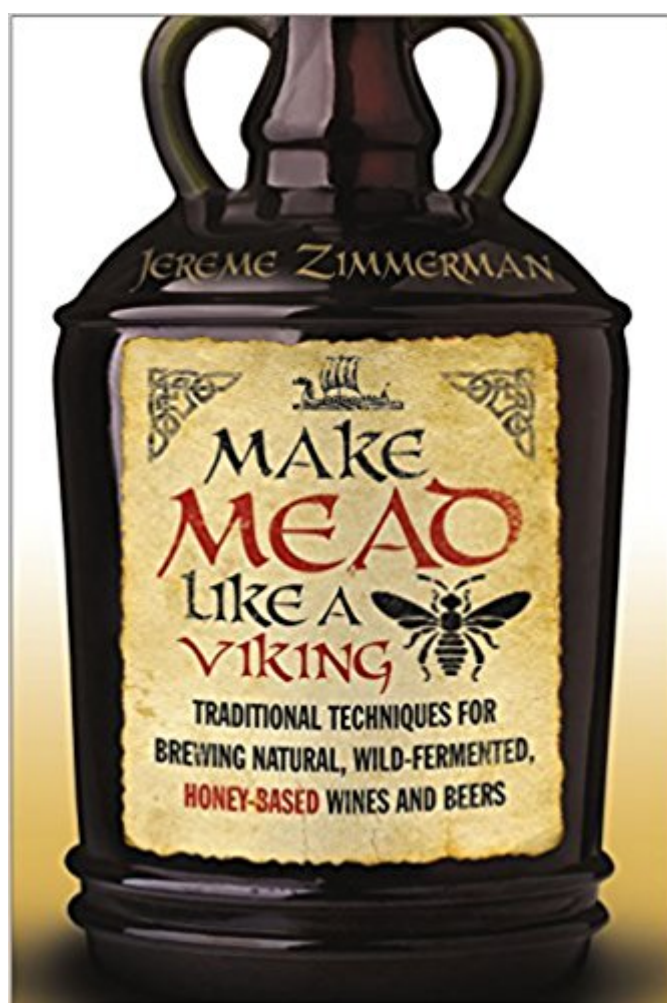


The book was found

Make Mead Like A Viking: Traditional Techniques For Brewing Natural, Wild-Fermented, Honey-Based Wines And Beers



Synopsis

A complete guide to using the best ingredients and minimal equipment to create fun and flavorful brews. Ancient societies brewed flavorful and healing meads, ales, and wines for millennia using only intuition, storytelling, and knowledge passed down through generations—no fancy, expensive equipment or degrees in chemistry needed. In *Make Mead Like a Viking*, homesteader, fermentation enthusiast, and self-described “Appalachian Yeti Viking” Jereme Zimmerman summons the bryggjemaður of the ancient Norse to demonstrate how homebrewing mead—arguably the world’s oldest fermented alcoholic beverage—can be not only uncomplicated but fun. Armed with wild-yeast-bearing totem sticks, readers will learn techniques for brewing sweet, semi-sweet, and dry meads, melomels (fruit meads), metheglins (spiced meads), Ethiopian tej, flower and herbal meads, braggots, honey beers, country wines, and even Viking grog, opening the Mead Hall doors to further experimentation in fermentation and flavor. In addition, aspiring Vikings will explore:

- The importance of local and unpasteurized honey for both flavor and health benefits;
- Why modern homebrewing practices, materials, and chemicals work but aren’t necessary;
- How to grow and harvest herbs and collect wild botanicals for use in healing, nutritious, and magical meads, beers, and wines;
- Hops’ recent monopoly as a primary brewing ingredient and how to use botanicals other than hops for flavoring and preserving mead, ancient ales, and gruits;
- The rituals, mysticism, and communion with nature that were integral components of ancient brewing and can be for modern homebrewers, as well;
- Recommendations for starting a mead circle to share your wild meads with other brewers as part of the growing mead-movement subculture; and more!

Whether you’ve been intimidated by modern homebrewing’s cost or seeming complexity in the past—or are boldly looking to expand your current brewing and fermentation practices, Zimmerman’s welcoming style and spirit will usher you into exciting new territory. Grounded in history and mythology, but like Odin’s ever-seeking eye—focusing continually on the future of self-sufficient food culture, *Make Mead Like a Viking* is a practical and entertaining guide for the ages.

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Customer Reviews

Library Journal- "Zimmerman originally documented his brewing experiments on his blog, [ÃÂ-jereme-zimmerman.com](#). After enthusiastic feedback from participants in the author's mead workshops, he decided to publish a handbook on making mead with wild yeast, a practice at which the Vikings excelled. His recipes are straightforward and easy to follow, frequently including a story or tips to improve it. They often call for not only standard mead but also an unusual ingredient such as mushrooms, garlic, horehound, or marshmallow plant. Zimmerman packs this slim tome with honey-based brewing recipes, Viking mythology, Viking cultural history (as it applies to mead), a history of beekeeping, a guide to picking honey, how to drink mead, and equipment advice. While there are many mead-making titles on the market, the emphasis on wild yeast along with Zimmerman's philosophy of experimentation and self-sufficiency make this a unique offering. **VERDICT:** Adventurous mead makers or brewers who want to move beyond the basics will find plenty to savor here. **Booklist-** "After an exhausting day raiding coastlines and terrorizing natives, Vikings loved to relax with a nice quaff of mead. Over the centuries, mead retreated to merely a historical curiosity. But thanks to creative and adventuresome home brewers such as Zimmerman, mead has roared back to life. Zimmerman promotes natural fermentation from airborne yeasts, but for those lacking bold Viking genes, he offers advice on fermentation from commercial yeasts. **Text** is clear and very encouraging, and he makes mead accessible to both tyros and experienced brewers. Summarizing relevant equipment and ingredients, Zimmerman emphasizes that his disciples will produce their best meads if they don't go overboard on sterilizing their equipment nor take all the joy out of mead making. **Recipes** go beyond basic

mead to include Ethiopian *tajej*, fruit-enhanced *melomel*, and *metheglin*, which scents mead with herbs and spices. A valuable addition to any collection that seeks to satisfy the creativity of home brewers.

“A great guide to mead making, full of practical information and fascinating lore.”—Sandor Ellix Katz, author of *The Art of Fermentation* and *Wild Fermentation*

“This is a fun book and fortunately, it doesn’t stop there. Coupled with the fun parts is a book that is informative and detailed in everything from choosing honey all the way to what kinds of corks to use. As a beekeeper who has always had lots of good raw honey on hand, I have made mead before but only in the kind of sterile environment that Jereme Zimmerman eschews. His book opened my eyes to the possibility of returning to the much more natural and time-honored ways of brewing this fascinating beverage.”—Jeffrey Hamelman, director, King Arthur Flour Bakery; author of *Bread: A Baker’s Book of Techniques and Recipes*

“Tradition meets modernity in this marvelous look at the ancient brewing of honey-based beverages.”—Mike Faul, owner and brewmaster, Rabbit’s Foot Meadery

“I really delighted in this inspired and informative read. Throw caution into the mead-making wind and relish the challenge of some of the more unusual flavorings and ingredients. I now feel more like being a Viking mead maker than ever, and coming from a Celt and fourth-generation mead maker that is something! Enjoy mead and make merry men and maidens.”—Sophia Fenton, director, Cornish Mead Co. Ltd.

“Jereme Zimmerman has captured the wild spirit of mead quite literally as the quintessential naturally fermented beverage of humankind from the beginning, which reached its apotheosis with the Vikings. Without compromising its mysterious allure, he brings it down to earth for all to make and enjoy.”—Patrick E. McGovern, author of *Ancient Wine* and *Uncorking the Past*

“Make Mead Like a Viking” puts the ME back in mead: my Scandinavian heritage simply sang when reliving the history, reading the recipes, and playing the drinking games he includes. And best yet . . . Zimmerman encourages mead makers to keep their own bees! There’s no better way to get the best honey there is than when you, and the bees you care for, make it happen together. For me, this is the perfect marriage.”—Kim Flottum, editor-in-chief, *Bee Culture: The Magazine of American Beekeeping*

Jereme Zimmerman grew up on his parents’ northern Kentucky goat farm, Twin Meadows, where he was also homeschooled. After graduating from Berea College in Berea, Kentucky, he moved to the Pacific Northwest, where he immersed himself in the world of homebrewing. As the

world—only peace-loving, green-living Appalachian Yeti Viking, Zimmerman writes, blogs, and speaks regularly on fermentation, mead-making, homesteading, and good eating. He is a regular contributor to various publications and websites, including New Pioneer and Backwoods Home magazines. He writes for Earthineer.com as “RedHeadedYeti.” He currently lives in Berea with his wife, Jenna, and daughters, Sadie and Maisie, where he practices urban homesteading and cavorts with farmers, authors, and fellow sustainable-living enthusiasts.

I came at this book as a former home winemaker, with all the sanitizing fuss and bother that goes with that. The idea that you could clean but not have to sanitize equipment and still get drinkable, quality products that wouldn't kill you was a whack across the head for me. But the more I read, the more the author's playful, what-the-heck experimental attitude appealed to me. He's made me want to dig out my carboys and airlocks and start wildly throwing things in to see what happens. I've even looked up a couple of local honey producers. In addition to his playfulness, Zimmerman's passion for all things Viking shines through in this book. He gives a good grounding in Norse mythology and culture, the history of and changes in mead making, and information on a wealth of variants that fall broadly under the "mead" category (even some on beers). Also, he's included recipes he's used and developed--although perhaps it would be better to call them guidelines, since he freely recommends departing from them at your whim. The concept and information on wild fermenting is, I think, worth the cost of the book all by itself. It had never occurred to me (why, I do not know) that yeasts abounded all around me and would be happy to leap into my primary fermenter and start having bubble-making parties. Nor had it occurred to me that the pellicle (a barrier layer) formed by top-fermenting yeasts had a protective function; I always thought it meant "batch spoiled; throw it out" (but then, I was making wine, not beer, and top-fermenting yeasts are important in beer). It's eminently sensible; nobody in neolithic times had packets of yeast, for pity's sake, but they certainly had fermented beverages. I suspect this will become a favorite gateway book for those wanting to try out mead making or take a less intimidating pathway into the world of home brewing. It's an easy, enjoyable, and absorbing read, one that takes frugality, sustainability, and responsibility seriously, and one with enough depth that you'll keep going back to it.

This is an amazing book. It inspired me to order mead and try it which opened a new world of wonder and enjoyment. It's a wonderful book that makes it possible to make mead like a Viking. We will be. Everyone has enjoyed this book. Many parts were read as a family and everyone enjoyed it. It makes sense of a natural process that has been completely complicated even though it doesn't

have to be. The whole family highly recommends this book and the mead..

Simply put its a great book if you're looking to learn how to wild ferment mead. If bottling is your style, there's some, but not a lot of bottling techniques shown. Overall it's informative and has some great recipes.

Wonderful book. Great starter information. Makes you rethink all the sanitation so many other books preach. Just remember, we brew for the fun, for the experimentation of different ingredients, and for keeping in touch with our more ancient non sterile past. I think I will incorporate the recipes and trying brewing at the campsite or on the beach or on vacation since most times, a gallon jar takes up so little space!

Great book. I bought my fiance a starter kit to make mead as a gift but the instructions it came with were pretty bad. We bought this book and used one of the recipes, which came out great.

This book balances cleanliness with practicality, which sounds right if you want to make mead "like a Viking." Interesting background on myth and legend, the culture of "the Vikings," and history give this book a helpful context to the theme. It includes herbal and fruit notes as mead additives you may not find elsewhere, at least not as presented here. Its a unique, practical, and natural approach to mead-making. But, the author--who admits he is not (yet) a beekeeper--assumes his Viking approach will also translate to bee-keeping. As a beekeeper and mead-maker, here is the truth: if your mead goes bad, oh well. If your bees all die, you've been bad. Beekeeping is a minor part of this book, but it's in there. Make mead like a Viking. But treat your bees like a modern person, know what you're doing, and give them medicine if they need it. Five stars for the mead topic, minus one for the bad info on bees.

Bought as gift for the weird uncle type in the family grab bag. He loved it and he is gard to buy for.

Fun book. Love his concepts, recipes, history, etc. Made some mead and looking forward to getting his game and drinking my mead while playing with friends.

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