

Yes it sounds like an unpleasant illness which requires medical attention. But actually it?s the correct name for a Spiced Mead! We?re not brewing this for it?s supposed medical or mystical (Bunkum) attributes. We?re brewing it mainly for the fun of it, oh and we?ll clearly enjoy drinking it in a few months!

Ingredients:-

4 x 400ml Jars of runny Honey
1 Stick of Cinnamon
8 Cloves
1 Thumb sized bit of fresh Ginger roughly sliced
Yeast
Water

Method:-

(1) Heat about a litre of water in a large pan and dissolve the Honey.
(2) Allow to cool so you don?t crack your demijohn and kill your Yeast.
(3) Pop the Cinnamon, Ginger and Cloves in the demijohn.
(4) Add a sachet of Yeast to the cooled Honey mixture and allow it to activate.
(5) Once it starts to foam pour the mixture into the demijohn and top up with Water. Allowing a little space at the shoulder.
(6) Insert the bung and air trap.
(7) Pop it away for a few months until it brews out. Or in our case leave it on the dining table and

listen to it bubble all night!

According to the various recipes I hacked together to create this one, the Honey should be hand harvesting on Anglesey. The water should be taken from a sacred well on the first full Moon of an even numbers year. The Yeast?.. Yadda yadda yadda. The cheapest unbranded Honey and Bread Yeast will do just fine!