

Home Brewed Soda Pop *by Mistress Gianetta Andreini da Vicenza*

EQUIPMENT NEEDED

1 gallon pitcher
Funnel
Airtight bottles
Pots and saucepans
Long spoon and whisk
Measuring cups and spoons

BASIC RECIPE

Make 1 gallon of any sweet liquid. Sugar will likely be between 1-2 cups. Make it slightly sweeter than you want the finished product to be. Add 1/8 tsp brewing yeast, dissolved in a few ounces of water at the recommended temperature for that type of yeast. Stir vigorously and bottle. Keep at room temperature. Check carbonation after 2 and 3 days. Refrigerate as soon as desired carbonation level is reached. THAT'S IT.

SAMPLE RECIPES

Small Mead (Honey Soda)

Adapted from Cariadoc's Miscellaney, from Digby:

"Take nine pints of warm fountain water, and dissolve in it one pint of pure White-honey, by laving it therein, till it be dissolved. Then boil it gently, skimming it all the while, till all the scum be perfectly scummed off; and after that boil it a little longer, peradventure a quarter of an hour. In all it will require two or three hours boiling, so that at last one third part may be consumed. About a quarter of an hour before you cease boiling, and take it from the fire, put to it a little spoonful of cleansed and sliced Ginger; and almost half as much of the thin yellow rind of Orange, when you are even ready to take it from the fire, so as the Orange boil only one walm in it. Then pour it into a well-glased strong deep great Gally-pot, and let it stand so, till it be almost cold, that it be scarce Luke-warm. Then put to it a little silver-spoonful of pure Ale-yeast, and work it together with a Ladle to make it ferment: as soon as it beginneth to do so, cover it close with a fit cover, and put a thick dubbled woollen cloth about it. Cast all things so that this may be done when you are going to bed. Next morning when you rise, you will find the barm gathered all together in the middle; scum it clean off with a silver-spoon and a feather, and bottle up the Liquor, stopping it very close. It will be ready to drink in two or three days; but it will keep well a month or two. It will be from the first very quick and pleasant."

22 cups water
1 cinnamon stick
4 cloves
1/8 tsp ale yeast
1¼ to 1½ cup honey

Put 16 cups of water in a large pot. Use a wooden skewer and mark the water line. Add the remaining 6 cups of water, and put on high heat. Dissolve the honey in the water bring to a boil. Let it boil down to the original water line (1 gallon), skimming the foam periodically. This will take about 2 1/2 to 3 hours. About an hour before it is done, add the spices. Remove the spices before bottling. Let the mead cool to room temperature, and taste it. It should be a little bit sweeter than you want the finished drink. Add more honey directly to the mixture if necessary. Dissolve the yeast in ¼ cup water at the right temperature for your yeast, and let it sit for 5 minutes. Add the yeast to the mead and whisk vigorously to oxygenate. Bottle it using sturdy bottles, including two small tester bottles. Check the carbonation at 48 and then again at 72 hours. Refrigerate immediately when desired carbonation level is reached.

Ginger Ale

Adapted from "True Brews"

¼ cup fresh peeled and grated ginger root (use a microplane grater)
1 cup plus 2 T fresh squeezed lemon juice
1 cup sugar, to taste
¼ tsp salt

Dissolve 1/8 teaspoon champagne yeast in ¼ cup warm water (100 - 105°F, or according to yeast package). Put ginger, lemon juice, sugar and salt in a gallon pitcher, then fill with water to make almost a gallon. Check the taste, and add more lemon juice or sugar if needed. It should be slightly sweeter than you want the final drink to be, but ginger ale tends to be on the dry side. It will seem a little weak and lemony – the ginger gets spicier the longer it steeps. Check and adjust the temperature to be in the best range for the yeast, then add the yeast mixture. Stir vigorously to aerate, and bottle in glass or plastic bottles. As you bottle, keep stirring to make sure the ginger pulp is well distributed. Check the carbonation at 48 and then again at 72 hours. Refrigerate immediately when desired carbonation level is reached.

NOTE: If you prefer not to have the ginger pulp, you can put it in a square of cheesecloth, soak it in the water and squeeze out the ginger juice. In this case, add a few chunks of ginger to the bottle so that it gets spicy as it steeps.

Ginger Beer

Adapted from “True Brews”

¼ cup fresh grated ginger root
1 cup fresh squeezed lime juice
1 ½ to 2 cups dark brown sugar, to taste

Dissolve 1/8 teaspoon ale yeast in ¼ cup lukewarm water (around 70°F, or according to yeast package). Add ginger, lime juice, and sugar to a gallon pitcher, then fill with water to make almost a gallon, at the temperature indicated for the yeast. Taste, and add more sugar or lime juice if necessary. Brown sugar is not as sweet as white, so you may need to add more. It should be slightly sweeter than you want in the finished drink. Add the yeast mixture. Fill to 1 gallon. Stir vigorously to aerate, and bottle in glass or plastic bottles. As you bottle, keep stirring to make sure the ginger pulp is well distributed. Check the carbonation at 48 and then again at 72 hours. Refrigerate immediately when desired carbonation level is reached.

Root Beer Concentrate

Adapted from “Homemade Root Beer, Soda and Pop”

6 cups white sugar
2 cups brown sugar
2 vanilla beans, split
¾ cup raisins, roughly chopped
¾ ounce saffras root

*WARNING: Contains safrole, determined to be a potential carcinogen by the FDA. Consume with caution, and do not consume if pregnant. Here’s an article outlining the issues: <http://en.wikipedia.org/wiki/Safrole>
Here’s another talking about the perspective on food consumption. <http://www.chow.com/food-news/53525/your-sassafras-has-been-neutered/>*

In a large pot, add both sugars and saffras root with 1 gallon water. Scrape vanilla beans into the pot and then add the beans. Bring to a simmer for 40 minutes. In the meantime, put the chopped raisins in a bowl and pour 1 ½ cups boiling water over them. Let them steep at the same time. Turn off the saffras water, and add raisin mixture to the pot. Let it steep off the heat for 20 minutes. Strain the entire mixture through cheesecloth, and heat-can in 1 quart glass jars, according to the instructions included with the jars. Alternatively can be stored in the refrigerator. Yields 4 quarts of concentrate; each quart makes 1 gallon of root beer.

To make the root beer, put 1 quart of concentrate in a gallon pitcher. Add water at 70°F, or temperature recommended on the yeast packet. Fill to 3 quart line and taste. Add water until desired concentration is reached. Dissolve 1/8 tsp ale yeast in ¼ cup water, and add to the pitcher. Stir vigorously to aerate, and bottle in glass or plastic bottles. As you bottle, keep stirring to make sure the yeast is well distributed. Check the carbonation at 48 and then again at 72 hours. Refrigerate immediately when desired carbonation level is reached.

RECOMMENDED READING

“Homemade Root Beer, Soda & Pop” by Stephen Cresswell

“True Brews: How to Craft Fermented Cider, Beer, Wine, Sake, Soda, Mead, Kefir, and Kombucha at Home” by Emma Christensen