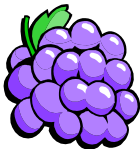
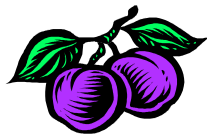


Old-fashioned Kitchen Wine-making

*by
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Wine-making 101

FRUIT & WATER
TIME
+ HEAT
WINE



FRUIT (or veggies, flowers, grains, spices or even some herbs)
The fruit must have its cell walls permeated - that means you have to cut it up in little bitty pieces in order for it to ferment before it rots. Most edible plants have some naturally-occurring sugars & yeasts on them that can convert to alcohol, however, few have as much as grapes/raisins, figs or dates. So, lots of sugar is added to all other wines and, since the yeast on the outside is usually rinsed off, extra yeast is often added, too.

WATER

Hot (sometimes boiling) water poured over the fruit should get the fermentation started. Filtered water is best but any will do.

TIME

Wine must ferment twice. The first fermentation takes anywhere from 4 days to 8 weeks, depending on the recipe. The pulp is broken down and must be stirred every day during this time. It'll fizz.

When it quits fizzing during stirring, strain out the pulp and put the liquid back in the container for the second fermentation, No stirring--it's left to settle & the sediment goes to the bottom. This can last anywhere from a few days to a week or more. The trick, afterwards, is to pour, dip or siphon the wine into another vessel without getting any of the sediment from the bottom.

HEAT (in degrees fahrenheit)

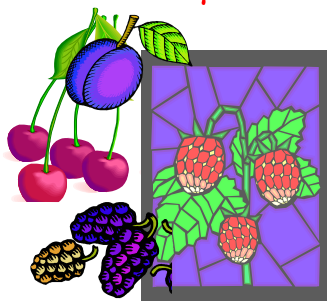
Thermometers can help determine when the first fermentation is over (it'll drop in temperature a little). It requires about 70 degrees Fahrenheit--& 80 and 90 degrees are even better.

In the second stage, keep the wine around 70 degrees. Then, before the alcohol dissipates (and you get vinegar), bottle and store it in the back of the refrigerator at about 40 degrees. That should suppress further fermentation. Cork lightly for the first few days to see if there's any pressure building up-- you don't want it to explode in the fridge.

Grandma Ginger - 2005

Grandma Ginger's Favorite Wine Recipe

4 quarts of ripe berries—any kind (mulberries, raspberries., strawberries ..)
&/or fruit with pits (cherries, plums...)



4 quarts of filtered boiling water
2 more quarts of filtered & boiling water
8 cups of plain old white sugar
1 box of raisins, finely chopped (enhances yeast)
1 ounce (2 TBSP) yeast & 2 TBSP water
1 slice of toast (a functional life raft for the yeast)

Day 1: Fresh fruits & berries work well for this recipe, but, if your crops come in slowly, you can freeze them up as they come into season until you have just under 2 pitchers full (two 2-quart pitchers). Frozen fruit will only ferment if you add fresh (unfrozen) berries or fruit to it, so be sure to add a cup of fresh fruit or berries to make the total 4 quarts. Almost any combination of fruits & berries will do.

Then, pour 4 quarts of boiling water over the mixture and use a potato masher to mash the fruit. Don't break any large pits or the wine will taste bitter—like cyanide.

And, cut up fruit (like plums) to break down the cell wall & speed fermentation. Set aside in a large (5-10 gallon) clean, covered plastic bucket in a temperature-controlled (75-85 degrees) place in the kitchen—so it isn't forgotten—for 2 or 3 days. Extreme temperature fluctuations can hinder the fermentation process.

Day 4: Dissolve 8 cups of sugar in 2 quarts of boiling water and add it to the mash. Sprinkle chopped raisins on top & stir. Moisten the yeast and spread it on one side of the toast and float it—yeast side down—on the top. Cover lightly (air needs to escape) and put in a warm (body temperature) place for 2 weeks. **Stir every day**--trying to break up the fruit on the sides without disturbing the toast--although it will fall apart eventually. *(During this time you can add other berries/fruits that ripen.)*

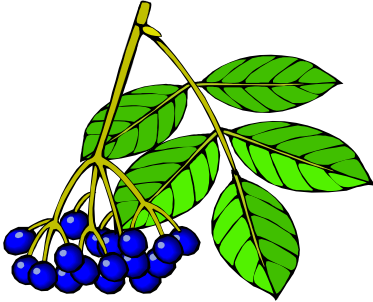
Day 18: Strain the mash and discard the pulp & bread. The juice that is left should be a little sweet. If it's too tart, stir in some more sugar. Let stand (no stirring) for 2 more weeks.

Day 32: Strain the mixture again (use cheesecloth, fine mesh or sieve) and return (so it can settle) to a container that has a bottom spout. For 2 days.

Day 34: In about 2 days (longer if you added extra sugar-- since it extends the fermentation), carefully open the spout (sediment may come forth first but will quickly clear out) and slowly fill clean wine bottles.

Try not to get much bottom-sediment. Then, put a loose cork in each bottle and set upright in the back of the refrigerator—cooling stops fermentation. Don't tighten the corks for a few weeks. (Or, just cover with a piece of clear wrap & a rubberband—of course, you have to keep it upright, but it won't explode!)

Grandma Ginger's Elderberry Wine*



8 quarts of elderberries (w/stems)
8 quarts of hot water
16 cups of white cane sugar
2 cups of chopped raisins
2 ounces (2 packets) of baker's yeast
2 slices of white bread (lightly toasted) or 6 shredded wheat

Day 1: Snip (with scissors) away the *stalks* of the elderberries--but leave the weblike *stems*--they add color and flavor. Put 8 quarts of elderberries (& stems) into a porcelain or stainless steel kettle. Pour 8 quarts of hot water over them and bring to a rolling boil for about 30 minutes. Move the kettle from heat and let it cool to lukewarm--this takes a few hours.

Then, strain the juice through a colander or sieve into another container, mashing the berries to get all of the juice. (This is messy.)

When you have all the juice out of the berries, and while it's warm, put the dark liquid back in the kettle and dissolve 16 cups of cane sugar into it. Stir in 2 cups of chopped raisins (these dried grapes help fermentation).

Next, moisten 2 packets (2 ounces) worth of yeast and spread it on one side of the white toast (use shredded wheat for a 'heavier' wine) and float them--yeast side down--in the liquid (floating glucose speeds up fermentation). Put a lid on it and leave in a warm place (around 80 degrees--but away from sunlight or where the temperature goes up & down) to ferment, undisturbed, for about 2 weeks.

Day 14: Then, strain the liquid again, and let it alone for 2 days.

Day 16: Sterilize some jars or old wine bottles and have them dry and ready. Siphon the mixture into them without disturbing or getting any of the bottom sediment (it clouds the wine) and seal *lightly* (so bubbles can escape) *until the fermentation stops*--it takes anywhere from 2 to 4 weeks. (This is the 'tricky' part, you need to be SURE that it's finished fermenting.)

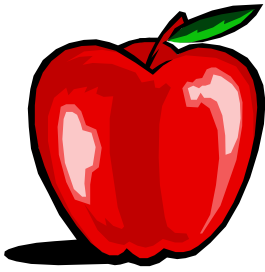
Day 30+: When no tiny bubbles are left inside the bottle and its temperature drops, either *tightly cork* or otherwise seal the bottles (*if you do this prematurely, they can explode in storage*) but if you don't do it--you'll get a nasty-tasting vinegar.

This makes about 8 quarts. Keep the bottles in a cool place (40-50 degrees inhibits further fermentation) for at least 6 months (the longer, the better) before opening.

You can use the back (or warmest) spot in your refrigerator to store the bottles.

*Unpasteurized (home-made) elderberry wine helps remove mucus & phelm. Elderberry extract is sold as a flu remedy in Europe and in health food stores in the U.S. as an immune system enhancer.

Grandma Ginger's Apple Wine



10 lbs of apples (2 giant bowls full of cut-up pieces)
2 cups of chopped raisins
1 cup of (unpearled) raw barley
4 quarts of water
6 cups of light brown sugar

Day 1: Shred the apples--this is important--they won't ferment as well if they aren't shredded. Bruised apples are okay (it speeds fermentation).

Put into a large container (NOT aluminum) and add the raisins, barley and water. Put the covered container in a warm (70-80 degrees) place to ferment.

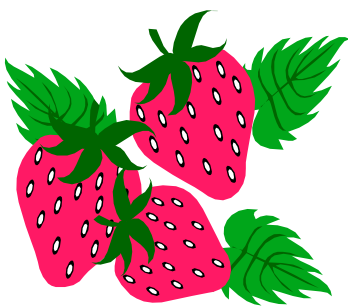
Days 2-28: Each day for the next FOUR WEEKS, open the container and stir it up. It should fizz. When the fizzing slows down, the 1st fermentation is ending.

Day 28: After the month is over, strain out the yucky stuff and put just the liquid into a container (if you have one) with a spout near the bottom so you don't have to siphon it later to keep from getting the sediment at the bottom. Add the brown sugar and stir until it's all dissolved. Set the mixture back in the warm spot for another THREE WEEKS. This time, don't stir it at all. Let it settle.

Day 49: Seven weeks from the time you started, gently open the spout and start filling up bottles (or canning jars) with the wine. If you don't have a spouted container, carefully dip the top liquid out and bottle it. The idea is to leave the sediment at the bottom--it clouds up the wine.

Do not seal the bottles tightly yet, because they could explode. Instead, seal them lightly and put in a dark place for a few days--checking to make sure there isn't pressure building up and fermentation still going on.

Day 51 or 52 or 53: When you think they're done, seal & put the bottles in the back of your refrigerator or in a cool (40-60 degrees) place--that stops the fermentation process--and keeps them from becoming vinegar.



Grandma Ginger's Strawberry Wine

4 quarts of ripe strawberries
4 quarts of filtered water
8 cups of white sugar
1 box of golden raisins, chopped
1 ounce (2 TBSP) yeast & 2 TBSP water
1 slice of white toast (for light colored wine)

Day 1: Wash and stem the strawberries and add them to most of the water in a large pot. In another pot, put the rest of the water and all the sugar (to dissolve it). Mash the berries as they heat slowly but keep stirring the sugar-water mixture, too.

When the berries come to a full boil and the sugar mixture is dissolved, combine them in a 3-5 gallon clean plastic container and let them cool to lukewarm (so they won't be boiling-hot and kill the yeast, but warm enough to make it grow).

Pour the mixture through a sieve to strain out the berries (so they don't get moldy). Then add the cut-up raisins to the juice. (Raisins won't mold as easily.)

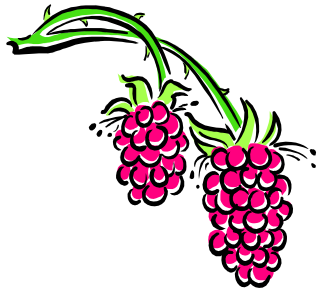
Next, take the dry yeast and add enough water to it to make a spreadable paste for the toast (don't burn the toast or it'll ruin the wine's taste).

After you spread the yeast on the toast, carefully float it (yeast-side down) in the strawberry juice. Put a light cover over the container (so air can escape) and let it stand somewhere (at 70-80 degrees) for 1 week. Stir it every day. (It's okay when the bread falls apart. Keep stirring and watch it bubble.)

Day 8: Strain out the bread and raisins and put the fermented juice in a container with a spout at the bottom (so you don't have to siphon). Let it settle for 2 days.

Day 10: Carefully fill bottles to the top with the strawberries wine, trying not to get the bottom sediment--it makes the wine cloudy. Cork the bottles lightly. It'll keep fermenting for a few weeks and leak out some--or explode if it's corked too tightly. Put the wine somewhere where it can either leak or explode without too much damage.

Day 12: Now comes the tricky part. The wine can easily go flat and turn into vinegar if it quits fermenting and isn't chilled right away. Just to be safe, lightly cork it about 2 days after bottling and put the bottles in the back part of the refrigerator (50-60 degrees)--so they can't do much more fermenting. (Fermentation requires warmth.)



Grandma Ginger's Mulberry Wine

4 quarts of mulberries (with stems)
4 quarts of boiling filtered water
8 cups of white sugar
1 crushed eggshell
1 package (2.5 TBSP) dry yeast

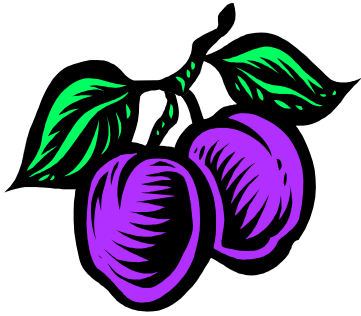
Day 1: Unless they're gritty, don't wash the mulberries (fruit has yeast cells growing on it--unless you wash them off). Pour the 4 quarts of boiling water over the 4 quarts of mulberries in a large container (with a loosely fitting top--so air can escape) and mash them with a potato masher for about 5 minutes. Let it stand for 2 days to begin fermentation.

Day 3: Strain through a sieve (colander) and put the juice into a container that has a spout at the bottom. (Throw away the spent mulberries.) Stir in the 8 cups of sugar until it all dissolves. Sprinkle the crushed eggshell over the top (it gives the wine clarity) and then the yeast. Set aside for 1 week, stirring every day (it should soon be fizzy).

Day 10: Strain the juice again (to remove the eggshell pieces) and set aside for another week. This time, don't stir the mixture (sediment needs to settle on the bottom).

Day 17: Carefully put a bottle under the spout and begin filling it (so as to not disturb the sediment--you don't want that in your wine). After all the clear wine is bottled (throw the sediment away), cork it lightly (so it can ferment a little more) and watch it for a few days until you're sure it's done.

Then put it in the back of the refrigerator for at least 6 months.



Grandma Ginger's Plum Wine

- 8 quarts of plums (300 small ripe plums)
- 8 quarts of hot water
- 12 cups of white cane sugar
- 4 cups of chopped raisins
- 4 cups of cracked wheat (fresh ground or cereal)
- 2 packets (5 teaspoons) of baker's yeast

Day 1: Put the 8 quarts of water into one large pan or two 5 quart pans and add the sugar to it, stirring until it comes to a rapid boil for 3 minutes. Mash with a long-handled potato masher (the mixture will be very hot!). Then, add it to the plums in a large porcelain, plastic or stainless steel kettle. Let the mixture stand overnight (to allow the plums skins to set the red color).

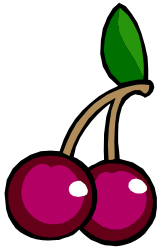
Day 2: Put the mixture through a sieve and remove all the pits. Retain the pulp and discard the pits. Stir in the chopped raisins and cracked wheat. Sprinkle the dry granulated yeast over the surface and set it in a warm place to ferment for two weeks. Stir to invert the fizzy mash every day.

Day 15: Strain the mixture through a sieve and return to a container with a spout on the bottom to settle for 2 days. (Make sure a bottle will fit under the spout--since you won't want to move the container at all when you fill the bottles.)

Day 17: Fill bottles and cork lightly for a few more days.

Day 19: Cork or cap securely and place in the back of the refrigerator for 6 months.

Grandma Ginger's Cherry Wine



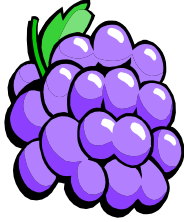
4 quarts of ripe cherries (with pits)
4 quarts of filtered water
8 cups of white sugar
1 box of golden raisins, finely chopped
1 ounce (2 TBSP) yeast & 2 TBSP water
1 slice of white toast (for light colored wine)

Day 1: Pick the cherries (even small ones will do) and, unless they've been sprayed or have dirt on them, don't wash them (there are yeast cells on the outside that speed fermentation). Mash the cherries in a big bowl with your fingers to break the skins, but don't split the pits (the cyanide in them makes the wine bitter). Then pour 2 quarts of boiling water over them and set aside for 2 days.

Day 3: Dissolve 8 cups of sugar in 2 quarts of boiling water and add it to the cherry mash. Sprinkle chopped raisins on top & stir. Then, moisten the yeast and spread it on one side of the toast and float it (yeast side down) on the top. Cover lightly and put in a warm (body temp.) place for 2 weeks. Stir every day--trying to break up the fruit on the sides without disturbing the toast--although it will fall apart eventually.

Day 17: Strain the mash and discard the pulp. The juice that is left should be a little sweet. If it's very tart, stir in some more sugar. Then, let stand for 2 more weeks.

Day 31: Strain the mixture again (use cheesecloth, fine mesh or even pantyhose) and return to a container with a bottom spout. In about 2 days (longer if you added extra sugar-- since it extends fermentation), carefully open the spout (sediment may come forth first but will quickly clear out) and pour into bottles.



Grandma Ginger's Blackberry Wine

5 cups of unwashed blackberries (don't wash off yeast cells)
5 cups of hot water
4 cups of white cane sugar
1 ounce (packet) of yeast (NOT brewer's yeast)
1 slice of bread (lightly toasted)

Day 1: Add sugar to the hot water and then to the berries. Squish the blackberries with your fingers or a potato masher until they are all broken and then put in a large plastic or glass container (never aluminum). Moisten the yeast and spread it on one side of the toast (use shredded wheat for a 'heavier' wine) and float it--yeast side down--in the liquid (floating glucose speeds up fermentation). Put a lid on it and leave in a warm place (about 80 degrees is best--but away from sunlight or where the temperature goes up & down--I use behind the door at the top of the stairs--since hot air rises, it's always warm). Stir it every day for 2 weeks. The toast eventually breaks apart--that's okay.

While it is fermenting, you can add more blackberries any time with a little warm water & about a cup of sugar for each cup of extra blackberries. If you add berries, the 1st fermentation may take a little longer, though. This isn't rocket scienry--feel free to experiment. Fruit & heat WILL make wine--with or without your help. When it quits being active (fizzy) when stirred...

Day 14: Strain out the pulp & toast, pour the blackberry liquid into a container with a spout at the bottom. Let the mixture sit, undisturbed for 1 week (2nd fermentation).

Day 21: Sterilize some jars or wine bottles and have them dry and ready. Pour the mixture into them without disturbing or getting the bottom sediment (the first bottle will get some sediment--since it will shoot out of the spout first) and seal *the bottles lightly* (so bubbles can escape) with a lid or cork *until the fermentation stops*--it takes anywhere from 2 to 4 weeks. This is the 'tricky' part, you need to check it to be SURE when it's finished fermenting.

Day 30+: When no tiny bubbles are left inside the bottle and the temperature drops (fermentation is known by it's heat), either *tightly cork* or otherwise seal the bottles (*if you do this prematurely, they may explode in storage*) but if you don't do it--you'll get vinegar.

Keep the bottles in a cool place (40-50 degrees inhibits further fermentation) for at least 6 months (the longer, the better) before opening. You can use the back (or warmest) spot in your refrigerator to store the bottles.

This is a small recipe that can easily be doubled or tripled if you have more blackberries.

Grandma Ginger's Fig Wine



Day 1: 3 quarts of unwashed (organic) figs
2 quarts of water

Day 2: 3 cups of water
6 cups of sugar
1 cup of raisins

Day 1: Chop the figs up and put in a glass or plastic container. Cover with 2 quarts of cold water and let stand overnight.

Day 2: Put 2 quarts of water in a pot on the stove and slowly add 6 cups of sugar. While hot, add the chopped figs/water solution and put it back in the container. Chop the raisins up and add them to the mixture to speed fermentation.

Set aside in a warm place for 2 weeks.
Stir every day (it should soon become fizzy).

Day 14: Strain the juice out and discard the fig & raisin pulp. Let the juice sit undisturbed (do NOT stir) for 2 weeks (sediment needs to settle on the bottom).

Day 28: Strain again to get out any seeds that may be left. Then put the mixture into a container with a spout at the bottom. Let settle for 2 days.

Day 30: Carefully put a bottle under the spout and begin filling it (so as to not disturb the sediment--you don't want much of that in your wine). After all the clear wine is bottled (throw the sediment at the bottom away), cork it lightly (so it can ferment a little more) and watch it for a few days until you're sure it's done fizzing. Then seal tightly.

Then put it in the back of the refrigerator for at least 6 months. This is my favorite wine. It's very sweet & rich.