CAMPARI ACADEMY
— MASTERCLASS —

NATURE TO NURTURE

FERMENTATION CULTURE IN OUR BARS
WITH SHARON FLYNN

SESSION OVERVIEW

It's hard to argue that without the metabolic processes of microorganisms the world and especially our industry would be a very different place-not quite as delicious, and certainly not as much fun!

Simply put, without fermentation the alcohol industry wouldn't exist.

Yeasts & bacteria are all around us, living on and in everything including ourselves, they contribute to our lives in so many ways - whether it's enjoying the delicious umami flavours in your cheese toastie, fighting bad bugs with Penicillin (not Sam Ross' version), unwinding after work with a cold beer or getting a delightful surprise from fizzy orange juice when you open the bar... it's easy to underestimate their contribution to our daily lives.

With the help of 'our esteemed guest Sharon Flynn, Australia's leading expert on the subject' (just about to release her second book), Nature to Nurture will take a look at what Fermentation is, what it isn't and then analyse different approaches to fermenting for flavour creation and things to consider when nurturing a fermentation culture in your venue, or at home.

'We've also included some recipes from Australia's best bartenders that champion fermentation to create unique cocktails to help inspire you on how to incorporate these age old techniques in your bar'

As always we hope our program sparks your curiosity of this wonderful technique and inspires you to nurture some nature in your bar.

CHEERS
The Campari Academy Team

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ABOUT SHARON FLYNN

Sharon Flynn is considered a foremost authority on fermentation and has made it her mission to bring a variety of fermented food and drinks into homes everywhere.

Sharon immersed herself in various fermentation techniques during 20 years abroad living in Malaysia, Japan, the US and Europe as an expat, experiencing the benefits of these foods on the microbiome first hand when her youngest daughter became ill.

This led her back to Australia, and to the birth of The Fermentary in 2013.

Sharon has since strived to ferment traditionally, standing for complex flavour and texture over fast processes and health food fads.

This has earned The Fermentary many awards for various products including 'Outstanding Artisan'.

In 2015 Sharon attended a fermentation residency with Sandor Katz in his home in Tennessee, later returning to Kyoto to attend a Koji residency.

Sharon published Ferment for Good in 2017, now in its third edition, and her second book 'Wild Drinks' will be released in late 2021.

She shares her knowledge and passion for this ancient art through her various ferments online, wholesale to food service and independent stores

Sharon's true love is sharing and connecting through workshops and events and she regularly hosts other experts in Australia to share theirs.

WHAT IS FERMENTATION?

It's a natural transformation of food that results in preservation with the collaboration of enzymes, bacteria, fungus and the environment.

There is a very recent new and official definition of fermentation spurred on by its revival - "foods made through desired microbial growth and enzymatic conversions of food components".

If the word 'probiotic' is added, then the product must contain living organisms at the time of consumption that are proven to be beneficial to our microbiome.

FERMENTATION *ISN'T*

Pickling, curing, drying or salting - those are also preservation methods but they don't result in a living organism - whilst food may remain in an effectively raw state there is no life due to the method used.

Pickling uses heat and vinegar to preserve - usually what is pickled now was once fermented and the pickling process merely mimics the lovely lactic acid flavours by using vinegar - (acetic acid).
Heat is then applied to make this shelf stable - devoid of life.

This is a great food source and wonderful preservation method but there is usually a lot of emotion when someone tries a true fermented pickle rather than the vinegar kind.

When it comes to drinks, fermentation isn't infusing, or blending, or using vinegars.

In order for it to be a fermentation, there needs to be transformation through yeast and bacteria and the end product should ideally be alive; in the case of drinks - that usually means even a hint of effervescence.

WHY DO WE FERMENT?

Fermentation is a natural event that has been happening since bacteria, yeasts and sugars happened together.

Humans learnt how to use fermentation as a practice to preserve nutrients in raw ingredients, extend shelf life, allow for safe transport and to extend seasonality.

Soon enough, as we'll see in the 'Brief History' chapter, they discovered that fermenting were allowing probiotic properties to develop through good bacteria.

In our current era, we rarely ferment anymore out of need to preserve and while we still appreciate the healthy side of fermentation, we also are looking for the unique flavours that are created during the process.

A BRIEF HISTORY OF FERMENTATION

LONG BEFORE OUR TIME...

Yeast has been around at least 80 million years.

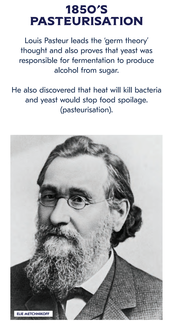
"Humans (have been) co-existing and co-evolving alongside bacteria and fungi in a beneficial collaboration that might be thought of as magic"
S.Flynn

Food cultures across the globe have a long history of using these processes to make food more edible, digestible, pure, preserved and delicious.

7000-1000BCE BEER

Versions of beer (thought to be one of the drivers of agriculture), mead and wine appeared around the world and later down the track, fermented vegetables, legumes and bread.

There is also evidence that the milk kefir grain, cheese and fermented tea existed.



LATE 1600'S-1665
DISCOVERY OF YEASTS & BACTERIA

Microscopes allowed identification and exploration of first fruiting yeasts (by Robert Hooke) and then bacteria (by Anton Van Leeuenhoek).

Further studies by Cohn discovered that there are different kinds of bacteria and Robert Koch noted the role bacteria has in causing human diseases.

1850'S PASTEURISATION

Louis Pasteur leads the 'germ theory' thought and also proves that yeast was responsible for fermentation to produce alcohol from sugar.

He also discovered that heat will kill bacteria and yeast would stop food spoilage. (pasteurisation).

1910 THE GERM THEORY

Russian bacteriologist Elie Metchnikoff started becoming aware of the benefits of fermentation to human health primarily through dairy fermentation.

The 'germ theory' was finally supported and saved many lives. These were times when the leading cause of death were germ related - influenza/pneumonia, tuberculosis and gastroenteritis.

Today, cause of death now is mostly heart disease, cancer and stroke.

1940'S RISE OF THE GERMOPHOBE

We witnessed a growing distaste for micro organisms in the public perception, starting an industry of products to help kill bacteria in the home and on the body to protect us from germs (Listerine, home sanitisers etc).

1970'S HEALTH CRAZE

The Health benefits of yoghurt and kombucha are becoming popular and fermenting grains is brought to attention. It will grow and will grow slowly over the next 50 years.

2000'S UNDERSTANDING GUT HEALTH

Research proves the direct link between our microbiome and good health, highlighting the benefits of feeding our microbiome in our bodies and soil and demonstrating how not all bacteria are bad.

Popularity of home fermentation on a small scale increases, as people grow tired of bland flavours and poor nutrition found in highly processed foods that are devoid of life.

FERMENTING FOR FLAVOUR

We mentioned how important fermentation has been as technique to preserve raw ingredients and to increase their probiotic and nutritional value.

In our daily job behind the bar, fermentation practices can also come in handy to create new and unique flavours.

In doing so, your choice of wild or controlled yeast can have an impact on aspects of the final product such as taste, aroma, acidity, sugar & alcohol content.

WILD VS CONTROLLED YEAST

Using controlled yeasts is the easiest way to get a predictable and consistent brew, simply adding them to the batch we need to ferment, at a suitable sugar content and temperature and giving them time.

It's also a way to shape the flavor of your final product in terms of alcohol content (ABV) and acidity level (pH).

Wild yeasts, on the other hand, are found in the natural environment and generally have their own specific tolerances for acidity and alcohol for example.

They are generally in a wider variety and give a more interesting profile than their laboratory grown counterparts.

Yeasts live all around us and are right there ready to consume sugar and turn it into alcohol and CO2.

Yeasts grown for a specific purpose are really science and art brought together, a controlled and manipulated, dried and preserved yeast source.

They can provide you a very predictable outcome, that is consistent, reliable and indeed replicable.

In today's homogenised food and drink world, though, if you are lucky enough to make small scale batches, then why wouldn't you also enjoy the beauty (and the terroir) of learning to harness and experiment with the yeasts that exist willingly.

Think of the strength of a weed that has grown in defiance, through concrete, these are the wild yeasts that naturally dwell on flower petals, in the soil, on your skin, on fruit.. Everywhere. They are stronger, more innocent, livelier and...wild.

Wouldn't you prefer that?

Now more than ever is the time to use your local area as a way to express yourself. The yeasts on the fruit, the malt or mould you source and the grain you grow it on are all representation of your environment and showcase their provenance.

When you make small batches you are able to do things that just aren't viable for larger scale operations.

When we speak of terroir we think of the places the fruit is grown, but we shouldn't limit our mind to that. The water source, the vessel, the hand that stirs the liquid, the tools that are used, these are your own terroir, limited only by your imagination.

WHY NOT HARVEST?

Have you considered fermenting using indigenous (wild) yeasts for your first batch, then using 'back-slop' or 'sour mash' to give the next batch a little kick start?

It's as simple as adding a part of your previously fermented batch, to the new one.

This will promote a faster fermentation, it'll give some continuity of flavour and favour the right pH for beneficial microbial growth, while also articulating a sense of place in the product.

In our industry there are spirit categories, like American Whiskey for example, that made of this a common practice.

FERMENTS 101

HOW DO WE DO IT WELL?

Understand your intention.
It takes an understanding of what you are doing, the right environment and considered technique, appropriate for the medium.

Also then, how well you will do will rely on the right amount of curiosity and playfulness as well as some hope, as you are not guaranteed the outcome you are expecting.

Are you looking to obtain a unique flavour for a signature drink or are you just trialling ways to keep life interesting?

Is it to use byproducts to save wastage or are you investing in a fermentation program? What are your goals?

THINGS TO CONSIDER

Fermentation is a practice that, in our bars and restaurants, can take many shapes and forms.

That said, while we are seeing fermentation techniques coming in fashion in our industry, there are few things to consider before starting to draft our fermentation plan.

How much time you have at work to dedicate to this project, how much prep and storage space you have, what the environment is like, what you want to achieve and why (eg are you preserving something you have a lot of? or looking for a unique flavour? both?); all these factors will influence the way you can sustainably design your fermentation program, to best suit your needs and assets.

Will it be a 'one off' or an ongoing feature on the menu?
Are you allowed by the food and safety legislation, and does your team know enough to treat and care for the ferment? (you might need and want to train them).
Do you have the refrigerator space to keep it afterwards?

These are just few questions and considerations we need to ask ourselves before diving into the wild world of ferments.

TYPES OF FERMENTS

WILD

There are thousands of different types of fermented drinks around the world, but in the interests of this session's focus and to champion the knowledge and practices of our esteemed guest, we have broadly divided them, following Sharon's guidance and approach, into three categories to look at:

WILD FERMENTS
where lactic fermentation sparks from yeasts found 'wild' on the raw ingredient or the surroundings.

SCOBY
where the use of a 'mother' (a colony of bacteria) is used to ferment a liquid

GRAIN
where the sugars contained in grains are used to feed yeasts, in order to enable fermentation

Here you'll find an explanation of the main styles, while you can check the recipes in the section at the end of the booklet.

WILD FERMENTS

FERMENTING FRUIT

Through lactic fermentation, bacteria will eat sugar and turn it to acids, sometimes alcohol and CO2. Yeast will feed on sugars and the byproducts are alcohol and CO2 (hence the fizz).

You need both to get a fizzy sour drink that has a good, long flavour and a richer mouthfeel due to the alcohol content, no matter how small.

Choose fruit that has yeast on it (you can see the yeast on the skin). Apples, plums, persimmons, grapes, pineapples are all well known to carry yeast types that ferment well.

Nonetheless, you are not limited to that. Let your imagination and creativity guide you.

A word to the wise: the yeast is on the peel so don't wash that off too hard and don't use chemicals to disinfect your ingredients.

Will it be a 'one off' or an ongoing feature on the menu?
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INTRODUCING TEPACHE

Tepache is a wild ferment, originally made from corn by the Nahua people in pre-Spanish Central Mexico. Today the most popular is Tepache de Pina (of Pineapple).

The yeast and bacteria naturally present on the pineapple are responsible for the fermentation process, so no additional cultures are needed.

MEAD

Mead is a natural wild ferment from diluted honey. Quite possibly the oldest man-made alcoholic beverage in history. There are Chinese records from around 3000BCE, but pottery archived in China suggests it could go as far back as 7000BCE.

Mead has similarities to both beer and wine in that it sometimes contains hops as preservative, but is much closer to wine in respect to provenance or terroir. It can also be sweet or dry depending on yeast and residual sugar.

DID YOU KNOW?

According to MentalFloss.com, the term "honeymoon" comes from a newlywed couple drinking 'honey', or mead, a 'moon', or month, after their nuptials, in hopes it would help them conceive a child.

It is said that a month's worth of mead would be included in the dowry to help promote a fruitful union.

KILIJU

Kiliju is the 'infamous' prison wine, also called Pruno or Crack Pot wine, born after the simple realisation of what makes alcohol: sugar, yeast, the right temperature and time.

Humans have figured out ways to make alcohol that is almost purely for the sake of the alcohol - mixing sugar with water and adding bread yeast, cans of fruit, or in a bag with bread.

Sometimes desperate times call for desperate measures...

Natural yeasts tend to not have a high tolerance of alcohol and so die off before the liquid reaches the alcoholic heights that the maker might want.
Buying the right yeast (a wine or champagne yeast) would make this better.

TYPES OF FERMENTS

SCOBY

These are generally aerobic ferments that are left open to the air and then go ahead and grow to cover the area you give it, to essentially make its own anaerobic environment.

This allows the acetic acid to thrive. The same would happen to wine or other fruit ferments if you were to let the fruit float to the top and form a cap.

The bacteria and yeasts colonies that allows the fermentation is known as Scoby and the main part of the colony is referred to as 'mother'.

To give consistency in flavour to your ferments, you can grow your mother and start separate colonies allowing cuts of it to grow in new batches.

WHAT'S A SCOBY?

By now most people know that the word 'SCOBY' is an acronym made to explain its make up:

Symbiotic Colony of Bacteria and Yeast.

KOMBUCHA

There are a variety of ferments reliant upon a SCOBY, half of which are in varieties of lactic acid bacteria.

Kombucha is one of these and it can be think of as a tea vinegar. It's said to stem from China but varieties of these exist obviously anywhere people have left fruit or anything sweet out in the open air for long enough.

For Kombucha to thrive, the environment needs to be slightly warm and acidic to protect it from moulds, which is why you'll always need to start off a brew with a small amount of existing brew as well as the mother.

If you are going to try one ferment, this might be the easiest and quickest one. If you forget it, it won't die, it will keep growing and be there for later. It's very easy to share to others, and the flavour profiles are well worth doing.

Note, flavours are much more complex when made in smaller batches.

Once you brew for a while you'll notice the growth of the mother can feel like a burden.

At Fermentary, we have been playing with all kinds of ways to enjoy this, such as fruit leather or dog chews.

DID YOU KNOW?

The Scoby from Kombucha is currently being developed into a workable bio-textile, or type of vegan leather and has been experimented with fashion design!

JUN

Jun is the prettier sister of Kombucha. She is blonde, lighter, faster, doesn't need the room to be as warm, prefers lighter flavours, tried on green tea and honey.

This ferment gives off a more elegant flavour as well.

The second ferment flavours, for example, can be as subtle as oat straw, hay or corn husks.

KEFIR

Kefir is another scoby ferment and a delicious one indeed.

There are two main varietals: water or milk base.

Water kefir is said to have stemmed from Mexico or Asia whereas Milk kefir is originated on the Caucasus Mountains between the Middle East and Eastern Europe.

"I recommend anyone who works unsal, stressful hours to make themselves some. It has tryptophan for relaxing and draws on feel good Serotonin, as well as a wide range of bacteria and yeast."

MILK KEFIR

Milk kefir is the most health giving and possibly flavourful.

A great use for the milk kefir grain in a bar setting is to use it in juices.

It will eat the sugar and make a slightly fizzy, more sour juice with a small amount of viscosity that is really pleasant and reminiscent of a milk liquor.

Also, simply straining the milk kefir and catching the whey, will give you the most wonderful tool to add to any juice or sweet water. Whilst yeasts will make a naturally sparkling, probiotic drink out of almost anything with a hint of sugar.

The recipe is literally - taking the SCOBY and pouring milk over the top - letting it ferment until you like how it tastes.

For me that is 48 hours.

You can make all kinds of cheese, cakes and breads from this one little culture.

If I had to choose only one, this would be the one for me.

WATER KEFIR

Water kefir is a beautiful looking SCOBY, made of small little gel like granules.

Whilst they may require a little more work and care than Kombucha or Jun, they are worth it. The labour involved is one of the reasons Kefir isn't as prevalent on the market today.

It also tends to be higher in alcohol. It differs from beer and wine as the bacteria is also producing alcohol as a by product.

Kefir only needs a first fermentation of 48 hours, it doesn't need tea, just sugar and minerals that are easy enough to find in fruits and sugars.

I personally think of this as more sophisticated drink than Kombucha and Jun, as you are basically getting a longer flavour, better mouth feel and livelier fizz.

Its base recipe doesn't have a lot of flavour so this one is easy to personalize adding your favourite ingredient. Recipe for this as well as the grain ferments are in the recipe section of this booklet.

DID YOU KNOW?

It's great to use a refractometer or hydrometer, but with the drinks we make with a SCOBY this isn't really a reliable indication.

There is a viscosity in the drink due to the structure of the SCOBY that would be measured in specific gravity as a sugar.

It will seem like it has more alcohol than it does. Generally you won't get a Kefir higher than 4%.

TYPES OF FERMENTS

GRAIN

Cultures all around the world learnt very early on that we could ferment grains to make the sugars more available and from that a drink that was nutritious, safe and filling.

Farmers, builders (think pyramids and not downtown), workers of all kinds were fed versions of this to give energy and keep them working.

It has been suggested that humans actually started to grow grains in a larger scale in order to ferment them to drink, before we leavened them more as a bread staple.

Grains are harder than fruit in that we need to make the sugars inside them available with some kind of enzymatic action, such as malting, making koji or nuruk, even using human saliva for enzymes.

BEER

What's in beer?
Yeast, hops and water. Keep that in mind and play around with that.

"I think there is a great future in making small - micro batches in the real sense - you know - 10 litres on a stove top - fresh beer before we preserved it and force carbonated it."

It's funny that beers and all alcohols don't really require a true ingredients list. Many people don't really know what is in a beer.

Within the general public there's the common misconception that beer is made from hops because these days they contribute so much for flavour and complexity. They were, yes, originally used for flavour, but mostly played an important role as a preservative.

Start learning about beer making with Bread Kvass and go from there.

KVASS

An easy way to start grain fermenting is to use crusts or left over stale bread and find your own flavour.

Simple to make very small batches that you can bottle; very lively and delicious. Kvass can be made with vegetables or bread creating actually very different products.

The vegetable or fruit kind is a small amount of vegetable to a larger amount of salted and herby water that you drink.

The bread one is rich and deep and almost like a beer. You can play around with breads that are common to the season like hot cross buns or panettone for example.

Both Kvass produce fizz, depth of flavour and complexity that are not easily found in the soda world.

MAKGEOLLI

Makgeolli is a Korean 'Rice Beer', easy to make on a small scale, perhaps easier than most beers.

You need to make or get hold of NURUK which is the malt, then rice and water.
It is such a lively and enzyme rich drink.

It has obviously been changed immensely over the years, but small batch brews made in house are more common again and the flavour profiles are amazing.

This is a way to bring people to you to try your special brew.

DRINKS FROM LOCAL LEGENDS

WE ASKED FOUR OF THE COUNTRY'S BEST BARTENDERS TO SHARE WITH US TWO COCKTAIL RECIPES USING FERMENTATION

COCKTAIL #1. CARTE BLANCHE

This brief had no boundaries, we just asked the bartenders to show us something that represents their style and approach to using fermentation when creating a cocktail.

COCKTAIL #2. WITH GLEN GRANT ARBORALIS

For the second drink, we wanted them to create a cocktail using at least one fermented ingredient to match the creamy light and bright flavours of Glen Grant Arboralis, showcasing like so, four different approaches to the same ingredient.

ALEX GONDZIOULIS LIQUID & LARDER GROUP

#1. OLD DEVIL MOON

INGREDIENTS

35ml Appleton Signature Blend
20ml Banana Wine*
5ml Fig Leaf infused Honey Syrup
2 Dashes Angostura Bitters

METHOD

Add everything to mixing glass.
Stir on ice, strain over large format block ice.

GLASSWARE

Rocks

GARNISH

Fig Leaf Coin

CAMPARI ACADEMY

#1. PREPARATIONS

RECIPE:
Banana Skin Oleo:
1000g Banana Skins
1000g Raw Sugar
200g Water

Cook sous vide for 4 hours at 60C until sugar is dissolved.
Strain.

Sweet Banana Puree:
2400g Banana Flesh, diced
100ml Water
10g Ascorbic Acid, to stop browning
8ml Pectinex Ultra SP-L
8ml Amylase

Cook sous vide for 4 hours at 60C.
Add to blender and puree.

Banana Must:
2500g Sweet Banana Puree
1200g Banana Skin Oleo
1000g Fresh Banana Skin, julienned
3500g Water
1500g Black Tea Blend*
1875g Raw Sugar
Black Tea Blend:B2:E3:G10

To be added during fermentation:
4 Campden tablets
(2 before primary, 2 after secondary)
8g Saison Yeast
15g Wine Nutrient (in steps)
Fining Agents, as needed.

METHOD:

1. Add everything under the Banana Must list to a 15L fermenter.

2. Stir to dissolve sugar completely into the must.

3. Treat with 2 Campden tablets, leave covered for 24 hours.

4. Check gravity of the must using a hydrometer.

5. You're aiming for anywhere from 1.100 to 1.110.

6. After 24 hours, pitch in yeast and 5g wine nutrient.

7. NB: Primary fermentation will take about 4-6 days.

8. During this time, don't use an airlock.

9. Instead, keep the must covered with a dry towel.

10. Stir daily to keep any fruit in the must moist.

11. Add 5g wine nutrient for the first two days of fermentation.

12. After 4-6 days, check the gravity of the ferment.

13. You're aiming for around 1.040 or lower.

14. Rack the ferment into a glass carboy or demijohn and press.

15. Avoid the sediment on the bottom of the fermenter.

16. Fit carboy with an airlock and leave to ferment for 12-16 more days.

17. After two weeks, the airlock should cease bubbling.

18. Check gravity of the must again.

19. Shooting for 1.010 or lower.

20. Treat the wine with 2 Campden tablets, and 24 hours later, 8g Wine stabiliser.

21. The next day treat with fining agents.

22. 4ml Pectinex Ultra SP-L.

23. 8ml Kieselsol.

24. 8ml Chitosan.

25. Once clear, rack off into new carboy.

26. Backsweeten, dilute, correct acidity or tannin if necessary.

27. Leave to bulk age, 3 months is good, but the longer the better.

#2. FOREST & TREES

INGREDIENTS

35ml Glen Grant Arboralis
15ml Cinzano 1757 Extra Dry Vermouth Di Torino
20ml Champagne Acid
20ml Green Tea Syrup
70ml Mango & Mint Tea Kombucha

METHOD

Batch in multiples of 8
Chill as cold as possible (below zero if possible)

Force carbonate in PET bottles 3 times at 40 psi.

Rest in between carbonations for a few minutes.

Pour over ice into a highball glass.

GLASSWARE

Highball

GARNISH

Edible Flower

CAMPARI ACADEMY

#2. PREPARATIONS

RECIPE:
423g Sugar
2425ml Brewed Mint Tea
2000g Mango Flesh
300g Unpasteurised Kombucha or backslop
1 SCOBY
10ml Pectinex Ultra SP-L

METHOD:

1. Brew tea and add sugar to it.

2. Let the tea come to room temperature

3. Add the mango flesh to a blender and blend into a smooth puree.

4. Use the brewed tea if need be to make this easier.

5. Add tea, mango puree and kombucha to a fermentation jar.

6. Add the pectinex and stir well.

7.Using gloves, place a SCOBY into the liquid.

8. Cover the top of the jar with a breathable cloth or coffee filter.

9. Leave to ferment for anywhere from 7-10 days.

10. Stir daily, and taste to track its progress.

11. Once you're happy with the sweet/sour balance, remove the SCOBY.

12. The SCOBY can be stored in the fridge with a little kombucha.

13. Filter the kombucha through a sieve lined with an oil/coffee filter.

14. Aim to get the kombucha as clear as possible.

15. The kombucha will keep in the fridge for roughly a week.

16. It can be frozen indefinitely and thawed for use.

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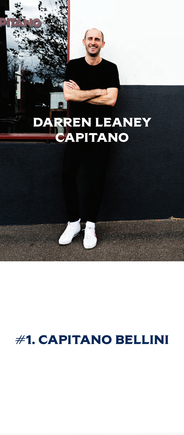

#1. CAPITANO BELLINI

INGREDIENTS

BATCH FOR SERVICE

350ml Peach Cordial*
75ml Peach Aperitif
125ml Verjus
Cognac
175ml Water
2.5ml Orange Blossom Water
1.25g Citric Acid

#1. PREPARATIONS

RECIPE: *PEACH WINE:

Yield 1300ml Shelf life - 1 month
5 White & 5 yellow peaches thinly sliced
200g Castor Sugar
.44G Cider Yeast
1500ml H2o

METHOD

Add all to jar, stir to dissolve sugar.
Cover with napkin + rubber band & leave to ferment for 5 days.
Strain and then leave in fridge for 5 days to clarify.

RECIPE: *PEACH CORDIAL:

Take 1300ml Peach Wine & add the following:
30% Castor Sugar
1% Citric acid
0.05% Tartaric acid
Stir to dissolve & store in fridge.

METHOD

Add all to 2L jug & stir to combine.
Add to plastic bottles & chill in fridge overnight.
Carbonate & leave to settle, ideally overnight.

#2. PLUM ROB ROY

INGREDIENTS

50ml Glen Grant Arboralis
25ml Plum Vermouth
5ml Jasmine Syrup
2 dash Aromatic bitters
2 dash Orange bitters
2 dash of salt

METHOD

Build in tin over cubed ice, stir & strain.

GLASSWARE

Coupette.

GARNISH

Lemon Zest.

#2. PREPARATIONS

RECIPE: *PLUM WINE:

1400ml Yield
9 Plums
2000ml water
200g Castor sugar
.44g Cider yeast

METHOD

Halve plums, de-stone and slice thin.
Add to jar, add sugar and water, stir to dissolve.
Add yeast and stir.
Cover and leave to ferment for 7 days, stir daily.
Strain wine, leave to clarify in coldroom for 5 days minimum.

RECIPE: *PLUM VERMOUTH:

1700ml Yield
1400ml Plum wine
20g Orange peel
3.4g Burdock root
3.4g Dandelion root
.85g Wormwood
250g Caster sugar
3.4g Fresh sage
34g Fresh raspberries
34g Cider vinegar
280ml Glen Grant

METHOD

Add ingredients 1-9 to vac bag and seal.
Microwave on high for 4 minutes.
Chill in ice bath, then strain through coffee filter.
Add Glen Grant and stir.

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#1. DELIBERATO

INGREDIENTS

40ml Lacto Blueberry
Infused Cinzano Bianco

20ml Cynar

60ml Cava/Prosecco

METHOD

Build drink in flute and serve.

GLASSWARE

Flute.

#1. PREPARATIONS

For the lacto ferment, place blueberries in vac seal bag with salt and seal.

Make sure berries and salt are evenly distributed to make for a quicker and more consistent ferment.

Leave for 4 days until bag has inflated like you have just won a game of goon of fortune.

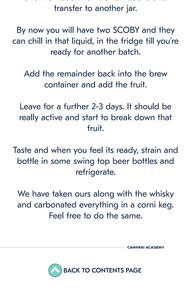
Once this is done, open bag and pour into container, salt and all. Give the berries a light press just to break the skins to help infuse more of that berry flavour.

Add vermouth and seal.

Leave mix in temperate area for 1 week, tasting as you go. This is going to be quite salty up front, however the bitterness from the Cynar is going to work perfectly with that.

Fine strain after about a week and bottle, ready for service. Salute'!

#2. SWEET LIFE



INGREDIENTS

40ml Glen Grant Arboralis

100ml Mango & Peach Green Tea Kombucha

METHOD

Build in a Hi-Ball.

GLASSWARE

Lime Wedge.

#2. PREPARATIONS

Brew tea in large container for 3 minutes at 100°. Although this isn't ideal for a cup of tea, we want to over brew it slightly as those slightly tannic flavours are delicious after the fermentation.

Strain off tea and then pour into your brewing vessel.

Add fructose and stir till dissolved.

Allow to cool to room temperature.

Place SCOBY into liquid and cover with double layered muslin or similar.
(You can buy a SCOBY from organics and health food shops however if you ask around, I can almost guarantee someone you know will have one).

Leave SCOBY to do its magic in a dark temperate area and check on it daily.

After about a week, have a taste and see where you're at. As it is a living thing, the development of flavour is always going to be different so monitoring is key. We are looking for something quite dry and floral from the green tea. Keep in mind we will be adding fruit for a secondary ferment so push for super dry.

Once you are happy with the development, Strain off 200ml of the kombucha and transfer to another jar.

By now you will have two SCOBY and they can chill in that liquid, in the fridge till you're ready for another batch.

Add the remainder back into the brew container and add the fruit.

Leave for a further 2-3 days. It should be really active and start to break down that fruit.

Taste and when you feel its ready, strain and bottle in some swing top beer bottles and refrigerate.

We have taken ours along with the whisky and carbonated everything in a corni keg. Feel free to do the same.

ADAM HINGSTON & NICK CORLETTO MAYBE MAE

#1. RHUDE BOI

INGREDIENTS

35ml Maybe Mae "Rhude Boi" gin
20ml Maybe Mae Rhubarb Wine
5ml Lacto Rhubarb
5ml Marionette Grosseille
30ml Verjus
15ml Sugar Syrup
5ml Magic Acid
35ml Dilution

METHOD

Batched ingredients together in a large format, chilled, then carbonated.

GLASSWARE

Stemless Flute.

GARNISH

Compressed Rhubarb.

#1. PREPARATIONS

Rhubarb Wine (makes 10L):
2L Rhubarb Juice
2kg Sugar
7L Water
1/2 Packet of white wine yeast

Combine all ingredients except yeast in a fermenter, dissolve sugar, pour in yeast, place air lock on top and allow to ferment for 7-14 days until dry, mixing every couple of days.

Rack off the wine and allow to rest for at least 1 month.

Shelf Life: >1yr when kept refrigerated.

Lacto Rhubarb:
1kg Rhubarb Juice
20g Salt

Vacuum seal rhubarb juice and salt in a large bag and allow to ferment for 7-10 days. Burp the bag if required. Once finished fermenting allow to settle and coffee filter to remove any particulate matter.
Shelf Life: ~1 - 2 Months.

#2. ARBORALIS WEISS BAR

INGREDIENTS

30mL Glen Grant Arboralis
20mL Mango Wine
20mL Ginger Wine
20mL Koji Rice Syrup
15mL Citric Barley Amazake

METHOD

Add ingredients to a shaker, add cubed ice, shake for a short and brisk pace, fine strain.

GLASSWARE

Ceramic/Double Old Fashioned.

GARNISH

Toasted Koji Rice.

#2. PREPARATIONS

Koji Rice:
Short Grain White Rice, fed to Aspergillus Oryzae. Once fully cultured, the rice can then be vacuum sealed and stored in refrigerated conditions for months. We actually purchase this starter from John Stamatakis (@mouldfarmer).

Citric Barley Amazake:
This is the same recipe that's outlined in Noma Guide to Fermentation. In short: Australian Pearl Barley fed to Aspergillus Luchuensis. This breed of Aspergillus produces Citric Acid as a byproduct, and is therefore used instead of conventional citrus juice. The A. Luchuensis Barley is sous-vide with water at 60° for 8 hours, then pressed for the resulting liquid. This is then inoculated with Sparkling Wine Yeast and fermented for 5-6 days. Once it hits this point we cut off further fermentation with Potassium Metabisulfite.
This has a typical fridge shelf life of 2-3 weeks.

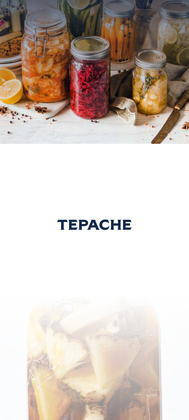
MANGO WINE: (makes ~8-9L):
2kg Mango Skins
2kg Sugar
7L Water
1/2 Packet of white wine yeast

Combine all ingredients except yeast in a fermenter, dissolve sugar, pour in yeast, place air lock on top and allow to ferment for 7-14 days until dry, mixing every couple of days. Rack off the wine and allow to rest for at least 1 month.
Shelf Life: >1yr when kept refrigerated.

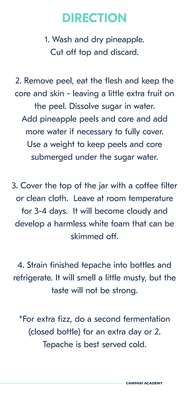
Ginger Wine:
5L ADL Hills Dry Riesling
1kg Mature Ginger Pulp

The ginger pulp we have left over from making a ginger syrup is soaked in the Riesling for up to a week, providing a soft and flavoursome ginger spice.

RECIPES FOR FERMENTS



TEPACHE



INGREDIENTS

One ripe pineapple
8-10 cups of water
1 cup sugar
(piloncillo, turbinado are good)
cinnamon stick and/or whole cloves
(optional)

DIRECTION

1. Wash and dry pineapple.
Cut off top and discard.

2. Remove peel, eat the flesh and keep the core and skin - leaving a little extra fruit on the peel. Dissolve sugar in water. Add pineapple peels and core and add more water if necessary to fully cover. Use a weight to keep peels and core submerged under the sugar water.

3. Cover the top of the jar with a coffee filter or clean cloth. Leave at room temperature for 3-4 days. It will become cloudy and develop a harmless white foam that can be skimmed off.

4. Strain finished tepache into bottles and refrigerate. It will smell a little musty, but the taste will not be strong.

*For extra fizz, do a second fermentation (closed bottle) for an extra day or 2. Tepache is best served cold.

KOMBUCHA & JUN

INGREDIENTS FOR KOMBUCHA

2 tablespoons black tea/3 tea bags
1 litre boiling water
⅓ cup sugar
1 kombucha mother with ½ cup already brewed Kombucha tea.

INGREDIENTS FOR JUN

2 tablespoons green tea/3 tea bags
1 litre boiling water
1/3 cup organic raw honey
1 jun mother, with ½ cup already brewed Jun tea.

DIRECTION

Brew your tea with very hot water, and after the water has cooled slightly, mix in your honey or sugar, and stir to dissolve.

When the sweet tea cools to body temperature, add this to your jar, the already brewed Jun or Kombucha and then the Mother.

Cover the jar with your cloth or paper towel and secure with a rubber band.

Set aside in a nice warm spot, ideally 24c and in a place with fresh air and preferably not in direct sunlight. It's nice to have it nearby and somewhere you'll be able to see it changing and brewing.

Your brew should ferment within 3-7 days. Taste it to see if it's soured at all.

Sometimes it takes a bit longer and sometimes sooner. If you want to speed it up, just add more 'pre brew' to it.
When it's sour with a hint of effervescence, bottle it up,
(remembering to keep some for your next batch) and add your preferred 2nd ferment ingredients (fruit, herbs etc) and let sit another day or two until lightly carbonated.

I think it's a good time to mention that rather than play with fruit and sweeteners for your second ferment you could spend a bit more time on the tea and the brew blend itself.

As with all of our brews - it's important to keep your work area, hands, vessels and equipment clean and don't use harsh detergents. Hot water works well.

Use your best water to brew the tea.

RECIPES FOR FERMENTS

RYE KVASS

MAKES JUST UNDER 4 LITRES

Stale bread can make a gorgeous, sparkling drink and might be your gateway to brewing beer; it is also a great way to give life to leftover bread.

It tastes a bit like a cross between apple cider and beer, and the flavour will come from the bread you use, the spices and herbs you add, as well as the kind of sweetener you use.

To get in the swing of it, I recommend trying a very plain basic Kvass to begin with, to get a taste of the kind of true 'essence' or base of this drink and go from there.

It's perhaps not that traditional to add sourdough starter, but I have done this to give my berries a boost and kind of a guarantee - you could instead add Rejuvelac, a ginger bee bug, a beer yeast (you may get more clarity this way), or no starter.

Absolutely fine with no starter - also all sugar and no malt or honey. You could also swap molasses out for some of the sugar.

Keep the flavours in mind.

UTENSILS

5 litre pot, lid, ½ tsp or red large stirring spoon or stick bottles funnel strainer pot/oven for cooking

BASE RECIPE INGREDIENTS

800g cubed, dried and roasted dark rye bread (about a loaf)
4 litres of your best water
300g organic raw sugar
100g raw honey
200g malt
2 tablespoons sourdough starter (or brewer's yeast)
handful of raisins (organic, no oil)
one swathe of orange peel
handful of mint leaves

METHOD

If using sourdough starter the night before, put 2 tablespoons starter and add 1 tablespoon each of rye flour and water and mix well.

Sit the mix in a warm place with a cloth over the top. Or - this is a great way to use your sourdough discard.

Cut the rye bread into cubes, or if already in slices, that's OK. Leave out to dry.

Spread the bread out onto an oven tray and roast at very low heat until it's dry, rusks and even slightly burnt in places as that will give you a caramel flavour.

Pour the water into your container, sourdough starter if using, sugar, malt and honey and stir to dissolve.

Add the toasted bread, raisins, orange peel and mint and give it a good vigorous stir.

Cover with a cloth and let ferment, stirring daily.

Taste after 3 days, and if it is souring nicely with a hint of effervescence, it's ready. It could take 7 days or more depending on the temperature in your room etc. I judge it by the flavour - is this exciting/ sour, with a bit of sweet left?

KEFIR

YOU WILL NEED

1 litre water
(preferable spring, filtered or rain)
a pinch of bicarbonate soda (aluminum free)
2 slices of lemon
wax washed and rind still on
1 organic, oil free date, fig or other dried fruit
1 tablespoon water kefir grains (scobys)
1 cup of organic raw sugar
2 slices of washed ginger
1 teaspoon of molasses

FIRST FERMENT

The above recipe includes all of the SCOBYs favourite things and will produce a gorgous, refreshing, effervescent drink. Once you get the hang of it, there are many flavours to experiment with - raspberry, lime, pomegranate to name a few.
This recipe is a good starting point.

In a clean jar put your kefir grains and water and then add the other ingredients. Give them a gentle stir with a wooden spoon.

Secure with a lid - kefir likes an anaerobic environment. Leave to ferment for 48 hours.

Kefir ferments best in a fairly warm room: a consistent room temperature (about 21c) is preferred.

After 48 hours, strain your water kefir into a jug or bowl with a fine strainer.

Discard the fruit but keep the grains.

After rinsing the jar, return the grains and start again.

SECOND FERMENT

This is when you can flavour your water kefir and natural carbonation occurs.

After the first 48 hour ferment (overleaf) the sugar will convert to alcohol. It rarely reaches more than 2.5% alcohol, but is something you need to consider depending on who is drinking it. If you add too much sugar/sweet fruit, the kefir will become more alcoholic and carbonated with time.

Simple high-sugar additions like apple juice will yield something different and less sophisticated than adding a few pieces of apple into the kefir with a cinnamon stick, for example.

You need to seal the bottle this time and leave out at room temperature for no more than 24 hours. This is when the drink should become slightly carbonated. After the second ferment, refrigerate (and drink).

Read more at: thefermentary.canva.cr / @thefermentary

IMPORTANT THINGS TO KNOW BEFORE YOU START

Before you start, please remember that this is not an exact science. Be prepared to use your intuition, get to know your grains in your own kitchen environment - don't be scared to fiddle around with the recipe. The grains sometimes get tired and may require more of this or that.

Remember not to sterilise your equipment with anything too strong that will go on to KILL YOUR BACTERIA. Hot water, a hot dishwasher or citric acid is perfect.

You need to use a thick, very good quality bottle for this and only leave it out for 24 hours or less because it will keep fermenting and can become EXPLOSIVE.

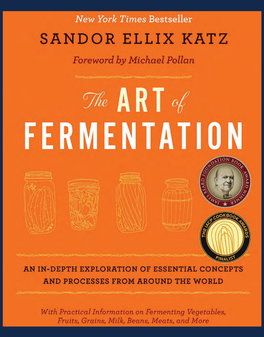
Better to put it in the fridge for the second ferment than risk it. A 12 hour second ferment is ok too. Depends on the drink, effervescence and flavour you want to achieve.

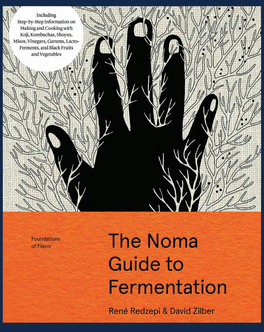
If you can't use your water kefir grains straight away, rest or freeze them.

To rest them, put the grains into the jar with some sugar water and a couple of dates and any other ingredients from the below recipe for a couple of days, refreshing the liquid every few days until you are ready. They still need to be fed to stay healthy. They don't mind a bit of warmth from the sun so don't worry about puffing them into a dark place. If you know you're not going to use them for a while, place in a plastered bag and into the freezer.

COOL READS

Sharon's new book 'Wild Drinks' will be released in late 2021.





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GRAZIE.