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Mead. Trends

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Abstract: Mead, possibly the oldest alcoholic beverage ($\approx 40,000$ years old, Africa). Other sources state that it was prepared by the Babylonians (\approx 4,000 years ago), others cites the ancient Indians. Definitions: 1. folk - alcoholic beverage prepared from honey and water; 2. regional: mursă - sweet liquid that is prepared by pouring water over the "honeycombs squeezed"; 3. common - slightly alcoholic drink, resulting from the fermentation of honey mixed with water. Mead (Sanskrit=madhu; French= mead), is an alcoholic beverage [3.5+20% (v/v); maturation (3 months \rightarrow over 2 years); energy value (80+100) kcal/100 mL)], depending on recipe, type and time of fermentation (natural or controlled), sweet taste \rightarrow sour (floral and fruity notes), from sweet to dry, acidic, energizing, cooling effect, also known as "honey wine". Mead has organoleptic (taste, aroma, appearance), nutritional and therapeutic properties (especially the artisanal version). Most of the sugar in the fermentation process is derived from honey, a defining characteristic. The product contains a wide range of vitamins (A, B complex, C, D and K, potassium, magnesium, calcium, phosphorus, selenium, chromium), proteins, enzymes, natural antioxidants (depending on the type of honey), natural hormones, which support the body's homeostasis. Therapeutic indications: 1. avitaminosis; 2. immunostimulator (especially unfiltered variants or extracts of therapeutic plants); 3. anemia; 4. vasodilator/cardioprotective; 5. gastrointestinal (constipation, diarrhea, putrefactive colitis, ulcer, gastritis); 6. neuroprotective; 7. fertility; 8. tonic; 9. others [rhinitis, sinusitis, asthma, bronchitis, pneumonia, TB (tuberculosis)]. Contraindications: 1. excessive consumption; 2. diabetes; 3. liver diseases; 4. allergic reactions (pollen/honey). Basic raw materials: natural honey, water, yeast (to enhance fermentation). Typologies: 1. traditional (honey, water, yeast); 2. supplements (fruits, spices (cinnamon, cloves, etc.), aromatic herbs, etc.)); 3. sparkling (obtained by secondary fermentation, similar to sparkling wine) (Fig. 1) [1-5].

Keywords: honey, mead, white grape must, fermentation process, qualitative evaluation.



Conclusions: Claims recommend eating mead because of the high-quality natural compounds. Thus, it is necessary to optimize the process parameters contributing to the "strengthening/development" of new properties. It is proposed to replace yeast as a fermentation enhancer with white grape must.

• Reference

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