

quantity of mead, you may turn it the next day, and let it work in the barrel; your ordinary mead which turns sour will make excellent vinegar.

Metheglin is the more generous and stronger sort of hydromel, for it beareth an egg to the breadth of a sixpence, and is usually made of finer honey with a less proportion of water, namely, four to one. To every barrel of sixteen gallons of skimmed liquor, add thyme one ounce; eglantine, sweet marjoram, rosemary, of each half an ounce; ginger, two ounces; cinnamon, one ounce; cloves and pepper, of each half an ounce; all gross beaten, the one half boiled loose in the liquor, and the other half put into a bag before, in mead; so that after this manner being made, as ordinary mead will not keep above half a year, this, the longer it is kept, the stronger it is, and hath the more delicate flavour and taste.

### *Royal Mead*

In six gallons of water put six quarts of honey, stirring it till the honey is thoroughly mixed; then set it over the fire, and when ready to boil, scum it very well; add one quarter of an ounce of mace, as much ginger, half an ounce of nutmeg, some sweet marjoram, thyme, and sweet briar, together a handful; boil it in the liquid; let it stand till cold; set it working with a little yeast in a barrel, putting the bung lightly on, and filling it up from time to time with some of the same liquid. When it has done working, bung it up tight, and leave it in the cask several months before bottling it off. When it has been bottled some time it will effervesce like the best English gooseberry wine, and will keep, I doubt not, for years.

N.B. — One quart is equal to 3½ lbs. of strained honey.

### *Sack Mead*

Put one gallon of water to four pounds of honey; boil it three quarters of an hour, and scum it well. For every gallon of the liquor add an ounce of hops; boil it half an hour, and let it stand till next day. Put it into a cask, and to every thirteen gallons of liquor add a quart of brandy. Put the bung on lightly till the fermentation is over, then stop it very close. If you make a large cask, keep it a year before you bottle it.

### *Bottled Beer, like Scotch Twopenny*

To fourteen gallons of water add a pound of hops previously steeped in a little water; boil it half an hour; strain it and let it run upon the honey, about a pound and three quarters to each gallon of liquor, more or less. When cool, put it in a barrel and ferment as before. This is an excellent summer drink; as is the following:-

### *Ginger Wine*

To eight quarts of water put eight ounces of ginger, twenty-four pounds of honey, and eight lemons. Work and bottle as before.

In the two last receipts the strength of the wort may be increased or diminished by varying the proportion of honey.

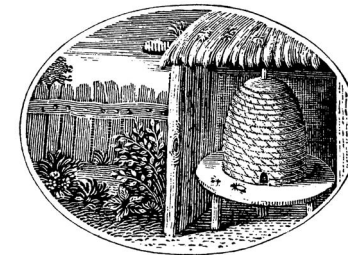
### *Honey Vinegar*

Put a pound of honey to a quart of water, mix well, and then expose in the greatest heat of the sun, without wholly closing the bung hole, which must be covered with coarse linen to keep out insects. In about six weeks it will be changed to vinegar of an excellent quality. A spoonful or two of this vinegar mixed with cold water is a very agreeable summer drink. It may be either used plain or made to effervesce by a little soda.

A cunning housewife, doubtless, would improve on many of these receipts; her main difficulty in supplying a family with these beverages will be in straining the honey, which runs very slowly when of a thick quality. This I think may be obviated by boiling clean honey combs in a due proportion of water, and then letting the liquor stand till cold, when the wax will have formed on the top, and may be taken off. Then proceed as above.

A less agreeable, though not less useful, application of honey, is in the form of a *cough mixture*.

Fill a quart bottle three parts full of clarified honey, mix well with this a teaspoonful of Ipecacuanha, then fill up with sharp vinegar: a spoonful or two of this, whenever the cough is troublesome, will have a very good effect.



ADDITIONAL  
ABSTRACTS OF PAPERS

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*from the*

SYMPOSIUM OF GASTRONOMY

*HAMILTON GARDENS*

2020

TE PARAPARA

*Wiremu Puke*

Te Parapara encapsulates the traditional gardening methods as used by Maaori before the arrival of European settlers to this country. Originally labelled the *Tainui Garden*, *Te Parapara Garden* fulfilled a dream that was born in the early 1980s. With the establishment of the Te Parapara Garden Trust and with the assistance of Wiremu Puke of Nga Mana Toopu o Kirikiriroa, Maaori and European worked together to developed a detailed plan and raise funds for the garden. Work began in 2003 and Te Parapara was formally opened in two stages, in December 2008 and in late 2010.

The garden covers 2500 sq. m. in Hamilton Gardens and tells the story of the Tainui waka landing and the subsequent cultivation of crops by early Maaori. These crops included native species as well as plant and vegetable species they brought with them. The garden received a commendation award for cultural excellence at the annual Parks Forum Awards in Australia in 2012. The award was a symbol of overseas recognition for the work of the late Harry Puke, Wiremu Puke, the Te Parapara Garden Trust and all of their advisers.

If you visit the garden you enter the realm of Haumia-tiketike, the God of uncultivated plants (grasses), and the path that leads through this into the realm of Rongomataane, the cultivated world - *te maara*.

The path that leads from the central piazza towards Te Parapara is called '*Tē Ara Whakatauki*' or *The Path of Proverbs*. Looking carefully at the planting in this part of the garden visitors will see that plants are arranged to illustrate whakatauki or proverbs. Each proverb has been selected to draw on plants that have been depicted in each whakatauki and in turn these plants have been arranged to show a journey, so that when people first step onto the path they are at the point of departure from Hawaiiki which then leads through to the waharoa and the area of Kingitanga. This movement along the path takes the visitor from what is general to Maaori as a people to what is more local.