



**"Make wine, ciders,  
cocktails and more in  
just 4 days!"**

# Home Booze 101

By JB the Mummy

**DISCLAIMER:**

Dear Friend,

Thank you for getting your copy of "Home Booze 101".

I encourage you to give as many copies of this eBook out to your friends and family. My goal is to introduce you to the world of making alcoholic beverages at home. When I got into it, I had no idea that it would really be this easy and more importantly - FUN!

I hope you enjoy this eBook just as much as I did writing it.

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## Introduction to making alcohol at home

When it comes to making alcoholic beverages at home, it is still considered sort of a 'taboo' area. This is quite unusual because as people, we've been making alcoholic beverages for thousands of years.

Just recently it was confirmed that wine making was invented in Cyprus rather than Western Europe. As we still discover the real history behind origins of alcohol, what about the present?

Why is making alcohol at home not a common activity? Is it because of the 'legal' aspects involved with alcohol in general? Or it just sounds messy and confusing and something we should all leave to the professionals alone?

I've been involved with wine making and home brewing since 2001 and I've found it to be one of the most 'quiet' and 'relaxing' form of entertainment. It's one of those things that people do, but don't generally talk about (Unless someone goes, "Hey nice wine").

Now there are two main genres of making alcoholic beverages at home:

1. Wine making
2. Home brewing

Wine making (As it sounds) is about wine making only. The most basic ones are red wine and white wine. There are various types of kits you can buy and even get special sub-level kits that go right down to the exact type of wine (example: Chardonnay). Wine Making usually takes 30 days or more.

Home Brewing refers to making or 'brewing' beer and is slightly more complicated as it involves more ingredients (Such as hops, barley etc). These additional ingredients naturally changes the dynamics of the fermentation and other processes involved. Please note that proper home brewing requires a lot of time.

These were the two options that were available to us until the 'Home Booze Method' came along.

Before I get into how the 'Home Booze Method' works, I want you to understand the process of how alcohol is created in the first place.

It's surprisingly simple ☺



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## **How is alcohol created in general?**

Alcohol is simply a by-product of sugar mixing with yeast.

What happens is when yeast is combined with sugar, it actually creates two things:

1. CO<sub>2</sub> (Carbon Di Oxide gas).
2. Ethanol (Scientific term for drinkable alcohol).

When this combination of sugar and yeast is mixed with grape juice, it creates wine. Within this 'mixing' process or 'fermentation' as it is referred to in the wine making genre, the CO<sub>2</sub> is eventually fully released leaving you with nothing but delicious wine.

Basically, 'Wine' is just a fancy word for grape juice + sugar + yeast = Wine.

This simple process of creating wine usually took 30 – 90 days (That is if you wanted good tasting wine).

Now this is where the "Home Booze Method" comes in. The Home Booze Method has shrunk this entire process to just 4 days.

Plus with the 'Home Booze Method', you can make wine and many other alcoholic beverages as well.



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## How does the “Home Booze Method” work?

The Home Booze Kit uses the same process of combining yeast with sugar to produce alcohol. With the Home Booze kit, you will **discover a very unique combination of yeast and sugar** that will turn any of your favorite juice into an alcoholic beverage, at 8 to 12% alcoholic levels, in just 4 days.

Plus the taste of your wine, cider or whatever you were trying to make isn't sacrificed at all. Since you only use natural ingredients – it is actually enhanced.

Besides the fun factor, other reasons to home brew or for home wine making would be the savings (Make bottles of wine for less than \$0.25 cents), more control on taste, and of course the freshness.

Making alcoholic beverages at home is just like any other hobby, you can share it with your friends, and you do it because you simply enjoy it.

Now before you jump in, I want you to familiarize yourself with the whole idea and the “process” of making your own alcoholic beverages with the Home Booze Method.

I want you to be aware of not just the equipment but the ingredients as well.

In the coming chapters, you are going to learn what a particular thing is, the purpose of it in making alcoholic beverages at home with the Home Booze Method, which kind to use and where to get it.

The more educated you are, the better understanding you will have and the better your alcoholic beverages will turn out!



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## **Steps involved with the Home Booze Method**

Now as easy it is to use the Home Booze Method, there are still certain steps that you need to follow for the best results and have the proper equipment ready to go.

There are basically four things that you need before your start creating your own booze with the Home Booze Kit.

1. Bottling – How to store your alcoholic beverages.
2. Juice – What type of juices work best with the Home Booze Method.
3. Sugar – There is a certain type of sugar that works best
4. Yeast – Although you get this with your Home Booze Method, I still think it's something you should know about before you actually start to use your Home Booze Method.

Let's start shall we . . .



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## Step 1: Bottling

### 1. What is it?

Bottling is used (Although not necessary) to store any thing in liquid form.

### 2. Purpose

You will use the bottling method to create, store and pour your own wine. You can store your wine in any container, but for the 'Home Booze' method, a bottle serves the best.

### 3. Which kind to use?

Now there are two types of bottling that is used for commercial purposes (Alcohol, Soda, Pop, Juice etc),

- \* Glass Bottle
- \* Plastic Bottle (PET or Polyethylene terephthalate)

For 'Home Booze', you should get a plastic bottle (PET or Polyethylene terephthalate) . Unlike a glass bottle, the plastic bottle can expand - and this is absolutely necessary for making your own booze as you will learn later.

So bottom line, use a two liter plastic PET (Any two liter Soda / Pop) bottle.



Pour your favorite juice up to the "beginning" of the bottle's neck only.



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## **Step 2: Get the juice**

### **1. What is it?**

Juice is liquid extract from fruits, vegetables or meat. For example: lemon juice is the liquid extract of a lemon and apple juice is the liquid extract of an apple.

### **2. Purpose**

The main purpose of juice is to add flavor - or you can use it to further enhance existing flavor, and boost your overall drinking experience.

### **3. Which kind to use?**

You can find three kinds of juices:

- 3a. Liquid
- 3b. Powdered
- 3c. Frozen
- 3a. Liquid Juice

You can find these on your local grocery shelves and are the popular choice. Such as apple, orange or fruit punches. They are pre-packaged and come in manufactured cardboard boxes.

For example: Minute Maid TM

Freshly squeezed:

This is basically just a raw natural extract of a fruit or vegetable juice. You can make this at home simply by 'squeezing' fruits and vegetables or through juicing machines. They work great and are naturally the healthiest.

### 3b. Powdered Juice

Sweetened: This is the powdered form of juice such as type of Tang. In this case, you simply add water. For example: Tang TM

Unsweetened: This form of powdered also requires water but unlike the 'sweetened' powder, you also have to add sugar. For example:Kool Aid TM

### 3c. Frozen

These juices come in frozen cans and all you need to add is water. For example: MCcain Frozen juice cans. For example: Old Orchard TM

You should use the liquid juice or freshly squeezed (Raw and fresh fruits and vegetables) juice as properties of powdered juice are a little bit more complicated when it comes to making your own wine.

## 4. Where to get it?

You can find liquid juices at your local grocery stores.

**\*\*\*Please note:** Minute Maid, Tang, Kool Aid, Old Orchard are all respective trademarks of their own organizations and are not related or affiliated to Home Booze in any way.



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## Step 3: Sugar it up

### 1. What is it?

Sugar or Sucrose falls into the category of monosaccharides - the simplest form of carbohydrates. In precise culinary terms, sugar is a type of food associated with one of the primary taste sensation, the taste of sweetness.

### 2. Purpose

Sugar serves as a partner with yeast to make alcohol. When sugar is mixed with yeast the chemical reaction creates two new substances.

- \* **CO<sub>2</sub> or Carbon Dioxide**
- \* **Ethanol**

**Carbon Dioxide:** Carbon Dioxide is a colorless gas with a faint, sharp odor and a sour taste when dissolved in water. Carbon Dioxide makes up about 0.03% of the air by volume. Plants need it to produce oxygen. We also use Carbon Dioxide in many other ways in everyday life. Its used as a refrigerant, used in carbonation of soft drinks, in aerosol sprays, and most importantly as "dry ice" in fire extinguishers. Its great for putting out fire because of its light weight ( its lighter than air so it blankets a fire) and because it does not burn so it extinguishes a fire.

Carbon Dioxide can also be a bit of a nuisance. It contributes to the greenhouse effect, it can kill people if you are breathing it for a long time without oxygen - it can be fairly poisonous.

Carbon Dioxide is formed by burning things as in wood, plastics and fuel. This gas was found by Scottish chemist Joseph Black in the 1750s. It is denser than air and is soluble in water. It also stimulates breathing, so it is used in breathing apparatuses and anesthesia.

**Ethanol:** Also known as 'grain alcohol' is what is commonly found in alcoholic beverages such as beer, wine, ciders, spritzers, and other liquors. It is basically another word for alcohol that is drinkable. Ethanol is a colorless liquid.



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### 3. Which kind to use?

There are five kinds of sugar, that are used for our food and drinking purposes:

1. Raw
2. Mill White
3. Blanco Directo
4. White Refined
5. Brown

#### Raw:

Sometimes prepared as loaves rather than as a crystalline (solid) powder: in this technique, sugar and molasses are poured together into molds and allowed to dry. The resulting sugar cakes or loaves are called jaggery or gur in India, pingbian tong in China, and panela, panocha, pile, and piloncillo in various parts of Latin America.

#### Mill White:

Also called plantation white, crystal sugar, or superior sugar, is raw sugar whose colored impurities have not been removed, but rather bleached white by exposure to sulfur dioxide. This is the most common form of sugar in sugarcane growing areas, but does not store or ship well; after a few weeks, its impurities tend to promote discoloration and clumping.

#### Blanco Directo:

White sugar common in India and other south Asian countries. In producing blanco directo, many impurities are precipitated out of the cane juice by using phosphatation a treatment with phosphoric acid and calcium hydroxide similar to the carbonatation technique used in beet sugar refining. In terms of sucrose purity, blanco directo is more pure than mill white, but less pure than white refined sugar.

#### White Refined:

White refined sugar is the most common form of sugar in North America and Europe. Refined sugar can be made by dissolving raw sugar and purifying it with a phosphoric acid method similar to that used for blanco directo, a carbonatation process involving calcium hydroxide and carbon dioxide, or by various filtration strategies. It is then further decolorized by filtration through a bed of activated carbon or bone char depending on where the processing takes place. Beet sugar refineries produce refined white sugar directly without an intermediate raw stage. White refined sugar is typically sold as granulated sugar, which has been dried to prevent clumping.

The type of sugar you need is the white refined (Granulated) powdered sugar.



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#### **4. Where to get it?**

To get white refined (Granulated) powdered sugar, you can get this from your local grocery or convenience store.

I recommend you buy as much sugar as you can at once. As sugar is easy to store and the more you buy at once the less you pay at the long run.



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## **Yeast – The miracle maker**

### **1. What is it?**

Yeast, is a fungi or a living organism that absorbs food. It doesn't require a partner to reproduce itself and is therefore labeled 'asexual'.

### **2. Purpose**

Yeast is used for two common household or commercial purposes.

- 1. To make bread and other food / medicinal products.**
- 2. To make ethanol (Alcohol).**

Without yeast, you can't make alcohol. As you read earlier in Chapter 4, it is yeast combined with sugar that creates ethanol (Alcohol) and carbon dioxide.

The reaction that creates ethanol (Alcohol) and carbon dioxide is called fermentation - or a process which organic substance are broken down into simpler substance.

### **3. Which kind to use?**

The most common type of yeast is *Saccharomyces cerevisiae*. It has been in used since ancient times for baking and alcohol making and brewing. Also it is the most studied yeast for cell and molecular biology.

The type of yeast you should use is the Lalvin-EC118 which is available in almost all wine making shops.

With just one packet, you can make 18 liters worth of alcoholic beverages with the 'Home Booze' Method.

That's nine two liter bottles.





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#### **4. Where to get it?**

Now you can get the same yeast for less than \$2 bucks. Plus with one pack, you can make about 18 liters worth of wine. To find a supplier near you, do the following:

Visit the following URL: <http://local.google.com/>

Type in the following in the search bar: wine making

You should now see tons of wine making suppliers in your own local community. Simply contact the one closest to you and get your very own Lalvin EC-1118 packet of yeast.

Now you have all the necessary material to make your own alcoholic beverages.



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## **FAQ or Frequently Asked Questions**

### **1. Is making alcohol at home safe?**

This is definitely one of the biggest misconception about making booze at home. Making alcoholic beverages at home is just as safe as making eggs in the morning. I actually wrote an whole article on the top 3 misconceptions about making alcoholic beverages at home.

Click [HERE](#) to read the entire article.

With the home booze kit, you use everyday products like a (2 liter Soda / Pop bottle) to store your booze and natural ingredients (Yeast, sugar, juice) to make your own alcoholic beverages.

It's a 100% natural and safe process.

### **2. How long will it take to make my first batch (first bottle)?**

Unlike conventional alcohol making methods which takes months to create drinkable alcohol, your alcoholic beverage, whether it is wine, cider or any juice of your choice, will be ready to drink in exactly 4 days.

For example:

You make your first batch on,

Monday at 6pm

Tuesday at 6pm (Day 1)

Wednesday at 6pm (Day 2)

Thursday at 6pm (Day 3)

Friday at 6pm (Day 4)

After 6pm on Friday, you are ready to drink - *Right on the weekend!*



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### **3. Is the taste any good?**

Since you are using natural ingredients, your drinks will taste better than anything from your local liquor store has to offer. The drinks created with the 'Home Booze' method are delicious and they go down smooth. Using natural and fresh ingredients do nothing but enhance the flavor of your drink - regardless of what it is. Drink natural, drink healthy.

### **4. Can I leave my bottle(s) to sit (Ferment) more than 4 days?**

Yes. In fact, the longer you let it sit the higher the percentage of the alcohol will be. Some of our customers have experienced up to 16% alcoholic levels.

Plus you can re-use the yeast if you are making the same drink for a whole another batch. The savings continues.

### **5. Should I use freshly squeezed juice or buy it?**

Using freshly squeezed juice is definitely the healthy choice but you can also use liquid juices from your local grocery stores (Juices that come in those 2 liter and 1.2 liter cartons).

*Only use juice already in liquid form as its properties are very easy to mix with the Home Booze Method and will give you the best results possible. Do NOT use frozen juices.*

### **6. Will I go blind from drinking home made alcohol?**

When yeast is mixed with sugar, it creates a natural compound called ethanol. Ethanol is the alcohol found in all drinkable beverages. In fact, ethanol is just a scientific term for drinkable alcohol. It is methanol that is dangerous.

Methanol is a colorless, odorless, poisonous volatile inflammable liquid obtained by the destructive distillation of wood.

So with the 'Home Booze' method, its impossible to create Methanol at all and therefore you will never loose your precious eyesight - it's outright ridiculous to even consider that.

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**7. Is yeast safe to drink or eat?**

Yes. Yeast is 100% natural. Yeast is not only found almost in every food (Especially fruits) but even in our own body.

**8. I have some more questions, can you answer them for me?**

Absolutely! I would love to hear from you. Please contact us [support@homeboozekit.com](mailto:support@homeboozekit.com)

**9. What percentage of alcohol can I get in 4 days?**

You will get 8% to 12% per 2 liter PET bottle. If you leave it for a day or two more, it jumps up to 14% and more!

**10. Can I measure the alcohol percentage some how?**

To measure the alcohol percentage of your bottle, you need something called a hydrometer. A hydrometer is a floating gauge that measures the specific gravity of liquids compared to water in order to determine the likely alcohol content.

**11. Is making your own wine or alcoholic beverages at home legal?**

Yes! Making wine at home is 100% legal as long as you are not using distilling equipment (Used for Vodka and etc) and are not selling any of your own home made wine.

Plus if you currently have a home brewing or wine making store in your city, province, state or country, making alcoholic beverages at home is legal in your area.

**12. Hey JB, what is that little beaver doing on the Canadian flag on your logo?**

That means we are Canadian and the 'Home Booze Method' is also 100% Canadian.



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## **28 Drinking Facts You Never Knew!**

1. The word "toast," meaning a wish of good health, started in ancient Rome, where a piece of toasted bread was dropped into wine.
2. Vikings used the skulls of their enemies as drinking vessels and cups.
3. Anyone under the age of 21 who takes out household trash containing even a single empty alcohol beverage container can be charged with illegal possession of alcohol in Missouri.
4. The early Church declared that alcohol was an inherently good gift of God to be used and enjoyed. While individuals might choose not to drink, to despise alcohol was heresy.
5. While there wasn't any cranberry sauce, mashed potatoes, sweet potatoes, or pumpkin pie to eat at the first Thanksgiving, there was beer, brandy, gin, and wine to drink.
6. During Prohibition, temperance activists hired a scholar to rewrite the Bible by removing all references to alcohol beverage.
7. Bourbon takes its name from Bourbon County in Kentucky, where it was first produced in 1789 by a Baptist minister.
8. The alcohol in drinks of either low alcohol content (below 15%) or high alcohol content (over 30%) tend to be absorbed into the body more slowly.
9. The moderate consumption of alcohol does not destroy brain cells. In fact it is often associated with improved cognitive (mental) functioning.
10. A glass of white or red wine, a bottle of beer, and a shot of whiskey or other distilled spirits all contain equivalent amounts of alcohol and are they same to a Breathalyzer. A standard drink is:  
  
A 12-ounce bottle or can of regular beer  
  
A 5-ounce glass of wine  
  
A one and 1/2 ounce of 80 proof distilled spirits (either straight or in a mixed drink).



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12. A "beer belly" is caused by eating too much food. No beer or other alcohol beverage is necessary.

13. The level of blood alcohol content (BAC) is what determines sobriety or intoxication. Remember that a standard drink of beer, wine, or spirits contain equivalent amounts of alcohol. Alcohol is alcohol and a drink is a drink

14. Only time can sober up a person...not black coffee, cold showers, exercise, or any other common "cures." Alcohol leaves the body of virtually everyone at a constant rate of about .015 percent of blood alcohol content (BAC) per hour. Thus, a person with a BAC of .015 would be completely sober in an hour while a person with a BAC of ten times that (.15) would require 10 hours to become completely sober. This is true regardless of sex, age, weight, and similar factors

15. Scientific medical research does not support this old temperance scare tactic promoted by the Women's Christian Temperance Union, the Anti-Saloon League, the Prohibition Party, and similar groups.

16. Binge drinking is clinically and commonly viewed as a period of extended intoxication lasting at least several days during which time the 'binger' drops out of usual life activities. Few university students engage in such bingeing behavior. However, a number sometimes consume at least four drinks in day (or at least five for men). Although many of these young people may never even become intoxicated, they are branded as binge drinkers by some researchers. This practice deceptively inflates the number of apparent binge drinkers. In reality, the proportion of college students who drink continues to decline, as does the percentage of those who drink heavily

17. Extensive medical research studying hundreds of thousands of women from around the world fails to find scientific evidence that light drinking, much less a sip of alcohol by an expectant mother, can cause fetal alcohol syndrome. Of course, the very safest choice would be to abstain during the period of gestation.

18. Every person produces alcohol normally in the body 24 hours each and every day from birth until death. Therefore, we always have alcohol in our bodies.

19. Heavy alcohol use among people in the US 17 years of age or younger actually dropped by an amazing two-thirds (65.9 percent) between 1985 and 1997, according to federal government research. The proportion of young people who consumed any alcohol within the previous month dropped from 50% to 19% in about the same period. Other federally funded research also documents the continuing decline in both drinking and drinking abuse among young people. Similarly, alcohol-related traffic injuries and fatalities among young people continue to drop. Deaths associated with young drinking drivers aged 16 to 24 decreased almost half (47%) in a recent 15-year period.<sup>20</sup>



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20. The US isn't even among the top ten alcohol consuming countries. Top 10 Alcohol Consuming Countries on per capita Basis Country / Consumption in Gallons of absolute or pure alcohol: At a consumption rate of only 1.74 per person, the US falls far down at 32nd on the list.

21. The US has the most strict youth drinking laws in the Western world, including the highest minimum drinking age in the entire world. And this is buttressed by a public policy of Zero Tolerance.

22. Hundreds of scientific research studies around the world have clearly demonstrated that alcohol advertising does not lead to increases in drinking abuse or drinking problems. Alcohol advertising continues because effective ads can increase a brand's share of the total market.

23. There is no worm in tequila. It's in mescal, a spirit beverage distilled from a different plant. And it's not actually a worm, but a butterfly caterpillar (Hipopota Agavis) called a gurado.

24. People who can drink heavily without becoming intoxicated have probably developed a tolerance for alcohol, which can indicate the onset of dependency.

25. Some lives would be saved from accidents now caused by intoxication and from health problems caused by alcohol abuse. However, many other lives would be lost from increases in coronary heart disease. For example, estimates from 13 studies suggest that as many as 135,884 additional deaths would occur each year in the US from coronary heart disease alone because of abstinence.

26. Many non-alcoholics on occasion become intoxicated or drunk. However, if they are not addicted to alcohol, they are not alcoholic. Of course, intoxication is never completely safe or risk-free and should be avoided. It is better either to abstain or to drink in moderation. While consuming alcohol sensibly is associated with better health and longer life, the abuse of alcohol is associated with many undesirable health outcomes.

27. As a governmental alcohol agency has explained, "Alcohol no more causes alcoholism than sugar causes diabetes." The agency points out that if alcohol caused alcoholism then all drinkers would be alcoholics. In fact, a belief common among members of Alcoholics Anonymous (AA) is that people are born alcoholic and are not caused to be alcoholic by alcohol or anything in their experience. They argue that many people are born and die alcoholic without ever having had a sip of alcohol. Of course, a person can't be a drinking or practicing alcoholic without alcohol.

28. According to Federal statistics, most students arrive at college with prior drinking experience and the proportion of drinkers doesn't increase greatly during college.



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**PLEASE NOTE:** This "Fun Drinking Facts" section was Re-produced by permission of [Alcohol Information](#).

I would like to personally thank Dave Hanson for his generosity but even more so for his excellent educational site. I highly encourage you to visit it.

Hope you had just as much fun reading Home Booze 101 as I did creating it. I encourage you to contact me if you ever have any further questions regarding the Home Booze Kit.

Sincerely,

JB the Mummy  
Founder  
Home Booze Kit  
<http://www.homeboozekit.com>