

CENTRAL STREET FARMHOUSE

Extract Beer Brewing Instructions (5-gallon batch)

PLEASE NOTE: You are about to brew your own beer. AWESOME.

Beer is made from 4 primary ingredients: malted barley, hops, yeast, and water. *Malted barley* gives the beer its sweet taste; *hops* complement the sweetness with bitterness (and other various aromas/flavors); *yeast* converts the sugars into alcohol; and *water* lets you pour it all into a pint glass.

In *extract brewing*, your base malted barley grain has already been mashed into a thick syrup or dry powder, thus removing a complicated and time-consuming step from the process. Your brewing process will consist of steeping *adjunct/specialty grains* for added flavor, aroma, and body/head retention; boiling your *malt extract*; adding hops on a schedule for a total of 60 minutes to achieve desired levels of bitterness, flavor, and aroma; adding your *boiling wort* to *cold water*; and finally, adding the *yeast*. You will likely need 90 minutes or more to brew a batch of beer.

OK then. You will need the following:

- ***Brewpot**, the bigger the better. Should be able to hold at least 4 or 5 gallons. Lobster pots are great, whether stainless steel or enamel.
- ***Long spoon**, plastic or stainless steel, to stir your wort while brewing.
- ***Thermometer**, to measure the temperature when steeping grains and adding yeast.
- ***6.5-gallon plastic brew bucket, with lid and airlock.**
- ***Hydrometer**, to measure the specific gravity (density) of the wort before adding yeast.
- ***The willingness (and patience) to sanitize *everything* that comes in contact with your beer.**

Let's Brew This:

1. Add roughly 1 ½ to 2 gallons of water to your brewpot. Using a turkey burner or stovetop, bring water to 150°F (measure temp w/ your thermometer). Make sure the water is not boiling at this point.
2. Add crushed adjunct/specialty grains to grain sock, and place sock in 150°F water. Put lid on brewpot and kill the heat. Let grains steep for 15-20 minutes. (Do *not* boil these grains. Boiling adjunct grains can extract unwanted tannic characteristics.)
3. Remove grain sock, and bring water up to a boil. Dissolve all malt extract (liquid and/or dry) in boiling water, stirring well so that it doesn't stick to the bottom.
4. Once all extract is dissolved, you should get a "hot break": this is when the liquid begins to foam and quickly rises to the top of the brewpot. Keep an eye on things at this point – you'll need to control your heat to help the hot break recede and fall back into the boil. This may take a few minutes.
5. Once the hot break is over and you have a steady rolling boil, start a 60 minute timer. Add hops based on the schedule in your instructions/recipe – typically bittering hops go in for the entire 60 minutes, while flavor and aroma hops are added between 30 and 59 minutes into the boil. When you have 15 minutes left on the clock, toss in a sprinkle (roughly ¼ tsp) of Irish moss. (Irish moss helps clear your beer.)

6. Shortly before the 60 minutes are up, prepare your fermentation bucket: clean and sanitize a bucket, and fill it with 3 gallons of cold water. At the end of the 60 minute boil, pour the boiling wort from your brewpot into the water in the fermentation bucket. If necessary, add more cold water so that the total amount of liquid is *slightly* above the 5 gallon mark. Your wort will get properly “aerated” during the pour.

7. Take a hydrometer reading to get your *starting gravity*. Sanitize your hydrometer, and simply float it in the wort in your bucket – record the number where the hydrometer meets the top of the liquid. As a rule of thumb, 5 gallon beer batches that use 6 lbs. of malt extract should have a hydrometer reading in the neighborhood of 1.045-1.055. (If you’re using more extract, you should have a higher reading.)

8. Now it’s time to add the yeast. Sprinkle (or pour if liquid) the yeast on top of the wort, and do not stir. Add the lid tightly to your bucket, along with a sanitized airlock (filled to the halfway mark with vodka or sanitizer).

Congratulations, you’ve just made beer. Now be patient.

Fermentation:

9. After 7 days of fermentation (which, by the way, should be taking place in a warm room), you must *rack* (transfer via siphon) the beer from one bucket to another. This is necessary to get your beer off the dead yeast cells, helping to promote clarity and flavor. Open your bucket lid: there should be signs that fermentation occurred (**BUT** if bubbles and foam remain on top of the liquid, it is likely that fermentation is still happening, so close it up and wait a few more days for these next steps). Using your siphon, rack your beer into a sanitized bucket, being careful not to stir up the thick layer of sediment on the bottom of the primary bucket. Cover your secondary bucket with a sanitized lid and airlock, and put it away for another week.

Bottling:

10. After another 7-10 days in secondary fermentation, your beer is likely ready to be bottled. Open up the secondary fermentation bucket, and take another reading with your hydrometer to get your *final gravity*. Your recipe should give you a ballpark number for where you want to be – if your reading is much too high, put the lid back on and get the bucket in a warm place so that fermentation can resume and finish.

11. Sanitize your bottles. **SANITIZE YOUR BOTTLES.**

12. Once more, rack your beer from the secondary bucket into a clean and sanitized bucket. Dissolve $\frac{3}{4}$ cup of dextrose (corn sugar) in a pint of boiling water, and add to beer as it is transferring over.

13. Using your siphon, fill each bottle to the very top (the siphon will displace enough liquid when removed from each bottle). Cap each bottle.

14. Put your bottles in a dark, warm place so that they can carbonate. You’ll need about 10-14 days for the beer to carbonate, and typically another 10-14 days for the beer to properly age.

Enjoy the Fruits of Your Labor:

15. Stick the bottles in the fridge. When properly chilled, pour your beer gently from the bottle into a glass, being careful not to disturb the fine layer of yeast sediment at the bottom of the bottle. (Leave the last $\frac{1}{4}$ ” of yeasty beer in the bottle, so as not to cloud up your beer too much – you’ll get a handle on this as you brew more and more.)

16. Finally, taste that delicious homebrewed goodness. Cheers!