

Froth

The Newsletter of the Brewers of Central Kentucky

Volume 1, Number 2

Lexington, KY

February 1999

Beer Quotes

He was a wise man who invented beer.

-Plato

Abstainer: a weak person who yields to the temptation of denying himself a pleasure.

-Ambrose Bierce

24 hours in a day, 24 beers in a case. Coincidence?

-Stephen Wright

Next Meeting

Wed., Feb. 10
Lexington Brewing
Company

Beer is proof that God loves us and wants us to be happy.

-Benjamin Franklin

If you ever reach total enlightenment while drinking beer, I bet it makes beer shoot out your nose.

-Deep Thought,
Jack Handy

You can't be a real country unless you have a beer and an airline; it helps if you have some kind of a football team, or some nuclear weapons, but at the very least you need a beer.

-Frank Zappa

All right, brain, I don't like you and you don't like me - so let's just do this and I'll get back to killing you with beer.

-Homer Simpson

ANOTHER FRED THE SHED STORY

by Mark L. Roberts

If you are not familiar with Fred the Shed, that's my unheated, uncooled but very friendly brew-shed. Well, I was home one Saturday when the weather was cold and wet. The wife and I were in the house trying to decide how to spend such an unwholesome day, when a car pulled up. A man in a none too expensive suit got out with a handful of papers and headed toward the door. No one just stops in out in the country unless they have something to sell, so I quickly headed out to head him off at the pass before he could get inside.

The first words out of his mouth were "I saw your bumper stickers and wondered if you were a brewer." Well, I warmed to him there and then. Whatever he was selling, he had opened the door to the one thing I could out-talk a salesman on. I took him to Fred the Shed and showed him my setup. He explained he had been brewing and making wine for 12 years in his garage. He was interested in kegging, because bottling was such a pain. I told him about Mr. Morgan Jones' ready supply of kegs and CO₂ and gave him a copy of a handy brochure on BOCK. We talked about his current wines and beers and

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Sacred and Herbal Healing Beers by Stephen Harrod Buhner

Reviewed by Mark L. Roberts

Did hops become the one of the principal ingredients in beer because of an anti-Catholic movement by Protestant brewers? That's one of the theories put forth by the author of Sacred and Herbal Healing Beers. But if you think that is a heresy, you should read the section on brewing entitled "Simplified Beer Making Based on Other Heretical Principals." Any sugar will do, you don't need hops, Germanic cleanliness is unnecessary, use your excess yeast over and over and start small.

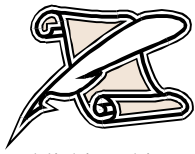
The author's point is that brewing is ancient, and those ancient beers were not only not made to the standards of the Rheinheitsgebot, but frequently involved such unusual ingredients as saliva (see how to make beer from maize).

This book is an interesting, if long, exploration of indigenous brewing techniques and the many herbs that have been used in beer at various points in time. It is the extensive listing of herbs that makes the book so long-- 481 pages before you hit the footnotes. There are hundreds of recipes for beers and meads ranging from traditional ginger ale (I gave that away for X-mas. Sweet and gingery.) To Oak Bark Ale to Irish Moss Ale.

The information on indigenous brewing is especially interesting (and luckily in the beginning) and the recipes look interesting. If there's an herb, there's a recipe. You don't have to read everyone.

The most intriguing part of the book is the author's encouragement to experiment with wild yeasts and ancient techniques in order to come to the same mystical relationship with your beer that the ancients had. Beer was magic. You didn't add a sterile packet of liquid monoculture yeast; you sat around the fermentable wort and sang or danced or stomped or prayed until it began to "boil" from the intercession of mystical forces.

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Scribe's Scribbles

If there is one thing I've learned from being a Bockian it is this, "never miss a meeting." My personal reason is because the last time I missed one, I was shanghaied into publishing this newsletter. However, that is not the only reason. I miss getting to see people I share one common interest with: love of good beer.

I've decided that the best way I can give something back to BOCK is to help make the group something special. Go beyond an excuse to stand around and drink beer for two hours. I want others to realize the joy of opening the first beer you made yourself; to know plenty of us have opened that bottle and poured out all but the first drink. I would like to see BOCK expand on the common bond and share whatever we can. Not just beer, but friendships.

If you have an idea for the newsletter, let me know. If you find a great web site or have a story to tell, drop me an e-mail. I want Froth to be more than just another piece of mail in the ever-growing pile on the counter.

So pour yourself a cold one and settle in for a few minutes with Froth. Then, let me know how I'm doing.

*Sincerely,
Krista Alexander
1999 Scribe*

Brewers of Central Kentucky Financial Report

For one month ended January 31, 1999

Income

Dues	\$ 250.00
Raffle	98.00
Total Income	348.00

Expenses

Postage	33.00
Printing	10.60
Miscellaneous	24.00
Total Expense	67.60

Income in Excess of Expenses 280.40

Cash Balance

Beginning Jan. 1, 1999	936.24
Ending Jan. 31, 1999	\$1,216.24

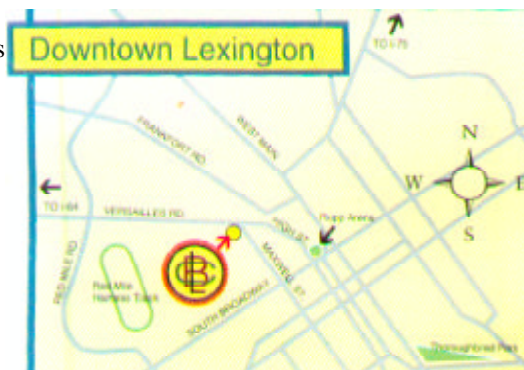
100 Shares Lexington Brewing Company \$ 500.00

First Time To Experience B.O.C.K

If you would like to join us, we meet on the second Wednesday of every month.

This month we meet on **Feb. 10 at 7 p.m.** You will find us

at Lexington Brewing Co., 900 W. Maxwell St. Bring a glass and some homebrew (or a good commercial beer) to share. Be sure to let us know it's your first meeting so we can be on our best behavior. We'll swap stories and brew, raffle doorprizes, and have a great time!



Froth

A publication of the Brewers of Central Kentucky

1999 B.O.C.K. Officers

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Secondary Fermenter

Tim Black

Tertiary Fermenter

Mark Roberts

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Issue Information

Article Deadline Feb. 28

Mailing Date March 4, 1999

Froth is a publication of the Brewers of Central Kentucky (B.O.C.K.). It is published monthly and is also available electronically in PDF format on our web site.

Barleywine (all grain)

Ingredients:

13 lbs. Belgian pale malt (DWC)
1 lbs. Munich malt
1 lbs. crystal malt (40 L)
2-3 oz. chocolate malt (338 L)
1 oz. Eroica (11.2 % alpha, 60 min.)
1/2 oz. Cascade (4.9% alpha, 5 min)
Wyeast 1056 American ale yeast

Procedure:

Mash water was treated with a bit of CaSO₄ and CaCO₃. Step mash with a 10-minute protein rest at 122, then a 2-step starch conversion with a rest at 144 F for about 15 minutes then 154 for about 40 minutes. Mash out at 170 for 10 minutes, then sparge to collect about 6-1/2 gallons.

Boiled 60 minutes with Eroica in the full boil length and Cascades in last 5 minutes. Force chill to 65, then pitched slurry of 1056. Fermented at 65-68 for 1-2 weeks, then same temp for another 1-2 weeks.

Specifics

Batch Size: 5 gallons

OG: 1085-1090

Finishing Gravity: ---

Time in Boil: 60 minutes

Primary: 10 days at 65-68 F

Secondary: 7 days+ at 65-68 F

“Fred the Shed” from page 1

then he said he had to go. But before he left, he handed me the Watchtower, which was his original point in coming.

I had always hidden from Jehovah's Witnesses (JW) before. Now I have to be more tolerant. They could be homebrewers. Anyway, I had the pleasure of referring a JW to Mr. Jones. Mr. Jones, when told a JW would be calling on him, said he probably would not return the call. When told the JW was interested keggering equipment, he allowed as how he might return the call. When informed the JW had no equipment whatsoever and needed a complete setup, the Primary Fermenter determined that he would definitely return the call.

Oatmeal Stout (all grain)

Ingredients:

7 lbs. 2-row Klages Malt
2.5 lbs. Wheat Malt
1 lb. Crystal 60L
10 oz. Flaked Oats
8 oz. Roast Barley
4 oz. Black Malt
1.5 oz. Fuggles hop pellets (60 min)
0.5 oz. Fuggles hop pellets (20 min)
0.5 oz. Fuggles hop pellets
Gypsum (depending on your water)
0.5 tsp. Irish Moss (15 min)
Wyeast 1084 Irish Ale Yeast

Procedure:

Add 3 +/- gallons 177 F water to grains and stabilize temp. at 155 F for 60 min. or until conversion is completed. Add 1.5 +/- gallons of boiling water to heat mash to 170 F and hold for 15 min. Sparge with 3 gallons of 175 F water. Bring wort to boil, boil 10 minutes and add first hops, after 40 minutes add 2nd hops. Add Irish Moss last 15 minutes. Add Aroma hops when you turn off the heat. Cool as quickly as possible, top up fermenter to 5.5 gallons with boiled and cooled water. Pitch yeast starter and ferment around 65 F for 4 days, then rack into secondary and ferment for an additional 7-10 days. Bottle with 3/4 cup corn sugar.

continued

Sacred Beers from page 1

You may have placed a carved piece of wood in your fermenter, which you later dried. This magic stick would start your next batch.

I cannot account for the alleged health benefits of the various herbs. The book was written by an herbalist, not a physician. But I can recommend the book to anyone wanting to explore esoteric or indigenous brews. And yes, I plan to try to develop a "house" yeast in the near future. I probably will not sing to my wort as I do not want bad yeastics to enter, only good ones.

Specifics

Batch Size: 5 Gallons

OG: 1.055

FG: 1.014

Time in Boil: 70 minutes

Primary: 4 days @ 65 F

Secondary: 7 days @ 65 F

HOMEBREW OF THE MONTH CALENDAR

February: Barley wine, Cider, Oatmeal Stout

March: Bock

April: Brown Ale, Black Lager

May: Maibock

June: Hefeweizen, Wit, Belgian White

July: Pilsner, Bitter

August: Amber Ale, Red Ale, Fruit Ales/Lagers

September: Oktoberfest/Marzen/Vienna

October: Pumpkin Ale, Scotch Ale

November: Porter, Stout

December: Holiday/Spiced/Winter Ales

January: Lambic, Mead

Webpage Update

Randy Alexander, Webmaster

The webpage is now in place and fully functional. The URL is: <http://www.geocities.com/NapaValley/Vineyard/3417/>. We have a calendar that everyone can add events to, a guest book, and links among other things. Starting this month you will be able to download the newsletter from the web.

I am always updating the webpage and always looking for new ideas. So if you would like to see something different on the web, please let me know.



YEAR IN REVIEW *by Mark Roberts*

If you haven't done this, tally up your brews for the previous year. I did and was surprised to learn that all my brews were not ultra-hoppy. I had 20% pale ales, 20% stouts and 20% (omigosh) brown ales. I didn't realize I liked brown ale that much. 16% porters (the wife) 16% Belgian (or in the area) 4% herbal and 4% ginger ale. 125 gallons total. It would be interesting to see what the club did as a whole. Bring your tallies to the meeting.



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