YEAST STARTER KIT (DESIGNED FOR 5 GALLON BATCHES OF BEER)

**PITCHING A YEAST STARTER HELPS INCREASE YEAST CELL COUNT & VIABILITY.
IT ALSO HELPS REDUCE LAG PHASE, OFF-FLAVORS & RISK OF INFECTION.**

KIT CONTENTS

- 1000 mL Erlenmeyer flask (heat resistant)
- Foam Stopper
- 1.25lb bag of Dry Malt Extract
- Resealable bag for leftover DME

WHAT YOU'LL NEED

- Yeast (an 11g packet of dry yeast OR yeast harvested from a previous fermentation)

HOW TO MAKE A YEAST STARTER

1. Bring 650 mL of water to a boil in a pot. Remove from heat once a boil is achieved. Stir in ½ cup of Dry Malt Extract (DME).
2. Return the pot to the burner and bring to a gentle boil. Boil the wort for 15 minutes.
3. After 15 minutes, turn off the burner and remove the pot from heat. Allow to cool.
4. While wort is cooling, sanitize the flask, foam stopper, yeast pack (if using) & a pair of scissors.
5. Pour the cooled wort into the flask & install the foam stopper.
6. Prepare a cold water bath in your sink or a larger pot.
7. Using an oven mitt or pot holder, carefully move the full flask to a cold water bath. Add ice or more cold water as needed to speed the cooling process.
8. Once wort reaches 85ºF or cooler, remove the foam stopper and pitch your yeast.
9. Place the stopper back in the flask and swirl the flask to aerate the wort.
10. Allow your yeast starter to ferment at least 12 hours. A fermenting yeast starter may not exhibit the same signs of fermentation as a batch of beer (such as foamy krausen or airlock bubbles). Instead, you should look for:
    - cloudy appearance
    - yeast-y & beer-like aroma (instead of sweet malty wort aroma)
    - a layer of white sediment collecting at the bottom of the flask

    Ideally, you should use your yeast starter when the fermentation is visibly active (or immediately after). If fermentation in the flask finishes before you're ready to pitch, you'll need to add more boiled/cooled wort to the flask to activate it again. If fermentation in the flask finishes 5+ days before you're ready to pitch, refrigerate the starter. Once ready to use, remove from the fridge and allow starter to warm to room temperature for 6 hours before pitching.

11. Once you're ready to pitch the yeast starter into your main batch of wort, swirl the flask to stir up the sediment at the bottom. Pour the contents of the flask into your fermenter. Alternatively, you can decant the wort from the flask and use only the thick yeast slurry at the bottom of the flask. To do so, chill the flask overnight to allow yeast cells to settle in a distinct layer. Once the wort is decanted or poured off the top, boil and cool 100–200 mL of water in a pot. Then pour this sterilized water into the flask and swirl to dislodge the yeast slurry.

NOTES:

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