



Strict Observance

Dark Strong Ale



⚠ If your kit has **liquid yeast**, put it in the refrigerator as soon as possible.

An old man said: "The reason we do not make progress is because we do not know our own capacities and do not have patient endurance for the work we have undertaken. No, we want to acquire virtue painlessly." The Granddaddy of Belgians, Strict Observance is a high-gravity, complex Dark Strong Ale, following in the tradition of the 8 famous Trappist breweries. This beer will develop dark fruit aromas, like raisin, cherry, and plum. Fruity, peppery, bready, and caramel flavors will blend nicely with the presence of alcohol. Put some bottles of this beer in the cellar and enjoy it in 2...3...5 years!

Calculated Appx.: O.G.: 1.090 F.G.: 1.022 ABV: 9% IBU: 33 SRM: 24

Kit Ingredients

- Specialty Steeping Grains:
 - 1 lb Belgian Munich malt
 - 8 oz Aromatic malt
 - 8 oz Special B malt
 - 8 oz Cara 45 malt
 - 6 oz Flaked Wheat
 - 2 oz 2-Row malt
- 9 lb pilsen malt extract
- 1 lb 180L Belgian Candi Syrup
- 1 lb corn sugar
- 1 oz Galena hops (30 min)
- 1 oz Styrian Golding hops (10 min)
- 1 cup corn sugar (for bottling)
- Muslin sack to steep grains
- Abbaye, Wyeast 1388, or WLP545

⚠ Please make sure that your kit contains these items. Please call us at 608-257-0099 before brewing if any item is missing. Thanks!

Directions

Sanitize everything well! Remember to stir periodically throughout the boil!

0. If you are using liquid yeast, about three to six hours before you are going to brew, remove the liquid yeast from the refrigerator. If it is a Wyeast pack, break the nutrient pack inside the yeast package according to the directions on the package. Leave the yeast out at room temperature until it is time to pitch your yeast into your beer.

Because this is a high gravity ale, we HIGHLY recommend using one of the following methods to help your yeast ferment your yummy beer:

- a. Make a starter. About 2 days before you are going to brew, mix 3.5 oz of dry malt extract in 1 liter of water, boil for 15 minutes, cool down to below 80F, add your **yeast**, and let ferment for 24 hours. If you are not using a stir plate, you may want to swirl your starter a few times a day. After 24 hours, put the starter in the fridge and leave it in there until about 3 hours before you brew. When it is time to add your yeast at the end of the brew day, decant the liquid and add the yeast sludge at the bottom of the starter container.
- b. Use multiple yeast packs.

1. Fill your kettle with 8 quarts of cold water, pour the crushed **steeping grain** into the grain sack, tie the sack closed, and place it into your kettle (**Note:** If your brew system allows you to boil more than 8 quarts, feel free to boil more liquid. This will allow you to get better utilization from your hops and reduce caramelization). Turn on heat and bring mixture to 156-160F and then turn off heat. Steep the grains for 40 minutes. Do **not boil** grains.
2. While grains are steeping, heat 4 quarts of water to 170F in a separate pot. After 40 minutes, remove the grains from mixture and rinse (sparge) them with the 4 quarts of hot water, collecting the runnings in your boil kettle. Then turn on the heat and bring the mixture to a boil. You will be boiling the mixture, called wort, for a total of 30 minutes. However, keep reading, because you'll be adding hops during that time.
3. When you achieve a boil, turn off heat and add **6 lb pilsner** malt extract into hot water. Extract may pour more easily if you open the top of the container and put it in a saucepan of hot, not boiling, water.
4. Turn heat back on and bring wort to a boil. Upon initial boil, wort may foam up (called a "hot break"). If this happens, reduce the heat until the foam recedes, then turn up the heat, bring back to a boil, and maintain a rolling boil. Start your 30 minute boil timer now. Add **1 oz of Galena** hop pellets and boil the wort for 20 minutes. This hop addition will impart most of the bitterness to your beer.
5. After 20 minutes, turn off the heat. You will now add the remaining **3 lbs pilsen malt extract, Belgian candi syrup, and 1# corn sugar**. Make sure everything is stirred in well, then turn the heat back on, and bring the wort to a boil. Once boiling, add **1 oz Styrian Golding** hop pellets and boil for 10 minutes more.
6. After these 10 minutes (30 minutes total), you are done boiling your beer, so it's time to turn off the heat and start cooling the wort down.
7. Sanitize fermentor, stopper, and air lock with sanitizing material according to its directions.
8. Fill the sanitized fermentor with 2.5 gallons of cold water (use less if you boiled more water than the recipe calls for). Cool your hot wort down to around 110-120F by placing your pot carefully into a sink of ice water for 15-30 minutes or by using a wort chiller. Carefully pour the hot wort into the cold water in the fermentor. If necessary, top up to 5 gallons with cold water.
9. Take a temperature reading of wort. If wort mixture in fermentor is below 80°F (not warm to touch), give wort a good shake or a good stir with a sanitized metal or plastic spoon. Here you are trying to aerate the wort, which will help your yeast get going. This is a good time to take a hydrometer reading. The number from this reading is the starting gravity. Add beer **yeast**. Instructions are on the package.
10. Seal your fermentor. Attach the fermentation lock half filled with water. Ferment at 64°-78°F for around 21-28 days; however, it may take longer to fully ferment. Note that it can take up to 24 hours for active fermentation to be visible. If you don't see any activity in the air lock or foam on the surface of beer after 24 hours, call us at 608-257-0099. If doing a double stage fermentation, siphon the beer into the glass carboy after 21-28 days in the primary fermentor.
11. After 21-28 days, if your beer has ceased fermentation, you can go ahead and bottle or keg your beer. Whether you bottle or keg, sanitize everything that will contact the beer during packaging, including bottles, caps, kegs, siphon tubing, bottle filler, etc. Also, now is a good time to take a hydrometer reading. This would be your beer's final gravity.
 - a. **Bottling, Single-Stage Fermentor:** Siphon beer into sanitized bottles. Pour just under 1 tsp. corn sugar in each bottle. Cap and turn bottles upside down several times to mix in sugar.
 - b. **Bottling, 2-Stage Fermentor:** Rack the beer carefully off the sediment into a sterilized fermentor or bottling bucket from the carboy. Bring ¾ pint of water to a boil. Turn off heat. Dissolve 1 cup of corn sugar in this hot water and stir gently into the beer. Bottle and cap.
 - c. **Kegging:** Siphon beer into sanitized keg, purge oxygen from head-space, hook up to CO2, enjoy!
12. Store upright at room temperature (~70F) for 14 days to carbonate. Beer may then be stored at cooler temperatures to age. Beer may be consumed at any time, though it will improve for several months.

