

Born To Be Mild

Proceeds donated to:

The Princess Margaret
Cancer Foundation 



This initiative is coordinated by True Grist Homebrew Club, and is made possible by:

- Distribution and sales by **KJ Urban Winery and Craft Brewing Supplies**
- Donation of all yeast by **Escarpment labs**
- Donation of all hops and malt by **BSG Canada**



Why are we doing this?

In March, True Grist member Christina Burbadge passed away after a courageous battle with cancer. Christina embodied the spirit of the club with her principles of equality, discovery, and her love of all things beer.

For Canadian Homebrew Day, we are honouring our friend by raising money for the Princess Margaret Cancer Foundation and sharing one of her award-winning recipes.

Recipe

This beer won “Best of Show” at the Stack Brewing Northern Homebrew Competition in 2019. It is a highly drinkable session beer and the special ingredient of rye malt helps to add a dryness and fullness to the beer while contributing a subtle earthy character.

OG: 1.042, FG: 1.015, ABV: 3.6%

Malt (Mash at 158 F, 70 C)

6.75 lb (3kg) Simpsons Golden Promise
14 oz (0.4 kg) Weyermann Rye malt
8 oz (225 g) Simpsons Crystal medium
6 oz (170 g) Simpsons Crystal dark
3 oz (85 g) Simpsons Brown malt
3 oz (85 g) Weyermann Carafa special I

Hops

1.25 oz (35 g) St. Golding Celeia (60 min)
0.75 oz (21 g) St. Golding Celeia (15 min)

Yeast

Escarpment English Ale II

For more detailed brewing instructions and advice please reach out to your local homebrew shop or to True Grist!

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Christina Burbadge Memorial English Mild Recipe

Instructions

Mashing -> converting the grain into a fermentable liquid.

- 1) Bring 6 gallons of water in your **brew pot to 158°F**. This is our strike temperature. Turn off the heat to the pot.
- 2) Wrap the muslin/nylon bag around the brew pot and slowly pour all the milled grains into the bag. Stir them in while adding to prevent clumps. The addition of grain should drop the temperature down to 150-158°F.
- 3) We want to mash the grain at 158°F for 60 minutes. **It is very important to hold the temperature at 158°F. Christina designed this recipe to be mashed at 158°F instead of the standard 150-155°F range. This adds body and leaves a little residual sugar in the beer which will balance out the hop and sharp malt character. Hold the temp at 158°F throughout the mashing process.**
 - a. The first 15-30 minutes are essential for the success of your brew. The temperature HAS TO BE IN THE RANGE OF 155-158°F. Cover the pot with your lid and let it sit.
 - b. Most brew pots will be able to maintain 158°F without adding heat for 20 minutes, we recommend checking the temperature every 15 minutes, and if it drops add more heat to bring it up. We recommend opening the lid and using a thermometer in the liquid.
- 4) After 60 minutes, bring the temperature of the mashing grain up to 170°F and hold for 10 minutes. This is our mash out.
- 5) Time to remove the grain. Lift the bag full of grain out of the brew pot. Let the liquid in the bag dribble into your wort. Once that is done, put the bag inside of a brewing pail, or another empty pot. There will be about 4 gallons of wort in the brewpot, we need to get it to 6 gallons before we can begin the next stage.
- 6) Run warm water through the grains in the bag, aim for 170°F – let it run through the grains and add to the brewpot. Add until you reach 5.75 gallons.
 - a. PSA: It is natural to think that the grains need to be squeezed to get all of the liquid out of them, **DO NOT DO THIS**. Aggressively squeezing the grains will lead to tannin extraction and a doughy taste in your beer. Lightly pressing the bag is fine, but do not try to squeeze every last drop out.

Boiling -> Hop addition time

- 1) Bring 6 gallons of your wort to a rolling boil, and let it boil for 5 minutes, this is called the hot break.
- 2) Add 1.25 ounces of St. Golding Celeia and set a timer for 60 minutes, keep the wort boiling (212°F) and uncovered.
- 3) With 15 minutes left, add 0.75 oz of St. Golding Celeia, 1 tsp of Irish Moss, and if you're using a wort chiller add that too.
- 4) When your timer goes off, turn off the heat and proceed to the cooling stage.
- 5) Now it's time to cool the beer down to 75°F (20-25°C) as quickly as possible.
 - a. We love using a wort chiller for this, it can get the beer down to temperature in 20-30 minutes. Otherwise, you can immerse the brew pot in an ice bath or wait it out. The longer it takes, the greater the risk of infection

Fermentation -> Turning the wort into beer

- 1) After the boil is done it is time to be extra careful in regard to sanitation. We recommend using a no-rinse sanitizer called Starsan. Mix ¼ tsp of it with water in a 500ml spray bottle. Before we touch any part of the beer we spray it with Starsan.
- 2) Transfer the cooled wort into your fermenting pail or carboy. Run it through a strainer to catch any hop or grain residue.
 - a. It is also an important time to take a hydrometer reading. It should be around 1.042 give or take a few points.
- 3) Your choice of fermentation vessel is important. During primary fermentation, it will bubble up quite a bit, you want to be sure there is airspace for it to work away. Otherwise, the pressure of it will push out the airlock.
- 4) Make sure the wort has been cooled to at least 25°C!!! Adding yeast at a higher temperature will likely kill it.
- 5) Once the beer is in the fermenter, pour in the entire package of English Ale II yeast from Escarpment Labs.
- 6) Put the bung and airlock in the hole (make sure there is water filled up to the line in the airlock). If using a pail, make sure the lid is sealed tight. Put the pail in a room that is in the range of 17-21°C°
- 7) Let the beer ferment untouched for 10 days. After the 10 days are up; it is time to proceed to the bottling stage. First, take a hydrometer reading. It should be somewhere between 1.010-1.015
- 8) Lately, we have been of the opinion that secondary is an unnecessary step. Unless you are kegging, we recommend skipping secondary and going straight to the bottling process. Clarification can occur in the bottle rather than in a carboy, and the risk of oxidization is greatly reduced.

Bottling -> We're getting close to Beer Time now.

- 1) Rack the now fermented beer into a bucket.
- 2) At the same time, mix the priming sugar with 300ml of boiling water and add to the beer. Stir it in VERY gently.
 - a. Make sure to check out a priming calculator to verify the correct amount of sugar. Too much sugar and your beer will end up foamy, or even start blowing the caps off! Too little and the beer won't be fully carbonated.
- 3) Rack the beer into your bottles or growlers. Then, let them sit for 2-3 weeks at room temperature. Chill and enjoy!