



# The Barleycorn Press

Monthly Newsletter Published by the Green Mountain Mashers of Vermont

October 2003

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## Oktoberfest Fare on the Menu!

by Ruth Miller

**L**ate September is the actual month for the traditional Oktoberfest celebrations in Germany - so we're only a little late, who cares? (editor's note - The Oktoberfest in Munich is 2 weeks long and ends on the first weekend in October). Fall is the time to enjoy Märzen/Oktoberfest beers, the lovely orangey color replicating the colors in the trees (Germany must be similar to New England - same latitude, right?) And that rich malty body goes with the kinds of foods people start craving once the weather turns chilly - roast meats (particularly pork,) soups & stews, root veggies and apples. Fermented and fresh ciders also seem to hit the spot.

So, in the spirit of the season, here are a couple of recipes that incorporate, and

go great with Märzens and ciders. The first is a pork dish made with Märzens and root vegetables. The maltiness of the beer really picks up on the caramelization of the pre-roasted meats & veggies, and pulls it all together when the beer is added as a braising liquid to render it fork tender. The second recipe is a nice side dish, a traditional-style braised cabbage made with apples and fermented cider. It has a wonderful sweet-sour flavor that can accompany any kind of pork or wild game, and most especially sausages.

Winter's coming - eat up!

Roast Pork Ribs & Root Vegetables in Märzen (Serves 4)

2 lbs. pork butt ("country-style") pork ribs, boneless or bone-in

flour, salt & pepper  
 1 cup sliced carrots  
 1 cup sliced parsnips  
 1/2 cup chopped onion  
 1 cup coarsely-grated celeriac root (is a round knobby root, NOT celery!  
 Rough outer skin needs peeling first.)  
 olive oil  
 1 pint Märzen  
 1/2 cup sour cream or creme fraiche  
 1 tbsp. caraway seeds (optional)

Preheat oven to 350 degrees. Use a dutch oven or other heavy oven-proof casserole. Cover bottom with a film of olive oil, and heat on top of stove on medium-high. Meanwhile put flour, salt & pepper in a bag & put ribs in.

Shake well to coat them evenly with seasoned flour. Take out & lightly

brown in casserole. Throw in all the veggies, stir to coat with fat, and put in oven. Roast for about an hour uncovered until everything is nicely browned. Pour off as much excess fat as possible, and then pour in beer, cover & put back in the oven for another hour. You can add the caraway seeds at this point if you like the taste of them. When meat is very tender, take pan out of oven & put on a burner over medium. Depending on how much juice is in the pan, either add the sour cream (as is if very concentrated) or stir a tbsp. of flour into the sour cream, and then whisk it into the pan juices & bring to a simmer to thicken a bit. Serve over wide noodles that have been seasoned with a little butter, fresh minced parsley & poppy-seeds - wow!

Sweet-Sour Cider Cabbage  
Makes approx. 5 cups

2 lbs. red cabbage, cored & thinly-sliced or shredded  
 1 tsp. salt  
 1/2 cup brown sugar  
 1 cup grated apple (tart like Cortland or Granny Smith best - peel first)  
 1 cup cider vinegar  
 12 oz. fermented cider

Preheat oven to 350 degrees. Put cabbage in a large, shallow baking pan (stainless or glass - do not use aluminum due to the acid in the vinegar). Sprinkle evenly with salt & brown sugar. Pour vinegar & cider over all, cover with foil or a lid, and bake for 2 to 2-1/2 hrs, stirring every 1/2 hr. Drain any excess liquid before serving.



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## Next Meeting October 6th at Anne and Matt Whyte's in Essex

**T**he next meeting of the Green Mountain Mashers will take place on Monday, October 6th at the home of Anne and Matt Whyte.

The agenda of the October meeting is:

- Discuss the Club Brew @ Jim and Mel's
- Talk about and sign up for the Cider Crush
- Grape picking update?
- Other business

Directions:

From Burlington take route 15 into Essex Jct. The last right before 5 Corners is School St. Take that right and it is on the right, #10. It's the 2nd house and the

## Cider Crush Details by Anne Whyte

**I**t's time for the crush again. The date will be Saturday, October 25<sup>th</sup> at Chapin Orchard. You can sign-up at the October meeting, sign-up sheet at the store, or you can call me at the store or email me at vt-brew@together.net with your order. The crush will be much like it has been in years past: show up between 9-1 with your fermenter. If you plan to add campden tablets (potassium metabisulphite) you can have them crushed in the bottom. Bring extra dinero for cider donuts, apples and honey! The cider will be \$3.50 per gallon.

From the intersection of Routes 15 and 128 in Essex Center, go north on Towers Road to Chapin Road (on the right). It's

porch light will be on.

From Williston: Driving into Essex Jct. on Route 2A you will take a left onto Park Terrace, the road between Ming's Chinese Rest. and The Chittenden Bank. As you drive up Park Terrace you are looking at our house at the top of the hill. Park anywhere on the right side of School Street.

If you have any questions, call Vermont Homebrew Supply at 655-2070 or Anne and Matt at home (879-6462).



**Don't Forget to  
Bring Some  
Snacks and 3  
Homemade  
Beverages to the  
meeting. If You  
Don't Have Any  
Homemade Bevs,  
Please Bring  
Three Good/  
Unique  
Commercial  
Beers.**

up this road on the left. The phone number at the orchard was 879-6210.

If you plan to use a liquid yeast please let me know by October 18th so we can have any liquid yeast you want. Yeast will be in on October 24th. I order in advance of the crush. On the day of the crush I will have my usual assortment of liquid and dry yeasts. I don't like ordering dated yeasts speculatively since I usually end up throwing them away.

*(Continued on page 3)*

## Staff Box



The Barleycorn Press is a monthly publication of the Green Mountain Mashers Homebrew Club. The Barleycorn Press appears in the final week of each month. **Contributions are due by the 25th of the month of publication or two Thursdays prior to the next meeting (which ever comes first).** Please send contributions via e-mail (preferable) or send on a 3.5" IBM compatible diskette (hard copy as a last resort) to:

**Tim Cropley**  
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Contributions on any subject even remotely associated with the brewing and/or enjoyment of beer and related beverages are happily accepted by the editors. The editors reserve the right to edit any contribution as a function of available space, while making every attempt to maintain its integrity. The views expressed by contributors to the Barleycorn Press are not necessarily those of the editors or of the Green Mountain Mashers Homebrew Club.

This publication is made available free of charge to all dues paying members of the Green Mountain Mashers. Subscriptions are available to all other interested parties at \$7.00 yearly (US funds).

Note: The yearly dues of \$10 should be paid by the end of January. Please mail your check or money order made out to the "Green Mountain Mashers" to Treasurer Lewis Greitzer at the following address:

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33 Harbor View Road #1201  
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## Green Mountain Masher Calendar of Events

Date	Event	Information
10/6/03	October Mtg @ Anne and Matt Whyte's	Anne and Matt Whyte (h) 879-6462 (w) 655-2070 (email) vtbrew@together.net
10/25/03	Cider Crush at Chapin Orchard	Anne Whyte (h) 879-6462 (w) 655-2070 (email) vtbrew@together.net
10/25/03	Southern New England Regional Homebrew Competition	Check out <a href="http://www.yahoos-snerhc.com">http://www.yahoos-snerhc.com</a> OR Contact Von Bair at (203) 393-7257 or email at <a href="mailto:vonbair@aol.com">vonbair@aol.com</a>
11/1 or 11/8/03	Club Brew at Jim Silvia and Mel Levy's Pale Ale (English or American).	Brewers bring their own equipment and brew a pale ale (their own recipe but same base malt) in the driveway. Call Melissa and Jim @ 482-7400 or email them at <a href="mailto:jim@vt.bitxbit.com">jim@vt.bitxbit.com</a> OR <a href="mailto:melissa@vt.bitxbit.com">melissa@vt.bitxbit.com</a>
11/10/03	GMM November Mtg @ Bob and Linda Livingstone's	Bob and Linda Livingstone (h) 434-5524 (email) Livingrape@gmavt.net

**Please contact Tim at the phone # or email address noted below to add items to the Masher Calendar**

Please contact Tim Cropley at (802) 434-7293 or by email at [t\\_cropley@yahoo.com](mailto:t_cropley@yahoo.com) if you have any beer events that you think the membership would like to know about. It is our hope that we will also list other regional competitions as they are announced. We also hope to list AHA sponsored Club Only competitions in an effort to remind people to consider bringing beers that fit the competition style to club meetings so that the membership can pick one for entering.

*(Continued from page 2)*

Packages are the X-L size and don't need a starter for up to 6 gallons.

The price is \$6.95.

Just smack and let it puff. I have provided some specifics below about individual strains. I would encourage you to be creative with your choices.

Cider, when fortified to 12% alcohol with a neutral sugar, is similar to a white wine. Chablis yeast or the German white wine yeasts are really nice in cider. Port wine yeast makes a great New England style cider, i.e. done with darker sugars and oaked. There are liquid champagne and cider yeasts as well. Sweet and dry mead yeasts would seem well suited to honey/cider blends. Here is a brief synopsis of some potential cider yeasts:

#3021 Pasteur Champagne: 55-75F crisp

& dry; good for higher alcohol ciders; low foaming.

#3028 Pasteur Red: 55-90F, ideal for red/white wines which mature rapidly with beaujolais type fruitiness.

#3237 Steinberg: 55-75F, one of the drier German wine yeasts, smokey character, good for a colder house.

#3242 Chablis: 55-75F, fruity profile, esters, bready vanilla notes, this one does tend to krausen up so be ready with a blow-off.

#3766 Cider: 60-75F. Creates a nice balance for all apple types, allows fruit character to dominate, used in the past by some mashers.

#3767: 60-90F, mild toast & vanilla note; mild fruit profile, dry finish, I have used this in a New England style cider to ood

effect (I think).

#3787 Rudisheimer: 55-75F, Distinct Reisling character. Finishes with a bit of residual sugar. If you are trying to make a slightly sweet apple wine this is a good one to try.

#3632 Dry mead: 55-75F, low foaming with little/no sulfur production.

#3184 Sweet mead: 65-75F, leaves 2-3% residual sugar in most meads (potential alcohol should probably be over 13%), rich fruity profile.



## Notes From the September Mtg and Additional Info

by Tim Cropley

**C**lub Brew – To be held Sat. Nov 1 or Nov 8 at Jim and Mel's. BYO equipment and brew a pale ale (1.045-1.056 OG, 1.010-1.015 FG, 4.5-5.7 abv, 20-40 IBUs, and 4-11 SRM). We will use the same base malt (either domestic 2-row, English pale, or other) and each brewer comes up with their own recipe. Start thinking about your recipe and figure out how much base malt you'll need. The idea is that these beers will all be different versions of the same style using different hops and grain percentages. It was suggested that they could be served at the winter Masher

party providing plenty of lower alcohol beer but plenty of variation between the beers to keep it interesting.

New Brewpub opening in Waterbury – The Alchemist Pub and Brewery being opened by John and Jen Kimmich is slated for a Nov 1<sup>st</sup> opening that could be delayed a week or two. They have an aggressive schedule to maintain if they want to open on Nov 1<sup>st</sup> but it's certainly doable. They also aren't concerned if they need to open a little later if it means being better prepared. They want to be sure they have at least 6 of their beers on tap when they open. They will have the ability to have 14 beers on tap and will have 2 cask beers served as well.

November Mtg will be at Bob and Linda Livingstone's in Jonesville on Monday November 10, 2003.



## Masher Challenge 2004

by Anne Whyte

**S**o I bet you've all been wondering what the Masher Challenge will be for next year.....the wait is over. I've tried to pick a style that would be a little different. I used the following criteria in making my choice.

#1: It should be a beer that gives all-grain and extract brewers an equal chance of success. Right away that eliminated the very palest of brews, from American lagers to Belgian triples.

#2: You shouldn't need special equipment to brew it. No refrigeration or filtering or any other gadgety thing. So, to be fair to brewers without a nice

drafty cellar like mine, no lagers.

#3: Nothing that you already have in your cellar. So, that eliminates brews like barleywine, imperial stout, and other high alcohol brews that you could just save and enter. This brew should be made especially for the Challenge.

#4: Something I like. Okay, this one might not be fair to everyone, but I don't like brewing beers I don't want 5 gallons of. You win, you choose.

So, without further ado, the Masher Challenge for 2004 is:

### A Sticke Bier!

I can smell the excitement already. I hope you're psyched. Here's a bit of a profile.\*

Sticke is a big German altbier. There is no category/substyle for it in the AHA guidelines so that should allow some freedom from strict guidelines. However you'll want to read the style guidelines for Dusseldorf Altbier. This is what you are making, just a bit bigger.

Sticke biers are brewed by the Dusseldorf altbier brewers about twice a year.

A key or signal will hang outside to signal the event. Sticke biers only last a few days so locals are ready and don't wait to get some.

As a beer, think malty, coppery, clean, strong, and hoppy. See, you like this now, huh?

As far as numbers go shoot for a OG of 1.055 up to 1.065. Stronger than an everyday beer but we're not talking bock or IPA. Since altbiers are usually cold conditioned you get a fairly crisp, fully fermented beer. Malty, but not sweet. That can be tough but it can be done. Use lots of German crystal malt and a dash of dark Munich. 14-20 SRM would produce a coppery to amber colored brew. I'm not sure what the darkest acceptable color would be but I picture a beer that is transparent, not opaque. So a Newcastle color would be okay: brown, red highlights, but transparent.

Bitterness levels should be up there, up to 60 IBU's sounds acceptable. But you should take into account the starting gravity. If it's a 1.056 OG you might want to ease up a bit and shoot for 45-50

IBU. Try to ferment in the low 60's and then do a nice, cool secondary. I usually cellar my alts in the 50's for 3-5 weeks and I'll do the same for this one. I would recommend that you use German or European ale yeast. Kölsch would probably add an undesirable tang. Carbonation levels are average so do what you usually do.

So I hope that this will be a good challenge. A big Dusseldorf altbier should be a fun brew to make during a Vermont winter. If anyone is traveling and can get a Diebels or other German altbier to bring to a meeting that would help us out. Otherwise, put on your leather brewing britches (Cliff would know the name) (bierbrewsenbrichen?) and take the Masher challenge. Prost!

\* For more information check out AHA Altbier by Horst Dornbusch. He also wrote an article in the May/June 2003 Zymurgy.

The date of the Masher Challenge is April 5, 2004.



## Ask Mr. Lager

by Greg Noonan

**E**very month (give or take) Greg Noonan will answer one or two questions from members of the Green Mountain Mashers. Anyone who has questions for this column should email them to me at [t\\_cropley@yahoo.com](mailto:t_cropley@yahoo.com).

### 1) What is the ideal temperature range for each style of lager?

I can't answer this question simply - because the traditional fermentation temperature ranges associated with lagers have less to do with the appropriateness of the flavor produced than the yeast used to ferment them.

If the ideal primary temperature range for a Pilsener is 45-50 degree F, but the yeast strain you use is sluggish at below 55 degrees F, then you will yield a better beer by fermenting at 55-60 degrees than at the traditional 45-50 degrees. Long, sluggish fermentations almost invariably produce other unwanted results, such as sulfury and autolized flavors, that are not characteris-

tic of well-brewed lagers.

That said, my advice would be to use a lager yeast strain that you know the characteristics of, and ferment it at the coldest temperature that will result in a 5-7 day ferment. With the exception of Oktoberfest style beers, which benefit from a small amount of esters, the other lager styles are characterized by a lack of esters and aromatic alcohols. The brewer's means of limiting ester and fusel alcohol production is to keep the early primary fermentation temperature as cold as is possible without adversely incapacitating the yeast.

Your homebrew shop are an invaluable resource here - ask them how cold a temperature a given strain will ferment at, and ask for their advice on strain selection for given styles. Follow their temperature recommendations in preference to whatever you may find printed in recipes!

### 2) How quickly does a lager need to be brought down to fermentation temperature to avoid ester production?

After the yeast is pitched, the window for dropping the temperature of the

'green' beer down to a range that will subdue ester production is only 12-18 hours. In some cases the window of time will be less, while in others it might be as long as 36 hours.

In general, if you pitch a wort at room temperature and you cool it down below 60 degrees within 24 hours, not enough esters will result that your effort will be mistaken for an ale.

At Vermont Pub & Brewery, we cannot chill the wort below about 65 degrees just going through our heat exchanger. We leave the wort in fermenters with their cooling system circulating overnight to get down in to pitching range. We keep the wort under slight positive pressure so that it doesn't suck in any bacteria as it contracts while it cools. This lets us drain off the trub that has settled overnight, so that we get a cleaner fermentation, and we pitch the yeast at the desired fermentation temperature.



## Grape Harvest Info

by Bob and Linda Livingstone

**H**i Everyone: For those who are interested in harvesting grapes this season we will have two harvests this year as compared to one last year. Neither harvest will be very big due to Mother Nature's winter wrath. The recent rains (before Sunday's downpour) played its tricks on the brix once again. The rains last week lowered the brix on the Cayuga Whites from 16.2 to 15.5, target is 18.0. The Vignoles however continued to climb from 19.8 to 20.8 despite the rain. Target is 27.0 for a late harvest desert wine.

The first harvest will be the Cayuga Whites and the second harvest will be the Vignoles, which will be later in October but before the first frost in Grand Isle.

Like last year, we will provide lunch and a bottle of wine for those who help. Since the harvests will be much lighter than last year we will have more time for fun.

Stay tuned, as soon as we can determine a harvest time accurately we will let you know

Bob & Linda Livingstone



## When Pumpkins Drink Too Much !!!





## Some Competition Info

**H**ere's one just for the ladies.

It's time once again ladies to start planning for the Queen of Beer Women's Homebrewing Competition 2003! The Competition is scheduled for October 25. We're going back to our roots. Hangtown Brewery in Placerville, CA has offered to host the judging and post event celebration.

All beer styles will be accepted. Please refer to the most recent BJCP Style Guidelines for description and category numbers!

Entry fees are still \$7.00 for the first entry, and \$5.00 for subsequent entries,

and will be accepted from October 3 through October 18. We will take entries at the Northern California Homebrewers' Festival. Just visit the HAZE Booth!

For additional information, check out the QOB website!

<http://www.hazeclub.org/QOB/QOB.html>



**A**lso, The Underground Brewers of Connecticut Present the 15th Annual Southern New England Regional Homebrew Competition.

**Saturday, October 25, 2003**

Hosted by Colorado Brewing and Trading Company, Danbury, Connecticut  
Sponsored by Maltose Express.

Contact Von Bair at (203) 393-7257 or email at [vonbair@aol.com](mailto:vonbair@aol.com)

See <http://www.yahoos-snerhc.com> for more information.



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