

Imprimi Potest:

Stephen T. Rehrauer, CSsR, Provincial
Denver Province, the Redemptorists

Published by Liguori Publications
Liguori, Missouri 63057

To order, call 800-325-9521 or visit Liguori.org.

Copyright © 2015 Sarah Vabulas

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior written permission of Liguori Publications.

Library of Congress Cataloging-in-Publication Data

Vabulas, Sarah.

The Catholic drinkie's guide to homebrewed evangelism / Sarah Vabulas.

—First edition.

pages cm

Includes bibliographical references.

ISBN 978-0-7648-2579-8 — ISBN 978-0-7648-7031-6 (ebook)

1. Drinking of alcoholic beverages—Religious aspects—Christianity.

2. Catholics—Alcohol use. 3. Witness bearing (Christianity)—Catholic Church.

4. Evangelistic work—Catholic Church. 5. Brewing.

6. Church history—Miscellanea. I. Title.

BR115.N87V33 2015

261.5'6—dc23

2015010769

Scripture texts in this work are taken from the *New American Bible*, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C., and are used by permission of the copyright owner. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Excerpts from English translation of the *Catechism of the Catholic Church* for the United States of America © 1994, United States Catholic Conference, Inc.—*Libreria Editrice Vaticana*; English translation of the *Catechism of the Catholic Church: Modifications from the Editio Typica* © 1997, United States Catholic Conference, Inc.—*Libreria Editrice Vaticana*.

Excerpts from Vatican documents used with permission. Copyright © *Libreria Editrice Vaticana*.

Excerpts from page xii of *An Old Woman's Reflections* by Peig Sayers (1962) used with the permission of Oxford University Press.

Excerpts from *Ireland's Women: Writings Past and Present* by Katie Donovan, A. Norman Jeffares & Brendan Kennelly (eds.), copyright © 1994 by Katie Donovan, A. Norman Jeffares and Brendan Kennelly, used by permission of W.W. Norton & Company, Inc.

Images are from Shutterstock, unless noted otherwise.

Liguori Publications, a nonprofit corporation, is an apostolate of the Redemptorists.
To learn more about the Redemptorists, visit Redemptorists.com.

Printed in the United States of America

19 18 17 16 15 / 5 4 3 2 1

First Edition


CONTENTS

<i>Foreword</i>	9
<i>Introduction</i>	13
SECTION 1: History of Alcohol and the Catholic Church	19
Chapter 1: The Wedding at Cana	21
Chapter 2: Wine in the Mass and the Church	27
Chapter 3: Ancient Culture and Attitudes Toward Alcohol	39
Chapter 4: The Communion of Saints and Theologians	45
SECTION 2: Beer-brewing Monks	55
Chapter 5: Monks Who Brew	57
Chapter 6: Monk Inspiration	71
SECTION 3: Responsibly and Successfully Building Community ...	77
Chapter 7: Retweeting the Gospel: Real-life Applications	79
Chapter 8: Drafting New Christians: Evangelization Stories	93
Chapter 9: Building Community Through Homebrewing	101
SECTION 4: Tips, Tricks, Recipes	109
Chapter 10: Small-batch Homebrewing Secrets	111
Chapter 11: Homebrew Recipes	129
<i>Fruity and Light-bodied Beers</i>	129
<i>Medium-bodied Beers</i>	149
<i>Dark and Full-bodied Beers</i>	165
<i>Other Recipes</i>	185
Acknowledgments	191
Appendix:	193
Church Blessing of Beer	194
Church Blessing of Wine	196
More Resources	201
Author Biography	202

CHAPTER 10

Small-batch Homebrewing Secrets

(No Experience Required!)

allon-batch homebrewing. It's a new yet old idea that has surfaced in recent years. Professional brewers and homebrewers alike have always considered making a gallon batch of beer as an experiment to decide whether to invest the capital in brewing a large-scale batch.

After I had tried many different types of beer, I began to gain interest in the brewing process, touring breweries when opportunities arose. I asked lots of questions and read books to get to know the product I was so passionate about tasting. This led to my eventual participation in homebrewing with friends who had the space to homebrew. Typically, five gallons are made at a time. But when you're a young adult on a budget living in an 800-square-foot apartment, how can you make and store five gallons of beer? Five-gallon brews weren't in the cards for me.

Then I discovered and began to experiment with one-gallon brewing. Any five-gallon recipe can be converted into a one-gallon and vice versa. It's simple math. I had an eight-quart chili pot and a heat source in my stove. What more did I need? I became hooked on what I affectionately call "small-batch homebrewing." There are certainly some folks who ask if it's worth it to spend three hours only to yield a gallon of product, but to them, I always say, "Relax, it's just beer!"

In the Beginning

It shouldn't be too expensive to get up and running if you're committing to one-gallon batches of beer. You can order kits to get started from online homebrewing retailers. I ordered from online brew stores, Amazon, and homebrew shops. It was easy to collate all the necessary items to get started. Then I upped my game and added some new brew toys as I went.

Initial purchases:

- Two eight-quart brew pots
- 10-inch fine-mesh strainer
- Analog and digital thermometers
- Two one-gallon glass jugs for fermentation
(You can order them online or ask your priest if you can have empty altar wine jugs—they work great, but they aren't clear, so you can't watch the beer)
- Jars (I use mason jars)
- Tubes for racking and fermentation
- Mini auto-siphon
- Rubber stoppers
- Air locks
- Funnel
- Wooden spoon
- Bottle capper (if you are not using swing-top bottles)
- Bottle caps (custom caps are sold on various websites)
- Ten-plus bottles (each gallon batch will produce 8 to 10 12-ounce beers)





- Cleanser—PBW Cleanser from a homebrew shop, but OxyClean Pure also works
- Sanitizer—IO Star or StarSan
- Recipe supplies: grain, yeast, hops
- Bottling sugar or carbonation tabs (I think the tabs are easier and give a more balanced carbonation)
- Kitchen scale for measuring grain and hops



Optional supplies:

- Grain bags
- Hop bag
- Two-gallon plastic fermentation bucket for organizing
- Yeast starter kit with a magnetic stir plate and beaker
- Wax pencils to label your beers
- Refractometer to measure your original and final gravities for calculating ABV
- Fermometer, a liquid crystal thermometer that adheres to carboys or buckets to monitor the fermentation temperature.



Supplies you'll always need

- Cleanser: PBW Cleanser from a homebrew shop, but OxyClean Pure also works
- Sanitizer: IO Star or StarSan
- Recipe supplies: grain, yeast, hops
- Bottling sugar or carbonation tabs



Tips and Tricks

After brewing more one-gallon batches than I can count, I've come across some **do's** and **don'ts** for the process.



- Have lots of ice ready for your ice bath when you go to cool your wort. Otherwise it takes a while to cool down.
- Use your dishwasher door as a base for your containers when you need to rack the beer. This keeps your floor clean and not sticky from the sugary wort.
- Use grain bags for your grain; it is such a time saver and allows you to easily transfer the grain into the strainer for the sparging process.
- Rehydrate your dry yeast to get a better yeast product.
- Use a yeast starter if you are using liquid yeast. The fermentation is so much better when you let the yeast activate early before adding it to the wort.
- Use one quart of water for every pound of grain when building your own recipes. This means when you are using more grain to bump up the alcohol content, you'll need to use more water to compensate.
- Take your original and specific gravities. This helped me realize some of my beers were not fermenting as I hoped.
- Save some of your spent grain for tasty recipes you can find on the web.
- Stay organized and keep notes on what you make. I use a Google Doc Spreadsheet to track my brews, complete with ABVs and tasting notes.

- Keep your equipment clean and organized. I bought two two-gallon plastic brew buckets to store my odds and ends in—one for bottling supplies and one for brewing.
- Have a ton of fun and get creative!



- Neglect to use a blow-off tube and container for the first two to three days of fermentation. It will end up very messy, and you'll have krausen everywhere.
- Let your wort sit in the light. Yeast likes a cool, dark place.
- Worry too much if your first batches don't come out exactly as you hoped. I've had some losers in my early efforts. It means you get to try again!
- Leave a mess after brewing. It gets really sticky and hard to clean up.
- Overheat your mash; it will kill the enzymes and result in a low ABV beer.
- Add too much sugar to the bottles for carbonation. Bottle bombs will happen, and that's not fun and wastes your precious supply of beer.
- Take homebrewing too seriously. It's a fun hobby!

CATHOLIC  DRINKIE
BREWING COMPANY

Step-by-Step: The Basic Brewing Process

Preparation: Two to three days in advance, be sure you are ready to brew. Prepare your yeast starter (see section in this chapter). Cut up and freeze any fruit. Prepare any liquor and/or oak cube/chips additions. Purchase your grains and hops as close to brew day as possible so you use fresh grain. If you have a grain mill at home, mill your own grains for the best quality. If not, your local homebrew shop can do this for you or you can order premilled grains online.

BREW DAY

Mash:

1. In your stockpot, heat the appropriate amount of water over high heat to 160°. Add all the grains (either pour them into the pot or add in the grain bag) and stir gently to mix and ensure there are no dough balls. The temperature should fall to about 150° within **1 to 2 minutes**.
2. Turn off the heat and steep the grains for **60 minutes**. Try to maintain a temperature of around 153–155° by stirring the mash and checking the temperature in different spots in the pot every **10 minutes**. If the grains get below temperature, turn on the burner long enough to raise the temperature, but be careful not to overheat the grains.
3. With **10 minutes** left, prepare another stockpot with one gallon of water. Heat this water to 170°.
4. After the grains have steeped for **60 minutes**, raise the heat of the grains and water to 170°. This is called the mash out. Allow the grains and water to sit at 170° for **10 minutes**. After that is completed, you are ready for the sparge.

Sparge:

1. Place your fine-mesh strainer over the second pot filled with the 170° water and pour the grain-and-water mixture into the strainer, allowing the liquid to strain into the pot.
2. Repeat by pouring the combined liquids over the grains once more into another pot in order to extract all the sugars from the grain.

Boil:

1. Place your pot filled with your liquid (now called wort) on your burner set to high heat and bring to a boil. When it begins to foam (the hot break), reduce the heat to a slow rolling boil in order to keep the wort from overflowing.
2. Set a timer for **60 minutes**, adding hops according to the schedule given in the particular recipe.
3. With **10 minutes** left in the boil, add the yeast nutrient or other necessary additives. Also at this time, prepare an ice bath in your sink for the pot. Fill your sink with water and ice.
4. After the 60-minute boil is complete, remove the pot from the stove and place it in the ice bath. Cool the beer to 68° to 70°. This can take up to **20 minutes**.



Ferment:

1. After the wort cools to 68° to 70°, siphon it into a sanitized one-gallon glass jug. If needed, add clean water to fill the jug to the one-gallon level.
2. Pour or pitch in your yeast starter or packet.
3. Sanitize your hand, cover the mouth of the jug with that hand, and shake the jug for **2 minutes** to distribute and aerate the wort.
4. Attach a sanitized stopper to the jug and use tubing to create a blow-off tube. Insert the other end of the tube into a bowl or a jar of sanitized water. Do this step or you'll end up with a mess! As the wort begins to ferment, it will bubble and push air out of the tube.
5. After two to three days, the fermentation should subside and allow you to replace the tubing with an air lock.
6. After **14 days**, or when fermentation subsides, you can either bottle the beer or move it to a secondary, sanitized jug, leaving the yeast cake in the original fermentor where you can add any additional ingredients. Sanitize!



Sparge Tip

Rinse out the boil kettle in order to remove any excess grains. I like to keep my beer clean for clarity.

Bottle:

1. Add any yeast or priming sugar, if necessary, for bottling to the bottling bucket before siphoning into each bottle to ensure an even distribution of the yeast.
2. Place a carbonation tab (to be used if you don't use priming sugar) in each bottle.
3. Siphon beer into each bottle and allow it to rest and carbonate for **14 days** before drinking.

Drink: After the beer has carbonated, throw a party and enjoy!



Nickname: St. John's LeMint

Style: Pale ale, lemon and mint added

Volume: One gallon

My good friend The Catholic Foodie, Jeff Young, wrote a cookbook called *Around the Table With The Catholic Foodie: Middle Eastern Cuisine* and kindly asked me to write a beer recipe for it. I was happy to oblige. We hopped on a call and he outlined some of the most common Mediterranean flavors found in their food. I immediately thought a lemon mint, lightly hopped beer would be the perfect pairing for any Mediterranean meal. Citra hops bring such a fresh flavor to beer it's the perfect addition to use alongside mint. I visited Dubai shortly after I wrote the recipe and kept thinking how I wish I had one of my beers to enjoy with all my delicious food! Enjoy this recipe. It's one of my favorites. Saint John evangelized the Mediterranean region, so this beer is for him!

All-grain ingredients:

1.8 lbs. 2-row pale malt

0.5 lb. Caramel 10

Hops:

0.25 oz. citra (Add with **10 minutes** left in the boil)

0.25 oz. citra (Add with **0 minutes** left in the boil)

Additives:

1/8 oz. dried lemon peel (Add with **10 minutes** left in the boil)

1/4 oz. spearmint (Add with **10 minutes** left in the boil)

1 tsp. yeast nutrient (Add with **10 minutes** left in the boil)

Yeast: Safale S-05

Other: Sliced lemons for serving

All-grain instructions:

Mash:

1. In your stockpot, heat 2.25 quarts of water over high heat to 160°. Add all the grains and stir gently to mix and ensure there are no dough balls. The temperature should be reduced to about 150° within **1 to 2 minutes**.
2. Turn off the heat and steep the grains for **60 minutes**. Try to maintain a temperature of around 153° to 155° by stirring the mash and checking the temperature every **10 minutes**. If the grains get below temperature, turn on the burner long enough to raise the temperature, but be careful not to overheat the grains.
3. With **10 minutes** left, prepare another stockpot with one gallon of water. Heat this water to 170°. After the grains have steeped for **60 minutes**, raise the heat of the grains and water to 170°.
4. Allow the grains and water to sit at 170° for **10 minutes**. After that is completed, you are ready for the sparge.

Sparge:

1. Place your fine-mesh strainer over the second pot filled with the 170° water and pour the grain-and-water mixture into the strainer, allowing the liquid to strain into the pot.
2. Repeat by pouring the combined liquids over the grains once more into another pot in order to extract all the sugars from the grain.

Boil:

1. Place the pot filled with your liquid (now wort) on a burner set to high heat and bring to a boil. When it begins to foam, reduce the heat to a slow rolling boil in order to keep the wort from overflowing.
2. Set a timer for **60 minutes**, adding hops and additives according to the above schedule. With **10 minutes** left in the boil, add the yeast nutrient. Also at this time, prepare an ice bath in your sink for the pot.
3. After the 60-minute boil is complete, remove the pot from the stove and place it in the ice bath. Cool the beer to 68° to 70°. This can take up to **20 minutes**.

Ferment:

1. After the wort cools to 68° to 70°, siphon it into a sanitized one-gallon glass jug. If needed, add clean water to fill the jug to the one-gallon level.
2. Pour or pitch in your yeast starter or packet.
3. Sanitize your hand and cover the mouth of the jug with that hand, and shake the jug for **2 minutes** in order to distribute and aerate the wort.
4. Attach a sanitized stopper to the jug and use tubing to create a blow-off tube. Insert the other end of the tube in a bowl or a jar of sanitized water. As the wort begins to ferment, it will bubble and push air out of the tube.
5. After **2 to 3 days**, the fermentation should subside and allow you to replace the tubing with an air lock.
6. After **14 days**, or when fermentation subsides, bottle.

Bottle and allow to rest and carbonate for **14 days** before drinking. Enjoy with a slice of lemon.