

Brewers' Guild Newsletter



June Crown, A. S. XXXA



Brewers' Guild Ranking System

DEFINITIONS:

Style - beer, wine, mead, cordial, or non-alcoholic beverage.

Public Service Work - teaching a workshop, submitting articles or art to newsletters, holding a contest or tasting, etc.

Proficiency - competency in a style, as judged by fellow brewers from a sampling of at least four different brews.

RANKINGS:

Apprentice - Anyone who wants to play and participate in the Brewers' Guild activities. (Is entitled to wear the Guild badge on a green field.)

Journeyman - Someone who is proficient in at least one style of brewing and has performed at least one public service work. (Is entitled to wear the Guild badge on a blue field.)

Craftsman - Someone who is proficient in at least two styles of brewing, and had performed at least three public service works. (Is entitled to wear the Guild badge on a red field.)

Master Brewer - To achieve this rank you must have attained the previous rank of Craftsman, be nominated by your fellow Craftsmen, and be approved by the other Master Brewers. (Is entitled to wear the Guild badge on a purple field.)

All members of the Guild are encouraged to donate bottles of their beverages to the Guild for use as "taxes" given to the reigning Royalty during court presentations.

The Guild badge is as follows: "Fieldless, a laurel leaf Vert on a tun Or". The tun, as generally depicted, is a wooden barrel.

The Kingdom Brewer's Guild newsletter is an unofficial publication and is printed and published through donations and unofficial subscriptions. It is published at no cost to the Brewers' Guild or the SCA. Members who would like to have a newsletter mailed to their home (vice hoping to pick up a spare copy during Kingdom events) are welcome to donate \$ 5.00 per year to the Guild Chronicler. Both stamps and suitable coins of the realm will be gleefully accepted!



The History of Cordials

by Duncan Saxthorpe of Alnwick, G.A., O.P.

Cordials and liqueurs (the two words are interchangeable) as prepared today are alcohol-based drinks made by the addition of various flavoring agents to distilled spirits or fortified wines. Cordials are usually sweetened with sugars, honey, or concentrated fruit juices to make the taste more pleasing and to more thoroughly marry the flavors. The long and distinguished history of cordials is written in the words of art, magic, alchemy, medicine, and science.

The History of Cordials *Cordials*, a medieval Latin word meaning "heart" or "belonging to the heart"¹ was used to describe medicinal potions. By the 14th century the Latin word had been abbreviated (in French) to its modern form cordial. These potions were believed to warm the heart, comfort the troubled soul, and prolong life itself. Here are a few of the many medieval references to the heart and healing properties of cordials:²

c1386 CHAUCER Prol. 443: For gold in Phisic is a cordial, therefore he louede gold in special.

c1400 Lanfranc's Chirurg. 112: bei bryngen liif & dewe norischinge & cordialle spiritus.

c1533 ELYOT, Cast. Helthe, 94: Al thinges whiche be cordiall, that is to say, which do in any wise comfort the heart.

c1564-78 BULLEYN Dial. agst. Pest.: A cordial ointement against the Pestilence.

Medieval alchemists had two primary goals: to find the secrets for transmuting lead into gold and the elixir of immortality. These alchemists believed that the essence of an ingredient (ie: myrrh) could be extracted and, in the correct amounts, would help prolong life and act as love potions and aphrodisiacs. Some of the more commonly used cordials ingredients (that are readily available today) included these herbs and spices: **aloe** used as a purgative or cathartic and for the healing of wounds, **angelica root and seeds** believed to be useful for treatment of anemia, constipation, and menstrual cramps, **aniseed**, used as an expectorant, **asparagus** used as a diuretic, **basil** used for treatment of diarrhea and to ease childbirth, **camphor** used for its soothing properties, **caraway** used as a stimulant and cathartic, **cardamom** used as a tonic and purgative, **celery seed** used for arthritis pains, **fennel** used for stomach and intestinal problems, **galangal** used for treatment of flatulence and nausea, also as a stimulant and diuretic, **gentian** a bitter used to stimulate the appetite, **ginger** has many uses

including as a stimulant and expectorant, **hyssop** used as a violent purgative and for healing of wounds, **juniper berries** used for kidney and stomach ailments (the berries were also believed to possess birth control properties, **lavender** used for headaches, depression, and for promoting sleep, **mint** used for their healing properties and soothing of sore throats, **myrrh** used to treat diseases of all types, **nutmeg** used as a stimulant, **raspberry** used to increase fertility, relieve stomach disorders, heal colds, **saffron** used as a diaphoretic (to promote sweating), **tarragon** used for treatment of insomnia, and **thyme** used for treatment of coughs, colds, and other respiratory infections.

An example of an ancient recipe touted as being able to prolong life is this 15th century concoction:³ Although its appeal to modern palates is questionable, it contains all of the types of ingredients found in a modern cordial recipe, with spirits, flavors, aromatics, and sweeteners (treacle). *The Secret of Methuselah:* *Aloes of succotra (150 Grams), White agaeric (20 Grams), Gentian (20 Grams), Chinese rhubarb (20 Grams), Decayed saffron (25 Grams), Treacle (40 Grams), Spirits of wyne (5.7 liters), and Water (4.3 liters).*

In the early 15th century, the Swiss philosopher, physician, and chemist **Paracelsus** gave the ancient art a completely new direction⁴. He chided his fellow alchemists' search for immortality and stated that their goals should be the discovery and preparation of medicines to alleviate human illnesses. His work gradually changed the focus of what was to become pharmaceutical science. In addition to the alchemists and physicians who made potions and tonics to treat disease, Europe's monasteries became famous for their own potions. Monks had been making cordials for centuries by the time the Renaissance arrived. They were used to treat illnesses and to ease the discomforts of long fasts and their sometimes sparse diets. As the purported healing properties and pleasant tastes of the monks' cordials became known, some monasteries began selling their cordials in order to raise money for their orders. Several of these old cordials which were used as medieval medicines remain popular to this day, including *Benedictine* (from the Dom Bernardo Vincelli at the Benedictine monastery in Fecamp, c1510) and *Chartreuse* (from the French Carthusian monks, c1605).⁵ Although they highly refined the art of flavoring wine and distilled spirits with herbs, nuts, spices, and such it is likely that mankind has been making cordials since the discovery of distillation.

³Baitz, Edward J. *Enjoying Liqueurs with Baitz: The origins, creation, types & usage of liqueurs*, 1970. Taylor Ferguson & Co. Pty. Ltd.

⁴Ibid.

⁵Baitz, Edward J. *Enjoying Liqueurs with Baitz: The origins, creation, types & usage of liqueurs*, 1970. Taylor Ferguson & Co. Pty. Ltd.

¹The New Oxford English Dictionary, 2nd Edition, Clarendon Press, Oxford 1989.

²Ibid.

Distillation of Alcohol Flavored wines (sometimes called aperitifs, meaning "to assist the appetite") have been around for as long as mankind has been making wines. In addition to simply flavoring poor quality wines, early alchemists discovered that certain bittering ingredients could ease stomach discomforts and illnesses. But true cordials require the use of distilled alcohol (or spirits) instead of lower alcohol content wines. The process of distillation was known to the ancient Egyptians and Chaldeans.⁶ In addition, Chinese alchemists were distilling rice beer into a potent spirit at least 400 B.C. and evidence exists that Indonesians were producing their fiery *arak* from rice beer since 800 B.C. Aristotle wrote about the distillation of fresh water from sea water and Pliny the Elder reported distillation of wood oils.⁷ For our purposes distillation of alcohol in Europe and the Middle East may be said to have originated with the Arabs and Saracens of the 10th century.⁸ The word alcohol is derived from the Arabic *alembic*, meaning "a still". The Arabian alchemist Albukassen (10th c.) and the Majorcan chemist Raymond Lully (13th c.) both described the process of alcohol distillation in their writings.

By the end of the Middle Ages a plentiful variety of distilled spirits were available: **brandies** (made from fruit and honey wines), **whiskeys** (made from grain-based beers), and **vodka** (originally made from potato and/or grain beers). While sugar is well-documented from at least the 12th century, it was only upon discovery of the new world that cane sugars became readily available, less costly, and useful for the manufacture of rum. However, rum is a late-period alcoholic beverage and can serve as the basis for interesting cordials. Even the names for distilled alcohols have a medieval origin. The name brandy is believed to have come from the 16th century Dutch term *brandewijn* meaning "burnt wine"⁹ and refers to the heating of wine during distillation. However, most names for distilled spirits, or ardent spirits (meaning "to burn"), are linguistically descended from words for "water" or "water of life". For example, the name whiskey comes from the Celtic word *uisquebeatha* or *usige beatha* (pronounced "whis-que-baw") meaning "water of life" while vodka is the 14th century Russian diminutive for "water".¹⁰ All of these spirits taste much the same (sharp, harsh, and bitter) when first distilled and only obtain their particular characteristics through the addition of flavorings (ie: oak, raw sugar, charcoal) and upon aging in wooden casks which oxidizes unwanted esters and oils while extracting tannin and colors from the wood. Although it is unknown

how palatable the medieval alcohols were, when attempting to recreate cordials similar in taste to their medieval counterparts I suspect that inexpensive vodka or brandy would most likely produce a close approximation of medieval spirits.

The Process of Aromatics Extraction As the art and science improved, the techniques for extraction of desired aromatic oils, flavorings, and other volatile substances from cordials also improved:^{11,12,13,14} **Enfleurage**: the use of cold fats to extract volatile oils from flower petals (resulting product is called a "pomade") for subsequent infusion or distillation into a concentrate. Also commonly used in the manufacture of perfume ingredients. A thin layer of an odorless, light wax or fat is applied to glass or ceramic plates, then a layer of flower petals is placed between the plates which are then sandwiched together. The pressure and solvent characteristics of the wax extract the desired delicate ingredients. The wax is removed and dissolved in high-proof alcohol, then distilled to capture only the volatile compounds. **Infusion**: (also called *maceration*) is the use of water or alcohol to extract the desired compounds from fruit, spices, herbs, and nuts. Delicate compounds require water and more hardy compounds (or oil-soluble) require alcohol. This process is the one most commonly used by the home cordials maker, as distillation is potentially hazardous, often illegal, and requires costly equipment. Most often the item to be infused is first crushed in water, covered with alcohol, and left together for days to weeks before filtering. **Percolation**: is a process much like making coffee, where either hot or cold water (or steam) or alcohol is dripped or forced through the material in order to extract the desired ingredients. The resulting solution is usually reduced or distilled to further concentrate the extract. **Distillation**: uses heat applied to an aqueous or alcoholic solution in order to remove selected volatile substances from the solution. If the temperature is carefully controlled, only the desired substance will evaporate which, after condensation, may be nearly pure or in a highly concentrated form.

Famous Cordials The following cordials are actually modern versions of actual recipes from the Middle Ages and Renaissance periods^{15,16} and, although some of the recipes are incomplete, will give us at least a starting point for period cordial making: **Benedictine** ivy herb, Chinese rhubarb, rind of bitter orange,

⁶Grossman, *Guide to Wine, Beer, and Spirits*, 7th Edition, 303-330. Charles Scribner's & Sons, N.Y.

⁷Ibid.

⁸Ibid.

⁹Ibid.

¹⁰Ibid., 325.

¹¹Baitz, Edward J. *Enjoying Liqueurs with Baitz: The origins, creation, types & usage of liqueurs*, 1970. Taylor Ferguson & Co. Pty. Ltd.

¹²Cooper R. *Spirits & Liqueurs*, HP Books 1982.

¹³Grossman *Guide to Wine, Beer, and Spirits*, 7th Edition.

¹⁴Ibid.

¹⁵Grossman *Guide to Wine, Beer, and Spirits*, 7th Edition.

¹⁶Tritton, S.M. *Spirits, Aperitifs, and Liqueurs: their production*. Faber & Faber, London 1975.

Chartreuse hyssop, master root, aniseed, caraway, cardamom, cassia, vanilla, Dubonnet red wine (12%) 25 oz, grain alcohol (90%) 4.5 oz, simple syrup 6.5 oz, raspberry extract 12 drops, tincture of chincona bark 12 drops, **Ratafia** (drank at the ratification of treaties in England and France) almonds, kernels of peaches/cherries/apricots (*editorial comment: why were they serving cyanide-laced cordials at the ratification of peace treaties?*), **Anisette** aniseed, star anise, cinnamon, **Gold Wasser** cinnamon, coriander, cloves, ginger, **Kummel** caraway seed, **Parfait Amour** flower petals, cloves, mace, cinnamon, **Gorny doubnyak** (Russian) a bitter drink of ginger, angelica, cloves, acorns, and oak shavings, **Drambuie** whiskey (scotch) flavored with spices and sweetened with honey, **Okhotnichya** (Russian "hunter's brandy") high-proof brandy with coffee, aniseed, cloves, citrus, ginger, galangale, juniper, pepper, and **Gean** whiskey, black cherries.

The following cordials were actually **electuaries** which were used to induce vomiting and purging. I would suggest neither be considered for your drinking pleasure but both give some insight into the use of cordials as medicines:

An Excellent Cordial (*A Choice Manuall of Rare and Select Secrets in Physick and Chirurgery*, Elizabeth Grey, Countess of Kent, 1653) *"Take the flowers of marigolds, and lay them in a small spirit of Wine, when the tincture is fully taken out, pour it off from the flowers and vapour it away till it come to a consistency as thick as any Electuary."*

Another electuary taken from *The New London Family Cook* is: **Queen Elizabeth's Cordial Electuary of Hyssop**

"Boil a pint of the best honey; and having carefully taken off all scum, put into this clarified liquid a bundle of Hyssop which has been well bruised before being tied up. Let them boil together till the honey tastes strongly of the Hyssop - then strain the honey very well and add a quarter of an ounce of pulverized licorice root and the same of aniseed, with half the quantity of pulverized elecampane root and angelic root, and a pennyweight each of pepper and ginger. Let all boil together for short time and still well - then pour into gallipots and still till cold. Keep covered for use and whenever troubled with straightness at the stomach, or shortness of breath, take some of the electuary, which will soon give relief."

"Give a man a beer and he wastes an hour, teach a man to brew and he wastes a lifetime."

(Anonymous... but probably somebody's spouse!)

A note from the new Mists Representative...

"Greetings, everyone. As many of you know, I took over the position of Mists contact for the Guild on May 11 at Investiture, just in time to allow Sir Chandra to step up as price... or, am I overstating the importance of this office? Well, maybe just a bit. But be that as it may, my real hope in taking on this on is to help make the Guild active again. I've thought about this for some time, and our main problem (or at least the easiest one to address) seems to be communication. Our meetings suffer because it's hard to find them at events, and our competitions don't do well because they aren't publicized enough. This may oversimplify thing a bit, but I think it's a good starting point as any."

"So, what to do about it? At smaller events (Coronets, Investitures, etc.) We could give the constables a stack of fliers to pass out as people arrive, giving them the time and location of the meeting and/or competition we're holding. At weekend events, the fliers can be easily be posted on the privies. Our chancellor is hoping to build some whiteboards that we can post on the eric or at Constables' Point, showing the same information. I also think it would be a good idea to have a schedule of brewing competitions posted in this newsletter (*editor: one step ahead of you on this one!* ☺), although I'm not sure how feasible it is. I'll try to get a schedule for the Mists in here, chronicler willing. Maybe we could get a schedule posted in one or another issue of *The Page*, or maybe in a Principality newsletter."

"Anyhow, those are the ideas I've been kicking around my head lately. I don't know how many of them are workable, and I'm sure we could do with more ideas. I would encourage anyone with ideas of their own to share them at the next Guild meeting, or to call myself or another Guild officer about them. I am available, of course, for any Guild- or brewing-related issues that you might like to talk over with me. My name and number should be listed in this newsletter. (*ed. Check out the inside of the last page...*) And now, to inspire us all in the pursuit of grain-related happiness (and because the chronicler encouraged me), I've included a recipe for one of my quite successful Scottish ales."

Clagh mor Scotch Ale

5 lbs. Pale liquid malt extract, 5½ lbs amber liquid malt extract, ¼ lbs peated malt, ¼ lbs chocolate malt, ¼ lbs toasted crystal malt (80°L), 1 lbs English crystal malt (70/80°L), 2 oz Fuggles hops, Whitebread dry ale yeast.

"Heat the flavoring grains (*ed. cracked or crushed grains work best*) in a smaller stockpot to near-boiling over a period of 20 minutes or so, maybe longer. Sparge into brewpot, add water and extract, and bring to a boil. Add hops and boil for 1½ hours -- this brew does not requires finishing hops. At the end of the boil, sparge into primary fermenter, and pitch the yeast. Ferment at least 2 months, preferably in cooler temperatures: like during winter or in a cellar."

"At noon, the haymakers sit them down. To drink from their bottles of ale nut-brown; In summer too, when the weather is warm. A good bottle full will do them no harm. The lads and lasses begin to tattle But what would they do without this bottle. There's never a lord, an earl or knight. But in this bottle doth take delight: For when he's hunting of the deer. He oft doth wish for a bottle of beer. Likewise the man what works in the wood. A bottle of beer will oft do him good." The Roxburghe Ballads, circa 1560

An "ale stake" was a long pole attached to the front of the brewers' house or standing in the road before his door, and seems to have been the first sign in use with English ale-sellers. Every person who brewed ale was required by law to exhibit the "ale stake", and its origins go back at least to the fourteenth century. (*Ale and Hearty*, Alan Wykes)



Winners of Brewers' Guild Competitions so far this year...

The following competitions have been held this year, with the winners as indicated:

Twelfth Night : Spiced Wines - **Ypocras**, a 15th C wine made by Duncan Saxthorpe of Alnwick; March Crown - Lager or cold fermented beer - **Bohemian Pilsner**, a northern European lager made by Duncan Saxthorpe of Alnwick; Beltane : Wine - a **Spiced Apple Wine** made by Lady Lydia Brittanica; Cynagua May Coronet: Stouts or other dark beers - an **English Stout** made by Duncan Saxthorpe of Alnwick. (The recipes for Twelfth Night, March Crown, and May Coronet are printed below.) Congratulations to the winners!

YPOCRAS

"Good son, to make ypocras, hit were gret lernynge, and for to take the spice thereto, aftur the proporcionynge, Gynger, Synamome / Graynis, Sugar / Turnesole, pat is a good colourynge; For commyn peple / Gynger, Canelle / longe pepur / hony after claryfyng. Look ye haue of pewter basoon, two, & thre, For to kepe in your powdurs / also the licour therin to renne when that nede be; To iij. basouns ye must haue iij. bagges renners / so clepe ham we & hange them on a perche, & looke that Sure they be. Se that your gynger be welle y-pared / or hit to powder ye bete, and that hit be hard / with-owt worme / bytyng & good hete. For good gynger colombyne / is best to drynke and etc; Gynger

valadyne & maydelyn ar not so holsom in mete. Looke pat your stikkes of synamome be thyn, brette, & fayre in colewre, and in youre mowthe, Fresche, hoot, & swete / that is best & sure. For canelle is not so good in this crafte & cure. Synamome is hoot & dry in his worchyng while he wille dure. Graynes of paradise, hoot & moyst in his prourte; Sugre Candy is best of alle, as y telle the, and red wyne is whote & drye to tast, fele, & see. Graynes / gynger, longe pepur, & sugre / hoot & moyst in worchyng. Synamome / Canelle / red wyne / hoot & druge in theire doynge; Turnsole is good & holsom for red wyne colowryne: alle these ingredyentes, they ar for ypocras makynge."

Boke of Nature, John Russell.

[Modern Ypocras translation: 1.5 liters Gamay Beaujolais, 1/2 cup White Sugar, 1/2 cup Honey, 6 sticks Cinnamon, 1 tsp. Ground Cardomon, 10 fresh Red Rose Petals *, 1/2 tsp Heather Blossoms *, 1/2 tsp Lemon Juice, 1 small piece Lemon Zest, 1 medium-sized Ginger Root. (* Substituted for Heliotrope, which contains an alkylid toxin.)

Bohemian Pilsner

(Method: Two-temperature Step Mash at 146°F x 45 minutes then 156°F for 45 minutes, Starting Gravity: 1.057, Final Gravity : 1.014, Alcohol content: 5.5%, Hops IBUs 42.3, Recipe Makes: 10.0 gallons.) Malts/Sugars: 2.00 lbs Cara-Pils Dextrine, 18.00 lbs Klages 2-row malt, 2.00 lbs Munich Light malt. Hops: 4.00 oz Czech Saaz (3.6% AA) x 60 min, 0.35 oz Chinook (12.5%AA) x 60 min, 2.50 oz Czech Saaz (3.6% AA) x 30 min, 2.50 oz Czech Saaz at end of boil (steep while cooling wort). Ferment with Bavarian lager yeast at mid-40°F temperature for 3-4 weeks. Once fully fermented, drop temperature to 32°F until yeast falls to bottom of carboy. Rack once into clean carboy or keg (or prime and bottle) then lager at 30-34°F for three months. Enjoy!

English Stout

(for 11.0 gallons) Malts/Sugars: 2 lb. Crystal 40L, 6 lb. Dark Dry Malt Extract, 12 lb. Dark Liquid Malt Extract, 2 lb. Roast Barley (crushed), 1 lb. Black Patent (crushed); Hops: 3 oz. Kent Golding (5.2% AA) x 60 min, 2 oz. Fuggles (4.8% AA) x 60 min, ½ oz. Perle (9.2% AA) x 60 min. Add 1 Tbs of gypsum to the cold water (use either bottled or charcoal-filtered tap water). Stir the malts into the cold water until well mixed, then add the crushed grains (in a cheesecloth bag) and slowly (over 1 hour) raise the temperature of your water to a boil, removing the grains as soon as the water begin to boil. Boil for 90 minutes, adding 1 tsp Irish Moss during the last 10 minutes of boil. Cool with a wort chiller to 60°F and pitch with an Irish Stout yeast. When fermented flat, prime with 3/4 cup corn sugar per 5 gallons and bottle. Best if aged in the bottle in a cool, dark place for at least 3 to 6 months.



The following cordial recipe was donated to the newsletter by a lovely lady in the Mists who does not (yet) play with us...

Spiced Winter Pear by Ling

1 cup sugar syrup (1 cup sugar boiled in ½ cup water for 5 minutes then cooled) or may substitute with honey, 1 lbs ripe Bosc pears (peeled, cored, and sliced), a handful of almonds that have been blanched and sliced, a few dried unsulfured cranberries, 1 generous Tbs of orange zest strands, and to taste cardamom, cinnamon, nutmeg, allspice, cloves, sassafras bark, and peppercorns. Mix the above with 3 cups vodka and let steep. After several months a rather cloudy mixture has developed, but after filtering it will taste quite good!

"It is my design to die in the brew-house, let ale be placed to my mouth when I am expiring, that when the choirs of angels come they may say 'Be God propitious to this drinker'."

Saint Columbanus, A.D. 612



Decoction Mashing by Marc de Jonge

(<http://mashtun.jpl.nasa.gov/beer/mashing/decoction.html>)

The following was extracted from Marc's excellent FAQ on the Internet:

"What is Decoction Mashing?" In essence, decoction mashing is a temperature controlled mashing that differs from the normal "step infusion" mash only in the way the heat is applied. The difference is that in decoction mashing part of the mash is boiled in a separate kettle. The boiled part is added back to the mash to achieve the required temperature rise. The effect of the boil on the final beer is very strong. In my opinion decoction mashing is important (together with the choice of malt and yeast, of course) for achieving the characteristic malty taste found in many of the best commercial beers.

"What beers are made with decoction mashing?" The decoction method is the preferred mash method for many beer styles originating on the European continent. For example: Pilsner and Pilsner imitations (from Pilsner Urquell to Bud). At most all German beers (maerzen, bock, weizen, some alts, rye, dortmunder) and some of the lighter Belgium ales (De Koninck, Palm, Rodenbach).

"Advantages of Decoction Mashing" Because of the boiling, cell walls of the grains are destroyed. This allows an easier access for the enzymes to the starch. As a result the efficiency of decoction mashes is generally higher than for other methods. (This is probably the reason almost all megabreweries use this method.) Grains that need gelatinizing at high temperatures can be boiled separately in one of the decoction steps and can be useful if you are using rice or rye. The following advantages are in my opinion more important for homebrewers: Boiling part of the mash extracts more flavor from the grains. Especially beers made with a lot of pale malts improve by this effect. A slight caramelization can occur during the boil, giving a fuller flavor to the beer, I don't know why but the effect of adding dark malt is not quite the same. Part of the protein already coagulates during mashing which helps to produce a cleaner beer. The method allows stepped-temperature mashing in a tun that cannot be heated, as in a picnic cooler or a 6 foot high wooden barrel.

"Disadvantages" The traditional decoction methods are designed for poor quality malts, as a result they often require very long mash times. Note that for amateur brewers this is not an issue because it is almost impossible to get these poor malts. Splashing the hot mash may cause some additional HSA (hot side aeration). Care must be taken to avoid scorching the mash when it is boiled, this means that the decoction method requires more attention to the mash when it is boiled, and means more work. pH must be checked and corrected to avoid extraction of tannins from the husks (anything below approximately 5.7 pH is OK). Special care must be taken for mash-out, which is optional anyway. Boiling the grains the last time just may release some more starch that will not be converted because you have just wiped-out the enzymes. The traditional work-around is: boil only the clear liquid for mash-out.

(Editor: the second part of this newsletter series on decoction mashing will be published in the October Crown edition.)

Sir TJ's Mead (From CMIII)

Source: Ken Hinson (math5d@vtcc1.cc.vt.edu)

Ingredients: 3 pounds, honey per gallon of water; 1/2 ounce, ginger root, sliced, per gallon; 2 medium oranges (meat & peel with all pith removed) for 5 gallons; 3 whole cloves.

Procedure: Combine the above ingredients with 1/2 gallon of water per total gallons desired, boiling and skimming until no more scum appears. Pour into primary fermenter, add: 1 stick cinnamon and top off to five gallons with cool water. Upon the wort reaching 75 degrees F, pitch Red Star Champagne yeast and cap with a fermentation lock. Upon a visible cessation of fermentation (around 3 weeks) rack into a secondary fermenter with fermentation lock and allow to age. Rack every month after until drunk. May be drunk after 3 weeks. (he suggests also adding 2 tbsps of lemon juice and a cup of strong black tea.)

(Comments: The basic elements are there. Recipe is based on The Closet of the Eminently Learned Sir Kenelm Digby Kt. Opened: Whereby is Discovered Several ways for making of Metheglin, Sider, Cherry-Wine, &c..)

Old Fashioned Root Beer (From CMIII)

Source: Thomas D. Feller (thomasf@deschutes.ico.tek.com)

Ingredients: 1 cake compressed yeast, 5 pounds sugar, 2 ounces, sassafras root, 1 ounce hops or ginger root, 2 ounces juniper berries, 4 gallons water, 1 ounce dandelion root, and 2 ounces wintergreen.

Procedure: Wash roots well in cold water. Add juniper berries (crushed) and hops. Pour 8 quarts boiling water over root mixture and boil slowly 20 minutes. Strain through flannel bag. Add sugar and remaining 8 quarts water. Allow to stand until lukewarm. Dissolve yeast in a little cool water. Add to root liquid. Stir well. Let settle then strain again and bottle. Cork tightly. Keep in a warm room 5 to 6 hours, then store in a cool place. Put on ice as required for use.

Estrella Pale Ale

(Made by Master Duncan and Sir Garth on Estrella Weekend AS XXX)
American Pale Ale (Alcohol 5.4%), Makes 10 gallons

Malts/Sugars:		Hops:			
18.00	lb. Pilsner 2-row	1.00	oz. Mt Hood	4.8%	60 min
1.00	lb. Munich Light	1.50	oz. Perle Pellets	8.2%	60 min
1.00	lb. Flaked Barley	1.00	oz. Mt Hood	4.8%	30 min
1.00	lb. Cara-Pils Dextrine	0.25	oz. Cz Saaz	3.6%	30 min
1.00	lb. Crystal 80L	0.25	oz. Perle Pellets	8.2%	10 min
		0.25	oz. Perle Pellets	8.2%	0 min

Also: add 1 Tbs gypsum and 1/2 tsp salt, and 1 tsp epsom salts to your mash water. Add 1 tsp Irish Moss to the last 10 minutes of your boil. You will get a Mash Grain/Water Ratio of 1 quarts/pound if you use Strike Water of 5.5 gallons of water at 172F for a Mash Temp of 153°F. (Since the grains absorb and retain about 2 1/4 gal, and 1 1/2 to 2 gallons are lost during a full-volume 90 minute boil, you will want to add an additional 8 to 8 1/2 gallons of water (after the mash is complete) during your sparge and/or to the boil kettle. Cool to 65 °F and pitch with either an English Pale Yeast or (as we did) yeast recovered from a Sierra Nevada Pale Ale bottle.

Arts & Sciences (July 26-28, 1996)

Wow! Have you heard about the "Drink" track at this upcoming Arts & Sciences? This year it is being held at the beautiful and secluded "Twin Rocks" USCG station on the coast near Petaluma, CA. Currently scheduled classes include Beer without Hops (period ales), Cordials, Sake Tasting, Mead Cider and More, Beginning Brewing, and All Grain Brewing! Starts at 09:00 on Saturday and runs through noon on Sunday. You won't want to miss these great classes, so be sure to mark this event on your calendar!

Upcoming Brewing Competitions: ENTER YOUR BEST BREWS & HAVE FUN!

June Crown	Root beers.
Cynagua Investiture	Anything brewed with honey.
Purgatorio	Wheat Beer. (Pay your taxes to the Crown!)
October Crown	Apple Cider.
Mists Fall Coronet	Dark Beers of all types.
Cynagua Fall Coronet	Wheat Beer.
Mists Fall Investiture	Wine from grapes.
Cynagua Investiture	Lager or cold fermented beer.
Twelfth Night	(TBA) (Pay your taxes to the Crown!)
Twelfth Night (Lochac)	Brewing with honey competition.

Brewers' Guild Leadership

Head of the Guild

Ursus Orik Warwick (Christopher Franklin)
[Redacted], San Jose, CA 95128

Private
No peeking

Cynaguan Representative

Josef zum Murmeltier (Robert Hambrick)
1 [Redacted] ckton CA 95204

Private
No peeking

Mists Representative

Peyre de Barat (Leon Baradat)
[Redacted] Hayward CA 94541

Private
No peeking

Chronicler for the Guild

1 [Redacted] ck (Bruce Ross)
2 [Redacted] eld CA 94533
([Redacted] 3215

Private
No peeking

No phone calls after 9 PM, please...

This newsletter is an unofficial publication prepared by and for the members of the Brewers' Guild of the Kingdom of the West. The articles, opinions, and recipes published herein are strictly the responsibility of their authors and not of the SCA or the Kingdom of the West. (Now that the lawyers are happy... relax and have a home brew!)