

Beer, brewing and your low-carb diet

By Steve Kranz

I was standing in Gary Cress' garage during Big Brew 2004, listening to Gary and Paul earnestly discuss their recipes. Not beer recipes, mind you, but fish, chicken, and salad dressing recipes. Here were these two guys, each of whom has lost many pounds, chattering like housewives over how to prepare a better salad dressing. "Yikes", I says to myself. Long-dismissive of anything that would deprive me of my two favorite food groups — beer and pizza — I turned to Lydia Cress and Lin Hitchcock who were standing nearby and announced my immediate need for a beer and a slice of pizza.

But, the joke was on me. The next day, I agreed with the Spousal Unit's plan to start the South Beach Diet.

For anyone unfamiliar with the nuances of the madly-popular South Beach Diet, for the purposes of this article all you need to know is that beer is Public Enemy #1. Not only is beer generally fattening, but it is particularly bad, according to the diet's author, because it contains maltose (malt sugar) which probably is the worst of all sugars.

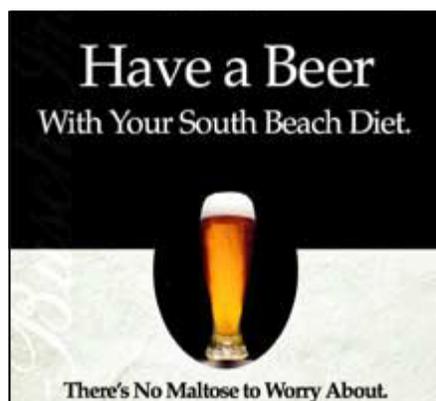
"Maltose, the sugar in beer, has a higher glycemic index than white bread. The insulin response to it leads to the fat storage in the abdomen that we call, quite accurately, the beer belly."

Since I started the diet, Paul and I have discussed whether having an occasional beer is really as bad as all that, Paul's argument (or rationalization?) being that beer has almost no sugar because it all gets fermented out. Being the good new South Beach Nazi that I was, I clung to the diet's line that I wasn't going to touch alcohol for the first two weeks, and after that I was going to have to think hard about what I planned to do about drinking beer. I mean, I can suffer almost any deprivation for a measly two weeks, but long-term BD (Beer Deprivation) would have been unacceptable, no matter how successful the diet program. And if I couldn't drink beer, I'd probably stop brewing, which would only

lead to taking up some other hobby in its place. Golf? Not interested. Stamp collecting? Right. Model airplanes? I don't think my high blood pressure has the capacity to absorb the shock of crashing a \$1,000 toy. Since it immediately became clear that there is no hobby in the world that can replace homebrewing, I set out to find a way to save my favorite hobby from my new diet.

About 30 seconds on the Internet, and I found my salvation! Just this past April, Anheuser-Busch took on Dr. Agatston's (South Beach Diet author) condemnation of beer, with news conferences and a newspaper ad campaign in some 31 newspapers. To his credit (and my vast relief!), Dr. Agatston has issued a partial retraction on beer's evils.

"Lots of people are on the diet, and they're being told they can't have beer," said Francine Katz, an Anheuser-Busch vice president. "You can't just sit idly by when there's such gross misinformation. The information in the South Beach Diet book is 100 percent wrong when it comes to beer," Katz said. Maltose, which comes from barley malt, is found in beer only in its early brewing stages, Katz said. Maltose is eliminated when yeast converts it to alcohol and carbon dioxide during fermentation, she said.



That's confirmed by Russ Klisch, of Milwaukee's Lakefront Brewery Inc. "It should be all fermented out," Klisch said. If the beer has too much sugar during fermentation, the yeast will continue to convert it to carbon dioxide after bottling. For home brewing hobbyists, that can lead to the occasional exploding beer bottle as the pressure builds from excess carbonation.

As for carbs, AB's Katz says, *"Beer is actually very low in carbs, and people counting carbs don't have to feel guilty about enjoying a beer."*

Based on interim federal guidelines (see item on page 6), which define low-carb as having less than 7 grams per

(Continued on page 8)

Club Hoppenings

Homebrewers descend upon Union Bridge

Mark Kaidy hosted a well-attended tasting at his apartment building in Union Bridge on April 16. I recommend a return engagement...it's a great old building and a terrific place for a party, and who cares if we make too much noise...the neighbors are all Mark's tenants! Anyway, there was a mighty fine spread of delicious food, and the beers were outstanding. Melinda Byrd's Chimay Clone from a few years ago was the highlight as far as I'm concerned. I will say, however, that I was also very impressed with the berry wine Mark presented...much better than Rocket Fuel. Extra thanks also go to Mark for donating a portion of the tasting fees to the club!

Big Brew 2004

Gary and Lydia Cress were last-minute substitute hosts for this year's Big Brew, and as usual their hospitality (combined with perfect weather) made for an excellent brewing day. Only three batches of beer were born, with Gary brewing solo, Paul and Steve sharing ten gallons of an English Bitter, and Larry and Lin Hitchcock putting out an extract batch of Brown Ale. The Spousal Unit came by for a mid-afternoon visit, as did Thom Leib, who ventured south from PA

for his first club function in about, what, two years?

Paul and Steve hit their target OG. right on the nose, much to the credit of Steve's wort chiller which did NOT explode this year. Thom did confess that, right after reading Steve's article from last year about his wort chiller that split from frozen water in the coils, he discovered that his chiller, a counter-flow job with the coils inside a hose, had suffered the same fate. Let these stories be fair warning: if you keep your chiller outside over the winter, and haven't used it yet to brew this season, check it for structural integrity before brewing with it.

June 19 is next tasting event

Larry and Lin Hitchcock will host our next tasting event on Saturday, June 19. The time is 7:00 PM to Midnight. Please mark your calendar a week in advance to make sure you RSVP to Larry and Lin at 410-833-4409 or larry@taylor technologies.com.

Date Change for Brew-Ha-Ha!

Traditionally set to coincide with the July 4th holiday, the Brew-Ha-Ha was moved back a week, to Saturday, July 10. Mark your calendar!

Benefits of Membership

Members of the Midnight Homebrewers' League get these benefits in addition to this newsletter:

- Priority registration for tastings and other events
- Nifty color membership card, good for discounts at local homebrew supply shops
- Purchase club-logo T-Shirts
- Membership Directory - get help from other members
- Library of "Classic Beer Style Series" brewing books to borrow
- Buy, sell, trade anything "beer" in free member ads

Midnight Homebrewers' League
c/o Steve Kranz
741 Windsor Drive
Westminster, MD 21158

<http://members.aol.com/midnightbrewers/index.htm>

President:	Neil Mezebish neil@mezebish.com	410-875-2325
Vice President:	Melinda Byrd byrdcall@aol.com	410-549-4889
Secretary:	Steve Kranz smkranz@aol.com	410-840-9244
Treasurer:	Larry Hitchcock larry@taylor technologies.com	410-833-4409
Events	Greg/Karen Lambrecht rockjox@adelphia.net	410-840-2952

Brewers, start your burners and brew your seasonal beers now!

By Steve Kranz

I frequently get requests from club members to send out reminders about the time to brew seasonal beers. It usually goes something like, "Geez, it's September and I wish I had thought of brewing an Oktoberfest beer months ago, because now it's too late." So, while Summer hasn't even officially begun, now is the time to think about the fall drinking season (FDS), and having the right seasonal beers bottled or kegged and ready to drink. With that in mind, may I suggest that you take the very next available day to brew this year's Oktoberfest and Barleywine style beers.

Traditionally, Oktoberfest beers were brewed in the spring to close out the brewing season, and stored in cold caves or cellars during the summer to be served during autumn celebrations.

But why brew a barleywine now? For a couple of reasons. First, barleywine is often viewed as a seasonal, cold weather beer — a "winter warmer" — because of its high alcohol level. (Me, I enjoy barleywine year-round, invoking the mantra, "It's winter somewhere". But I digress...) For that reason, many commercial breweries release their annual barleywines and other high-alcohol brews in the fall. Second, barleywine is very suitable as a base for a holiday beer. Just dose it up with fall/wintery spices (clove, cinnamon, allspice, coriander, etc) and appropriate fruits/vegetables to your liking (e.g. pumpkin, peppers, etc.). Thirdly, and most importantly for brewing purposes, if you don't get a barleywine started now, it probably won't be ready in time for fall or winter consumption. Barleywines take longer to ferment completely, and require longer conditioning time than other beers to reach their peak of flavor. Lastly, since barleywine is fermented with ale yeast, it can be

more comfortably fermented at warmer spring and summer temperatures.

Here are the style guidelines for Oktoberfest and Barleywines, followed by some extract and all-grain sample recipes of each style.

Oktoberfest

Aroma: German (Vienna or Munich) malt aroma. A light toasted malt aroma may be present. No fruitiness, diacetyl, or hop aroma.

Appearance: Dark gold to reddish amber color. Bright clarity, with solid foam stand.

Flavor: Distinctive and complex maltiness may include a toasted aspect. Hop bitterness is moderate, and hop flavor is low to none. Balance is toward malt, though the finish is not sweet.

Mouthfeel: Medium body, with a creamy texture and medium carbonation.

Overall Impression: Smooth and rather rich, with a depth of malt character. This is one of the classic malty styles, with a maltiness that is often described as soft, complex, and elegant but never cloying.

History: Origin is credited to Gabriel Sedlmyer, based on an adaptation of the Vienna style developed by Anton Dreher around 1840, shortly after lager yeast was first isolated. Typically brewed in the spring, signaling the end of the traditional brewing season and stored in cold caves or cellars during the warm summer months. Served in autumn amidst traditional celebrations.

Ingredients: German Vienna malt (slightly lighter than Munich malt) should be the backbone (if not entirety) of the grain bill, with some Munich malt and possibly some crystal malt.

All malt should derive from the finest quality two-row barley. Continental hops, especially noble varieties, are most authentic. Somewhat alkaline water (up to 300 PPM), with significant carbonate content is welcome.

OG: 1.050-1.064
FG: 1.012-1.016
IBUs: 20-30
SRM: 7-14
ABV: 4.8-6.5%

Commercial Examples: Spaten Ur-Maerzen, Ayinger Oktoberfest-Maerzen, Wuerzburger Oktoberfest, Hacker-Pschorr Oktoberfest.

RECIPES

Ayinger Oktober Fest (Extract)

Ingredients:

- .5 lbs Cara-Munich Malt (STEEP)
- .5 lbs Munich Light Malt (STEEP)
- .25 lbs Crystal 40L (STEEP)
- 6.6 lbs Light Bierkeller Malt Syrup
- .33 lbs Light Dry Malt Extract
- 6 oz Malto-Dextrine Powder
- 1.4 oz Tettnanger 5% 60 min
- 0.25 oz Hallertauer 3% 10 min
- 1 tsp Irish Moss
- 1 pkg Wyeast 2308 Munich Lager

Steep crushed grains in one gallon of 150° water for 20 minutes. Sparge (rinse) grains slowly with .5 gallon of additional water at 150°. Add water as necessary to have at least 1.5 gallons volume in kettle. Bring to a boil, remove from heat and add extracts and boiling hops. Return to heat, boil for 50 minutes. Add flavoring hops and Irish moss, and boil an additional 10 minutes. Chill to 80° or below, strain into your fermenter and add cold sanitized water as necessary for five gallons total volume. Pitch yeast, and ferment at 47-52° for a week. Rack, and ferment an additional 2 weeks at 55°. Prime and bottle.

(Continued on page 7)

Treasurer's Report

By Larry Hitchcock

04/19/04

Little or no activity in our Treasury sure makes my job easier! The cash received came from Mark Kaidy, who donated half of the tasting fee from the gathering at his place on April 16th. Thanks Mark!

Previous Balance	
	\$ 990.53
Cash Received	35.00
Cash Disbursed	0.00
New Balance	\$1,025.53

Please contact me if you have any questions or concerns about our Club's funds.

Sam Adams Utopias — Wow!

By Steve Kranz

MHL officers held a rare business meeting in May hosted by Greg and Karen Lambrecht at their lovely new home. The meeting was rare in several respects. Rare in that we cannot often clear our calendars all on the same day. But more rare in that we shared a bottle of Samuel Adams Utopias that Greg had scored from a liquor store in south Carroll.

I had heard of Utopias, but didn't pay it much attention...until that night! Greg had tried unsuccessfully to get a bottle through Cranberry Liquors (Cranberry told Greg they don't sell enough Sam Adams beer to have qualified to get one of the only 8,000 bottles of Utopias distributed throughout the United States).

Utopias is a beautiful crystal-clear amber color, and reminiscent of a nice cognac in both aroma and flavor. I couldn't perceive any distinct hop presence, but I suppose it's there somewhere, melded into the overall high-alcohol character of the "beer." It is also non-carbonated. The only thing that gives Utopias away as a "beer" is the hint of malt as it slides down your throat. It is a delightful and delicious sipping beverage, intended to be taken at room temperature.

Since tasting Utopias, I called Wells Liquors on York Road, where I was told that their distributor was only able to get 40 bottles of the stuff, and Wells had landed twelve of those 40. They are long gone...at \$125 a pop! I was advised that the next batch of the brew (or something similar) will probably come out in the fall.

Here is the Samuel Adams spin on Utopias, for those whose palates are drooling for this year's batch:

You are about to experience the strongest beer ever brewed. With an alcohol content of 25% by volume, we've broken our own record set by Sam Adams Utopias MMII in 2002. Beer enthusiasts have never enjoyed a beer like Sam Adams Utopias. When served at room temperature in a two-ounce serving, Sam Adams Utopias is an ideal after-dinner drink. Pour it into a wine glass or brandy snifter. Note the aroma. Take a sip and enjoy the ideal beer. People have asked what inspired me to brew such a unique beer? Drinkers have long been familiar with light beers. I wanted to show them the opposite end of the beer spectrum. A beer that is strong, rich and dark. Some would say, the ultimate beer. A beer without carbonation, one to be savored slowly. We started by using the world's finest ingredients, including all four types of Noble hops, which give the beer its earthy, herbal taste. The hops also add a spicy note. Carmel, Vienna, Moravian and Bavarian smoked malts add a rich amber color. A variety of yeast were used during fermentation, including the same yeast used in champagne. As a result of this unique brewing process, this flavorful, slightly fruity brew has a sweet, malty flavor that resembles the deep, rich grape taste of a vintage Port, fine Cognac or old Sherry. This limited edition ale has been aged in Scotch, Cognac and Port barrels. Your bottle of Sam Adams Utopias has been packaged in a unique, collectible copper-finished brew kettle decanter reminiscent of the brew kettles used by brewmasters for hundreds of years. We have produced only 8,000 bottles of Sam Adams Utopias in 2003 to be enjoyed by a select audience of better beer drinkers.

Maryland Homebrew Club Guild to host 2005 National Homebrew Conference!

Thank you to all who attended the Big Brew event at Maryland Home Brew on May 1. CRABS and CSI did a superb job organizing this day of activities. 5 homebrew clubs participated and collectively brewed 96 gallons of beer. Now that's a lot of malt and hops!

Although there won't be large scale press releases until after this year's conference, I wanted to let everyone know that **the Guild has been officially selected to host the 2005 AHA National Homebrew Conference in Baltimore. The event will be held at the Holiday Inn, Inner Harbor from June 16-18. The conference committee is still in need of volunteers - even for key coordinator positions. Check the website for details and volunteer forms (<http://surf.to/fhg>).**

The annual Guild picnic is scheduled for Saturday, July 10th at the same place - Patapsco State Park Hollofield Area, Shelter 300 from Noon to dusk. The Guild will provide charcoal and plenty of ice. Bring your homebrew, some food to share and your lawn chairs. Don't forget the family - there's lots for the kids to do around the park! Like last year, we'll be having a wheat beer competition. Details are similar to last year - you must bring your entry to the picnic, entry fee is \$3 and limited to 1 entry per brewer. Most wheat styles are acceptable (except lambics). One change this year: beer **MUST** be bottled because depending on the number of entries, judging may not

be done that day. Cash prizes are 1st: \$50, 2nd: \$25, 3rd: \$10. See the Guild website for more information, bottle labels and entry forms.

Upcoming Beer Events:

May 29th, 3-7pm: Brew at the Zoo

June 17-19: 2004 AHA National Homebrew Conference in Las Vegas

June 19th, Noon - ??: CSI 4th Annual Pub Crawl. Begins at Ryleigh's, Cost: \$35 includes beer at every stop. Details on CSI website: <http://www.csibc.com>

June 25-27: Dominion Fest, Ashburn, VA

July 10th, Noon-Dusk: Guild Picnic and wheat beer competition

Information on all these and more events can be found at <http://surf.to/fhg>.

Thanks,

Les White
Guild President

Product Review: The Mix-Stir Aerator

By Steve Kranz

I am easily amused, and this funky-looking gizmo sure did make me laugh when I first used it. I laughed because it worked so well, and because I had discovered another good use of electric power to replace human "oomph".

The Mix-Stir Aerator consists of a long plastic rod with a steel insert at the top to fit an electric or cordless drill, and two hinged paddles on the bottom. You attach it to a drill, stick it down into your wort at pitching time, pull the trigger, and stand back, as it instantly creates a vigorous whirlpool within your fermenter.

The design is simple but ingenious. The two paddles hang loose and swing freely down at the bottom. But when it spins, the two paddles rise up horizontally from the centrifugal force. When this happens inside your fermenter under the power of a drill, the two paddles whip the wort into a frenzy, incorporating vital oxygen into the wort for a robust fermentation.

The Mix-Stir Aerator is simple, inexpensive (\$16 at Four Corners or Annapolis Homebrew), easy to use, and makes a dandy back-scratcher (please sanitize after scratching). And for brewers who brew in carboys, it is narrow enough to fit inside the neck of a carboy to do its work.



Beer & brewing news from around the world

What's "low carb"? Government will say

A division of the U.S. Treasury Department plans to set advertising and labeling standards for low-carb alcoholic beverages. The Alcohol and Tobacco Tax and Trade Bureau set interim standards for the use of terms such as "low carbohydrate." A beer must have less than 7 grams of carbohydrates to be labeled or advertised as such. It said a product may be labeled as containing "reduced" or "lower" carbohydrates if it includes more than 7 grams of carbohydrates but less than the regular version of the product. These rules won't be a problem for beers such as Michelob Ultra, Aspen Edge from Coors or Miller Lite (which has begun to advertise its low-carb status). Michelob Ultra contains 2.6 grams in a 12-ounce bottle, as does Aspen Edge. Miller Lite has 3.2. In fact, Bud Light has 6.5 and Coors Light 5.0.

N. Koreans Starving, Kim Brewing Beer

Although many North Koreans are without basic necessities such as food, water or even electricity, the citizens of the capital at least have their own beer, thanks to dictator Kim Jong-il.

In the year 2000, the communist leader bought an entire brewery from the British Ushers company and brought it, vat by vat, back to North Korea to be reassembled. It was outfitted with the latest German-made computer-controlled brewing technology and started production in 2002.

Now North Koreans can somewhat afford the new Taedonggang Beer, named after the Taedong river flowing through capital. Its taste rivals popular lagers from Japan and Europe, which are too costly for most consumers.

"Our people like Taedonggang Beer a lot," Ri Hae Nam, assistant chief engineer at Taedonggang Brewery, told an APTN (Aboriginal Peoples Television Network) journalist during a recent visit.

"All the managers and workers of this brewery are trying to improve quality to international standards, upholding the instructions of Gen. Kim Jong-il to achieve the highest quality."

Watering holes in the capital city now have Taedonggang (not to be confused with Taepodong, the Korean intercontinental ballistic missile) on tap, and Kim Jong-il even visited the brewery to give it his personal stamp of approval.

Belgian Brew-Ha-Ha

Belgium is a small country that is often ignored by its bigger European brothers on economic and business issues — and on just about everything else, for that matter. Yet this nation is a center of excellence in certain fields such as technology and, perhaps more notably, brewing.

So it came as a body-blow to the national psyche when word came that Interbrew, a beer company with a more than 600 year history in Belgium, was considering leaving the country for more tax-friendly shores. One possible new headquarters for the company is neighboring Luxembourg. First, the company would pay significantly less corporate tax in Luxembourg. And second, Luxembourg has more flexible takeover laws. (Interbrew recently announced a merger with AmBev, a Brazilian brewing conglomerate.)

The proposed move by Interbrew, which traces its Belgian roots back to 1386, immediately caused an uproar on the national political scene. Prime Minister Guy Verhofstadt, who once allowed that it would be nice if Belgium could get its tax rates below

50 percent, expressed shock and said the move would amount to "abusive tax avoidance".

Interbrew is among many other companies that will be considering whether to stay in Belgium over the next few months. Tax rates in Belgium are amongst the highest in the EU.

German football fans choke on beer and food deal

German politicians, sports fans and beer drinkers are fuming after learning that the International Football Federation has made an exclusive deal with Anheuser-Busch and McDonald's for beer and food sales during the 2006 World Cup (soccer) tournament. The deals mean that local German breweries and sausage makers would not sell their products in and around the football stadiums.

The Bavarian Culture Ministry says it is hoping to work out a compromise with FIFA to allow German products to be sold at games. Both Munich and Nuremberg plan to set up special "fan villages" outside the restricted areas so fans can enjoy German-made products while going to the games.

Local leaders are urging Bavarian governor Edmund Stoiber to take up the issue. "When the world comes to Bavaria in 2006, our guests should be able to rely on learning about our unique cultural goods," local Greens Party leader Sepp Duerr said. "We are asking the state government to explain how they intend to safeguard that," Duerr said.

(Continued from page 3)

Ayinger Oktober Fest (All-Grain)

Ingredients:

- 8.5 lbs Pilsner 2-row (MASH)
- .5 lbs Cara-Munich Malt (MASH)
- 1.5 lbs Munich Light Malt (MASH)
- .25 lbs Crystal 40L (MASH)
- .25 lbs Cara-Vienne Malt (MASH)
- 9 oz Cara-Pils Dextrine (MASH)
- 1.5 oz Tettnanger 4.9% 90 min
- .25 oz Hallertauer 5% 15 min
- 1 tsp Irish Moss
- 1 pkg Wyeast 2308 Munich Lager

Boil Time: 90 minutes

Mashing Procedure:

Add 2.89 gallons of water at 172 F to heat mash to 150 F. Sparge with 5.17 gallons of water to yield 5.00 gallons to primary.

Barleywine

Aroma: Moderate to intense fruitiness; presence of hops (typical American varieties) may range from moderate to dominant. A caramel-like aroma is often present.

Appearance: Color may range from rich gold to very dark amber or even brown. Often has ruby highlights. May have low head retention.

Flavor: Fruity, with a great intensity of malt. Hop bitterness may range from just enough for balance to a firm, resinous dominance; balance therefore ranges from slightly malty to intensely bitter. Some oxidative flavors maybe present, and alcohol should be evident.

Mouthfeel: Full-bodied, with a slick, viscous texture. Gentle smooth warmth from alcohol should be present.

Overall Impression: A well-hopped American interpretation of the richest and strongest of the English ales.

History/Comments: Usually the strongest ale offered by a brewery, and

often vintage-dated. Normally aged significantly prior to release. Often associated with the winter or holiday season. The American version of the Barleywine tends to have a greater emphasis on hop bitterness, flavor and aroma than the English Barleywine, featuring American hop varieties.

Ingredients: Well-modified pale malt should form the backbone of the grist, with judicious amounts of caramel malts. Dark malts should be used with great restraint, if at all, as most of the color arises from a lengthy boil. American hops such as Cascades and Centennial.

OG: 1.080-1.120+

FG: 1.020-1.030+

IBUs: 50-100

SRM: 10-22

ABV: 8-12%+

Commercial Examples: Sierra Nevada Bigfoot, Rogue Old Crustacean, Victory Old Horizontal.

Recipes

Big Brew '98 Barleywine (Extract)

(I know I have published these recipes before, but I must say that of all the barleywines I have brewed, this one came out the best of all. So, here they are again.)

Ingredients:

- 10 lbs Light Malt Extract Syrup
- 4 lbs Amber Malt Extract Syrup
- 2 lbs Crystal 40L (STEEP)
- 2 oz Galena 11.7% 60 minutes
- 2 oz Cascade (Pellet) 5% 60 min.
- 2 oz Willamette 4.5% Steep 2 min.
- 2 tsp Irish Moss
- Wyeast 1056 or your favorite dry ale yeast
- 1 pkg Champagne Yeast

Steep crushed grains in 1 gallon of 150° water for 30 minutes, rinse grains with additional hot water. Bring to boil, remove from heat and dissolve extracts. Return to boil, add boiling hops, boil for 60 minutes. Remove from heat, steep finishing

hops for 2 minutes. Chill to 80° or below, strain into fermenter and add cool/cold sanitized water to make 5 gallons. Pitch ale yeast and aerate wort vigorously. Ferment one week, rack and ferment one more week. Rack again, and pitch champagne yeast. Prime and bottle in 2-3 weeks.

Big Brew '98 Barleywine (All-grain)

Ingredients:

- 17 lbs Pale Malt (Amer. 2-row)
- 3 lbs Crystal 40L
- 1.5 oz Galena 11.2% 60 min.
- 2 oz Cascade (Pellet) 5.5% 60 min.
- 2 oz Willamette 4.7% FINISHING 2 minutes
- 2 tsp Irish Moss
- 1 pkg Champagne Yeast
- Wyeast 1056 or your favorite dry ale yeast
-

Boil Time: 60 minutes

Add 3.75 gallons of water at 183 F to heat mash to 155 F. Sparge with 4.85 gallons of water to yield 5.00 gallons to primary. Pitch ale yeast and aerate wort vigorously. Ferment one week, rack and ferment one more week. Rack again, and pitch champagne yeast. Prime and bottle in 2-3 weeks.

Notes:

Original gravity came up short, don't know why. Racked after one week and added champagne yeast. Gravity came down nicely, tasted very clean at second racking, also maybe a bit thin.

Delicious, malty and no off-flavors. It was improved after six months in bottles.

Events Calendar

For all tastings, \$5 per member (\$7 for guests) covers the host's costs. RSVP directly to the host, or as indicated. If you wish to schedule an event, contact any club officer.

June

19 Summer Solstice tasting hosted by Larry & Lin Hitchcock. **RSVP 410-833-4409 or larry@taylortechnologies.com**

July

10 BrewHaHa hosted by Neil Mezebish. **RSVP 410-875-2325**

10 Guild summer picnic @ Patapsco State Park

August

TBA Tasting hosted by Gary & Lydia Cress. **RSVP 410-876-6605**

October

TBA (Second or third weekend in October) BrewCamp '04. Tentative plans are to return to Cunningham Falls State Park this year.

TBA Tasting/party hosted by Greg & Karen Lambrecht

June 2004

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

(Continued from page 1)

serving, most "light" beers are low-carb. Bud Light, for example, has 6.6 grams per serving, compared with regular Bud's 10.6 grams. Michelob Ultra has 2.6 grams.

When questioned about low-carb beers, Agatston replied: "Alcoholic beverages, in moderation, appear to have favorable effects on heart disease and diabetes prevention. Consuming alcohol with a meal is preferable to consuming alcohol on an empty stomach. We also prefer low-carb beers, such as Michelob Ultra, to high-carb beers." Agatston said that his

diet, whose fans include former President Bill Clinton ("gag!... ptoey!...spit! — Ed.), does allow for an occasional light or low-carb beer. Agatston is researching the maltose issue and said if he's wrong, he'll make a change in the book's next edition. "I'm anxious to correct anything we said that is wrong. But I don't want to give the wrong impression and tell people to go ahead and drink a lot of beer."

That's all the opening I need...some beer, some of the time.

Whew...saved from myself again!

July 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Scenes from Big Brew 2004. Gary's portable folding "bakers scaffold" is just the thing for mashing. Lightweight and easy to set up, it folds flat for storage and is ideal for transporting to any remote brewing location. It is wide enough to accommodate at least two, and probably three, all-grain setups.

August 2004

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				