

YEAST STARTERS

Importance:

Starters are of importance for two reasons.

First, starters reduce the lag (reproduction) phase of fermentation. This is when the wort is most susceptible to contamination from wild yeast or biologic contamination. Secondly more yeast means less stressed and healthier yeast resulting in a drier beer with a longer ferment.

Ingredients: 1/4 cup dry malt extract, pinch of yeast nutrient, 18 oz. water

Equipment: a one quart mason jar w/lid and ring, butane lighter, a three gallon pot, a one quart sauce pan, a pair of tongs.

Procedure:

1. Boil the Mason jar, lid, and ring in large pot for 15 minutes.
2. Bring 18 oz. of water to a boil in saucepan, add the malt extract and yeast nutrient, boil for 5 minutes.
3. Remove Mason jar with tongs, pour the wort into the jar, set lid on jar and let cool.
4. When wort is at room temperature (70 degrees) remove lid and pour yeast into the jar, place the lid on the jar, screw the lid on tight, and shake well to aerate. Loosen the ring and lid enough to allow CO2 gas to escape. Leave lid slightly loose. The slightly loose lid acts as an airlock. Cover with plastic wrap.
5. Place starter in a warm, dark place and allow to incubate 12 to 24 hours. Use when most active. Maintain optimum temperature for the specific yeast strain you're using.
6. To pitch yeast: Swirl yeast to bring up into suspension. Remove ring and lid. Flame sterilize the lip of the jar on the side that you will pour over. Pour yeast into cooled wort and AERATE WELL.



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