



The Cellar

The Official Newsletter of the
Colonial Ale Smiths & Keggers
September 2002; Vol. 2, No.9

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CLUB NEWS: *First Anniversary of Colonial Ale Smiths and Keggers*

By Rick Morris

August's tasting stood to be quite a cornucopia of beer styles: with no designated style, we asked members to bring whatever they liked! Boy did they! We had several to taste, from a pilsner to a stout, from homebrews to commercials. There was something for everyone; of course you brought what you liked.

We had a short discussion on the progress of the club pint glasses. The printer required artwork that is more crisp before they could proceed. We have already begun the process. Thanks to Nydia Miculinic for her assistance. We hope to have something ready for the printer by early next week.

Reminder to all members, the Club Only competition for Category 18 Strong Belgian Ales is coming up. We will conduct our club judging at the September (19th)

Quote of the Month!

Thirsty days hath September,
April, June and November;
All the rest are thirsty too
Except for him who hath home brew.

-- Anonymous --

meeting. If you plan on entering please bring at least 4 bottles to the meeting. 2 will be for judging the best from our club and 2 will be for sending in to represent our club. Please remember the bottles that will be sent must be 12 to 14 oz with no markings in the glass (raised or embossed letters or logos) and the lids plain or blacked out. Also you will need your entry form and entry labels filled out at that time.

The Anniversary Road Trip was discussed. The trip will be on September 7th to Legends in Richmond. It will be a one-day, up and back event. The cost will be \$12 per person and the club will pick up the balance. Please let Harrison or Rick know if you will be joining us.

For those Harrison Gibbs fans out there (and you know who you are), Harrison will be back in our neck of the woods soon and will be "Large and in charge" of the meetings!

An idea of Harrison's was resurrected at the meeting: a "club brew" in the (Williamsburg) brewery. This idea really took off and plans are underway. Some of the rough numbers right now show each case (including bottles) will cost between \$11 and \$13 each. We are looking to the members to not only assist in the brewing, but also to purchase the beer. If every member picks up 2 cases that will take the bulk of the brew. We are also planning our own Oktoberfest to be held on the lot of the Williamsburg Brewery at which time we will unveil the "**CASK Oktoberfest**" beer! Please show your support and sign up for a couple of cases!

Towards the end of the meeting, the question was asked of Hugh, "What are you doing or looking for when you smell and slowly drink your sample?" Hugh proceeded to explain briefly how proper tasting is done. A more specific question came up during Hugh's impromptu talk/training regarding "esters" (Webster's definition is, "an organic compound formed by the reaction between an acid and an alcohol"). So being the beer lover he is, Hugh switched gears, poured samples for us to compare and explained about esters. It was a very interesting learning experience...thanks Hugh!

Beer Watch:

By Harrison Gibbs

This year the Club is planning something different in celebration of Season – a ten barrel batch of Oktoberfest. Originally suggested by Ramon and Rick, the plan was to brew a seasonal beer on a bigger level. Hugh Burns of Williamsburg Brewing has been very receptive and helped us scale up an Oktoberfest recipe brewed with success by Rick on a five gallon level. This time we will be brewing 310 gallons.

There is no cost to participate, however any member that wants to take home some of their effort will need to cover the expense based on the cost of ingredients per case. The estimated cost with bottles will be \$14 to 18 per case. You can save on the bottles if you bring a clean corney or soda keg on the morning of bottling day. The use of Hugh's bottler requires us to keg first and bottle second.

Everyone is welcome to come out and help. Even if you don't have the time to spend the day this is a great chance to see how it is done. We will be providing lunch and of course tasty malt beverages.

The kick off is 9:00 a.m. Saturday September 21. We expect to "mash in" as soon as the water is hot. To speed things along, a few members should come by after five o'clock the Friday before to help mill the grain. From mash to boil and cooling should take no more than six hours. We expect to be out of the brewery by three or four o'clock.

Those of you who brew know this is not the end of the process. After fermentation and a short lagering period, the beer will be ready to bottle. CASK has scheduled a bottling and kegging day October 12. The Club will be taking to orders for cases at the September and October meetings as well as during the brewing and bottling.

Finally, after all the work is done, we invite you as CASK taps the first keg of our Fest Bier during the October meeting.



BEER STYLE of the Month: *Belgian Strong Ales*

Classic Belgian Ale Styles.

Sooner or later, all beer enthusiasts that enthuse long enough and hard enough end up "discovering" the ales of Belgium. Potently strong, generally packaged in odd shaped bottles, often with a cork and wire cage closure, they often

involve every bit as much ceremony as one would lavish on opening a fine bottle of wine. Although the Belgians are great wine drinkers, they also have one of the great beer drinking cultures in the world. In Belgium beer is exalted in the same manner as wine. For a small country it is host to an extraordinary diverse range of beer styles. It quite possible to find the right Belgian ale to fit any occasion, before, after or during a meal. US brewers have been slow to start replicating the Belgian ale styles. With many styles their alcoholic strength would not endear them to large volume production or even a presence in some States. However, many brewpubs will produce a strong Belgian-style ale in the winter season.

Abbey Ales (Dubbel, Tripel, Singel).

Monastic or abbey ales are an ancient tradition in Belgium in much the same manner as wine production was once closely associated with monastic life in ancient France. Currently, very few working monasteries brew beer within the order, but many have licensed the production of beers bearing their abbey name to large commercial brewers. These "abbey ales" can vary enormously in specific character, but most are quite strong in alcoholic content ranging between 6% alcohol by volume to as high as 10%. Generally abbey ales are labeled as either Dubbel or Tripel, though this is not a convention that is slavishly adhered to. The former conventionally denotes a relatively less alcoholic and often darker beer, while the latter can often be lighter or blond in color and have a syrupy, alcoholic mouthfeel that invites sipping, not rapid drinking. The lowest gravity abbey ale in a Belgian brewer's range will conventionally be referred to as a Singel, though it is rarely labeled as such.

Belgian Style Strong Ale.

Beers listed in this category will generally pack a considerable alcohol punch and should be approached much like one would a Barley Wine. Indeed, some of them could be considered Belgian style barley wines, such as those beers from Brasserie Dubuisson. Expect a fruity Belgian yeast character and a degree of sweetness coupled with a viscous mouthfeel.

Biere de Garde.

Biere de Garde is a Flemish and northern French specialty ale generally packaged distinctively in 750ml bottles with a cork. Historically, the style was brewed as a farmhouse specialty in February and March, to be consumed in the summer months when the warmer weather didn't permit brewing. Typically produced with a malt accent, this is a strong (often over 6%), yet delicate bottle conditioned beer. These brews tend to be profoundly aromatic and are an excellent companion to hearty foods.

Recipes of the Month:

Trouble with Tribbles Tripel

Brewing Method: Partial Mash

Yeast: White Labs 530 Belgian Abbey Ale Yeast

Yeast Starter: n/a

Batch Size: 5 U.S. Gallons

Original Gravity: 1.084

Final Gravity: 1.013

Alcohol Content: 9.4 %

Total Grains: 13 pounds

Color: 8

Extract Efficiency: %

Hop IBU's: 34.5

Boiling Time: 60 minutes

Primary Fermentation: 10-12 days at 68

Secondary Fermentation: 7-10 days at 65

Additional Fermentation:

Grain Bill:

3.30 lbs. Extra Light Liquid Malt Extract
 4.00 lbs. Extra Light Dry Malt Extract
 2.00 lbs. Pilsner Malt Grain
 1.00 lbs. Cara-Pils Malt Grain
 0.50 lbs. Belgian Aromatic
 0.25 lbs. Light Crystal Malt
 1.00 lbs. Belgian Candi Sugar
 1.25 lbs. Honey
 0.50 tsp. Irish Moss
 0.50 oz. Sweet Orange Peel

Hop Bill:

1.0 oz Cascade Hop Pellets (60 minutes-Bittering) 3.9 aau
 1.0 oz Hallertau Milfreu Pellets (60 minutes-Bittering) 4.25 aau
 0.5 oz Fuggles Hop Pellets (30 minutes-Flavor) 4.0 aau
 0.5 oz Czech Saaz Hop Pellets (5 minutes-Aroma) 3.1 aau

Mash Schedule:

Bring water to 122F degrees for protein rest for 20 minutes. Raise water to 158F degrees for steeping and conversions. Sparge with 1 gallon water at 170F degrees. Discard grains.

Brewers Notes:

Bottle with 1 cup priming sugar for 5 gallons (adjust accordingly for lower volume) boiled with 1 quart water and 1 vile slurry saved from primary. Filter or 5 days in another secondary if not no means of filtering. 45 days in bottle minimum. Ale will better with age. Enjoy with friends!

Flemish Marinade with Ommegang and Juniper Berries

This fully flavored marinade is inspired by medieval Flemish sauce recipes. It heightens the flavor of robust meats such as beef, game and pork. The piney, fragrant aroma of the juniper berries married to the complex Belgian style abbey ale, Ommegang, lends this dish a fascinating burst of intriguing flavors, resulting in a luxurious, velvety gravy.

Ingredients:

3 tbsp. vegetable oil
 1 ¼ cups onion, very finely chopped
 ½ cup carrot, finely diced
 ½ cup celery, finely diced
 Salt to bring out flavor
 3 cups Ommegang Abbey Ale
 1 ½ cups brown meat stock
 ¼ cup red currant or grape jelly
 4 tbsp. red wine vinegar
 ½ tsp. dried thyme
 2 bay leaves
 ¼ tsp. dried rosemary
 ½ tsp. whole peppercorns
 12 juniper berries, crushed

Procedure:

Sauté the onion, carrot and celery in the oil until lightly browned. Salt and cool. In a deep, non-reactive bowl combine all the ingredients for the marinade. Makes about 5 cups. When ready to marinade meat, place the meat in a deep, non-reactive container and pour the marinade over the meat until the meat is completely covered. Refrigerate for about four hours.



**THE
 CELLARMASTER:
 CASK Aged**

By Harrison Gibbs

I congratulate CASK for changing the beer landscape of Williamsburg and the rest of the Hampton Roads region. Beginning with only eleven members, CASK has grown to over fifty and attendance at meetings and other large brewing events rises steadily. The original goal of providing a forum for people interested in brewing and good beer continues. This August CASK was one year old, still too young for a good barleywine, but a great year all the same.

Earlier this month, CASK celebrated its anniversary with a road-trip to Legends Brewery in Richmond. Ten of us road up together and were met by two other couples who drove up themselves. Despite overwhelming the waitress with our orders, the beer flowed all afternoon and into the night. During this time we sampled some good dishes from the kitchen and enjoyed the sunset over Richmond from Legends' deck – possibly the best view of the Richmond skyline. As we raised our glasses in the first toast of the evening, we reflected on the Club that has brought together brewers and beer lovers from

all walks of life. Students and professionals, carpenters and businessmen - raised their pints to the wonderful brewing community embodied by our Club.

Over the past year Club meetings featured a different beer style each month, introducing us to new styles and brands of beers. We have had members bring beers from across America and even the world to share. But more special, are the homebrews members contribute to the meetings. We have enjoyed, meads and ciders, stouts and bocks, pale ales and pilsners – all brewed by CASK members. The Club raffles have also become a tradition, as members exchange pint glasses and T-Shirts (usually too small for our beer guts), earning the Club a little cash and allowing more variety of beer styles at the next meeting.

In addition to meetings, CASK hosted several big brewing events. Every November the Club participates in "Teach a Friend to Brew Day" sponsored by the American Homebrewer's Associations. Also sponsored by the AHA, the National Big Brew celebrates National Homebrew Day each May by simultaneously brewing multiple batches of beer at sites around the world. At the big brews we grilled bratwurst or carne asado and produced great beer at all levels of expertise.

That is what CASK has done. This year, we expect to accomplish even more. The big brewing days have become more than a tradition, and inspired several members to plan with Hugh Burns a big club brew on the brewery's system. In celebration of the season, CASK will be brewing an Oktoberfest to be tapped at the October meeting. Anyone interested in lending a hand or even seeing how beer is made at that level is welcome to come out. Lunch will be provided. We hope CASK members will be interested in supporting the effort by both coming out and purchasing the beer from the club. While Hugh will be charging extra for bottles, anyone with a clean "corney" keg can come by October 12th when we are bottling.

Speaking for CASK, we offer a special thanks to Hugh and Nadia Burns of Williamsburg Brewing Company who sponsor our Club, provide a meeting place, and allow us to buy supplies locally.

World of Beer News

By MSNBC NEWS SERVICES

Drinking moderate amounts of alcohol, which has already been shown to help prevent heart disease and strokes, may also cut the risk of Alzheimer's disease by nearly half, a Dutch study found.

WHETHER it is wine, beer or whiskey, the effect is the same, researchers reported this week in The Lancet medical journal.

"We found that, in this population of individuals aged 55 years or older, those who consumed up to three glasses of alcohol per day had a lower risk of dementia

... than those who never drank alcohol," said Dr. Monique Breteler, an epidemiologist at Erasmus University Medical School in Rotterdam, the Netherlands.

The finding adds to a growing body of evidence for the health benefits of moderate drinking.

Experts say moderation — between one and three drinks a day — is the key.

The adverse effect of excess alcohol is beyond question. Besides destroying the liver, several studies have shown that excessive drinking can be toxic to the brain. Alcoholics can end up with a shrunken brain, which is linked to dementia. There is even a medical condition called alcoholic dementia.

"For people who drink moderately, this is another indication that they are not doing any harm. And for those who don't, if they don't simply opt out of health concerns, they might want to rethink that position," said Meir Stampfer, professor of nutrition and epidemiology at Harvard School of Public Health, who was not involved in the study.

STUDY DETAILS

Scientists at Erasmus University conducted a six-year study of 5,395 people aged 55 and over who did not have signs of dementia.

They were asked whether they ever drank alcohol. Those who said yes were quizzed on how often they drank and details on their consumption of specific drinks such as wine, beer, spirits and fortified wine such as sherry and port.

The men mostly drank beer and liquor, while women preferred wine and fortified wine. The researchers also checked whether participants' drinking habits had changed over the preceding five years or whether they had engaged in binge drinking — more than six drinks in one day.

Everyone was categorized according to how much they drank. Four or more glasses of alcohol per day was considered heavy drinking.

By the end of the study in 1999, 197 of the participants had developed Alzheimer's or another form of dementia. Those who fared best were people who drank between one and three drinks a day. They had a 42 percent lower risk of developing dementia than the nondrinkers.

Those who weren't daily drinkers but had more than one drink per week had a 25 percent lower risk and those who drank less than a glass a week were 18 percent less likely than nondrinkers to develop dementia.

The number of heavy drinkers, who numbered 165 — mostly men — was insufficient to draw conclusions about any affect heavy drinking might have on dementia. Recalculating all the figures for each type of alcohol separately, and comparing wine to other types of alcohol, yielded the same results.

"This red wine thing is a myth. The evidence for it is meager," said Stampfer. "It happens that red wine, in most cultures, is more likely to be consumed in moderation than spirits or beer, so for that reason it can appear to be specially protective, but in fact, the type of

beverage does not matter.”

PROTECTIVE EFFECT

Scientists believe moderate amounts of alcohol may reduce the risk of dementia by releasing acetylcholine, a brain protein that helps to transmit messages between brain cells that control functions such as memory, attention and addiction.

But they noted too much alcohol inhibited its production.

The researchers suggested the blood-thinning and cholesterol-lowering properties of ethanol in alcohol may ward off dementia, which is often caused by a blood vessel problem.

Breteler believes that moderate amounts of alcohol may reduce the risk of dementia in a similar method to the way it cuts the risk of heart disease.

BEERS OF THE MONTH

Please contact Harrison Gibbs if you would like to provide a homebrew style or make a suggestion for the beer style for any month.

- September - Belgian Strong Ales*
- October - Oktoberfest
- November - Steam beers
- December - No special tastings
- January - English Pales & Bitters*
- February - Fruit and Spice beers
- March - Brown Ales*
- April - Strong/Old Ales*

* Denotes beer type coincides with club-only competition

CALENDAR OF CLUB EVENTS & COMPETITIONS

September 14, 5th Annual West Hundred Open, Richmond VA. – Sponsored by the Southside Brewers, the entries are due between Sept 4-13th. Because of the low number of entries last year, there may be limited categories.

September 19 - Club Meeting featuring Belgian strong ales.

Sept. 21, 7th Annual World Beer Festival, Durham, North Carolina.

Sept. 21, CASK Oktoberfest Big Brew, Williamsburg Brewery.

October, 2002, AHA Club-Only Belgian Strong Ale Competition, (Category 18), Club judging at the September club meeting, with entries the first of October.

October 12, Capital City Oktoberfest, Arlington, VA

October 19, Stoudt's Oktoberfest, Adamstown, PA

October 17 - Club Meeting featuring Oktoberfest beers.

November 2, Teach a Friend to Homebrew Day, Williamsburg Brewery, CASK repeats its big brewing event. Remind your friends to come out see how it is all done.

November 21 - Club Meeting featuring steam-style beers.

Dec, 2002, AHA Club-Only Fruit Beer and Spice/Herb/Vegetable Beer Competition, (Category 21 & 22), Mini-judging at the November 21st meeting, with entries due early December.

From the Clipper City Newsletter:

Also, the **Brewer's Association of Maryland is planning an Oktoberfest, to be held on October 19, in Timonium, Maryland.** I know this is well in advance, but we are beginning to recruit volunteers to help. If you are interested, please contact Hugh Sisson at clipper1@ix.netcom.com. For those of you who have already responded, don't worry I will get back to you.

Classifieds

"I'm a former home brewer looking for a good home for some of my brewing supplies. I have:

59 swingtop bottles - mostly Grolsch bottles
70 regular bottles - mostly brown -former returnables

1 nearly complete Homebrew Kit includes:

2 large funnels
Strainer
fermentation locks
hydrometer with flask
thermometer
bottling bucket
bottle & Carboy brush
bottle washer
Joy of Hombrewing
Bottle capper
some bottlecaps
laser labels
5-gallon carboy with handle
plugs & tubes
grainbags

Really everything that you need except a brew pot and ingredients. Any chance your group could help me find a good home for these things - I would charge a nominal "adoption" fee of around \$50-60 to put all of this stuff into a good home.

If interested, please contact Shelly at liebs4jc@att.net"

CASK

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