



# Workout IPA Brewing Instructions

## What You Get

- 1 Can Canadian Blonde Brewing Extract
- 1 Packet of Dry Brewing Yeast under the lid of the brewing extract
- 1 Packet Oat Flakes
- 1 Packet BrewMax Booster
- 1 Packet Citra Hops
- 1 Packet Centennial Hops
- 1 Packet Safale US-05 Dry Ale Yeast
- 2 Muslin Hop Sacks
- 1 Packet No-Rinse Cleanser

## You Provide

- 2 Beano tablets, Ultra 800

### Important Brewing Note

This recipe uses Beano tablets to help create a very dry, light-bodied finish. Add the tablets to the cold water in the fermenter before adding the wort.

## Step 1: Sanitize

Cleaning and sanitizing are some of the most important steps in brewing. Make sure anything that touches your beer is properly sanitized before use.

1. Fill your clean fermenter with warm water to line 1.
2. Add 1/2 packet of No-Rinse Cleanser and stir until dissolved.
3. Save the remaining 1/2 packet of cleanser for bottling.
4. Secure the fermenter lid and swirl the sanitizer so it coats the inside of the fermenter and lid.
5. Open the spigot and let sanitizer flow for 5 seconds, then close.
6. Pour the remaining sanitizer into a large bowl.
7. Soak your spoon or whisk, can opener, measuring cup, and muslin hop sacks in the sanitizer for at least 2 minutes.
8. Do not rinse or dry sanitized equipment.

## Step 2: Prepare the Oats and Hops





1. Remove the yeast packet from under the lid of the Canadian Blonde Brewing Extract. You will not use that yeast for this recipe. You may save it for another brew or discard it.
2. Place the unopened can of brewing extract in hot tap water to soften.
3. Place the oat flakes into one muslin hop sack.
4. Tie the oat sack closed loosely so the oats have room to move.
5. Place the Citra hops and Centennial hops into the second muslin hop sack.
6. Tie the hop sack closed loosely so the hops have room to expand.

### Step 3: Steep the Oats

Steeping the oat flakes helps add a little body and mouthfeel to this light IPA.

1. Add 4 cups of water to a clean 3-quart or larger pot.
2. Add the BrewMax Booster and stir until dissolved.
3. Heat the water to 155°F.
4. Add the oat sack to the pot.
5. Steep for 30 minutes, keeping the water between 155°F and 165°F.
6. After 30 minutes, carefully lift the oat sack out of the pot and place it in a strainer or colander over the pot.
7. Rinse the sack with 1 cup of hot water, allowing the runoff to drain back into the pot.
8. Let the sack drain, then discard it.

### Step 4: Boil the Hops

1. Bring the grain water to a low rolling boil.
2. Add the hop sack to the pot.
3. Boil for 20 minutes.
4. After 20 minutes, remove the pot from heat.

### Step 5: Add the Malt Extract

1. Open the can of Canadian Blonde Brewing Extract.
2. Pour the brewing extract into the hot mixture.
3. Stir until fully mixed. This mixture is called wort.





## Step 6: Fill the Fermenter

1. Fill your fermenter with cold tap water to line 1. If using another fermenter, add about 1 gallon of cold water.
2. Add 2 whole Beano tablets to the cold water in the fermenter.
3. Pour the wort into the fermenter.
4. Add more cold water until the fermenter reaches line 2. If using another fermenter, top off to 8.5 liters.
5. Stir the wort vigorously with your sanitized spoon or whisk.

## Step 7: Add Yeast and Ferment

1. Sprinkle the Safale US-05 Dry Ale Yeast into the fermenter.
2. Do not stir after adding yeast.
3. Secure the fermenter lid.
4. Place the fermenter out of direct sunlight in a location with a consistent temperature between 68°F and 78°F.
5. Ferment for 14 days.

## Step 8: Bottle and Carbonate

After 14 days, taste a small sample. If it tastes like flat beer, it is ready to bottle. If it tastes sweet, let it ferment for 3 more days. Do not leave the beer in the fermenter longer than 24 days total.

1. Fill a 1-gallon container with warm water.
2. Add the remaining 1/2 packet of No-Rinse Cleanser and stir until dissolved.
3. Distribute the sanitizer equally among your bottles.
4. Cap the bottles and shake vigorously.
5. Let the bottles sit for 10 minutes, then shake again.
6. Empty the sanitizer into a large bowl and use it to sanitize any other bottling equipment.
7. Do not rinse.
8. Add 2 carbonation drops to each 740 mL bottle.
9. Fill each bottle at an angle, leaving about 2 inches of headspace.
10. Cap bottles tightly.
11. Gently turn each bottle over to check the seal.





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12. Store bottles upright and out of direct sunlight at 70°F to 76°F.

13. Carbonate for at least 14 days. Cooler temperatures may require an additional week.

## **Step 9: Enjoy**

1. After carbonation, chill one bottle for 48 hours.
2. Pour slowly into a glass, leaving the sediment behind in the bottle.
3. If the beer still tastes young, leave the remaining bottles at room temperature for another week or two, then chill and try another. Keep this up until the flavor is where you want it.
4. Once the flavor is where you want it, add as many bottles to the fridge as you like and enjoy your work. You just crushed this recipe.



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