



Fermenting...Food?

By Sean Railing

I've been creating some rather funky beers over the past few years. You could say I've embraced the funk with my new friends; Brettanomyces, Lactobacillus and Pediococcus. My home brewery is now a microbe zoo. Every commercial funky beer I open that tastes good joins the zoo when I pitch the dregs into one of my sour fermentations. With my new found admiration of sour bugs I started thinking about what else I could ferment that was a little funky?

For centuries humans have harnessed microbes to ferment foods. Beer, kvass, tabasco sauce, wine, yogurt, sourdough, kombucha, kimchi, pickles, soy sauce and sauerkraut to name a few.

What did I choose to make?....a sourdough starter.

It seemed easy enough. I googled sourdough starters and got all kinds of recipes. Many advocated adding dairy products like warm milk or yogurt to flour to start a fermentation. But after careful research I found that a sourdough starter is actually a complex relationship between many microbes; not just lactic bacteria. The most important part of a good sourdough is the balance of wild yeast and lactobacillus. Let me share a fool proof way to create a sourdough starter and one way to I use it.

(Continued on page 3) **Next Meeting: October 13th**

Next Meeting: August 23rd
Location: Tioga Sequoia Brewing
746 Broadway Street
Fresno, CA 93721

Schedule:

- 12:00 Club Business
- 12:30 Style Lecture-Tioga Sequoia Barrel Program
- 1:00 Open taps

Please bring a side dish to share at the potluck and some homebrew or some nice commercial brew to share with the other beer lovers.

President

Sean Wood

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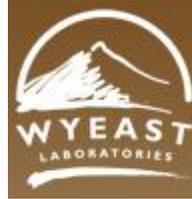
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2014 Fresno Fair Homebrew Competition



Here is your chance to compete in a National BJCP sanctioned homebrew competition. Submit your beers no matter what level you think they may be and get the feedback from nationally recognized judges. This is a great opportunity to further your knowledge of your own beer and a big step forward in making great beer!

ENTRY FORMS DUE SEPTEMBER 6, 2014

Limit one entry per exhibitor per BJCP subclass
 Eligible for all US residents only
 No entry fee

Exhibits must be received at the HOME ARTS BUILDING on
 September 12, 2014 9 AM – 5 PM
 September 13, 2014 9 AM – 5 PM
 September 14, 2014 12 NOON – 5PM
 or received or shipped to
 BENCOMO'S HOME BREW SUPPLIES
 234 W. OLIVE AVE
 FRESNO, CA 93728
 between September 10TH – 15TH 2014

STYLE DESCRIPTIONS Full style descriptions at BJCP web site, [HTTP://WWW.BJCP.ORG](http://www.bjcp.org)

DIVISION 813 BJCP styles 1 thru 6.
 DIVISION 814 BJCP styles 7 thru 10
 DIVISION 815 BJCP styles 11 and 14.
 DIVISION 816 BJCP styles 12, 17 and 19
 DIVISION 817 BJCP styles 13 and 18
 DIVISION 818 BJCP styles 15, 22 and 23
 DIVISION 819 BJCP styles 16, 20 and 21
 DIVISION 820 BJCP styles 24 thru 28

Further information can be found at <http://www.sjworthogs.org/competition.html>

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What You Will Need

Ingredients

All-purpose flour (or a mix of all-purpose and whole grain flour)

Water, preferably non-chlorinated filtered

Equipment

2-quart glass or plastic container (not metal)

Scale (highly recommended) or measuring cups

Mixing spoon

Plastic wrap or container lid

Instructions

Making sourdough starter takes about 5 days. Each day you "feed" the starter with equal amounts of fresh flour and water. As the wild yeast grows stronger, the starter will become more frothy and sour-smelling. On average, this process takes about 5 days, but it can take longer depending on the conditions in your kitchen. As long as you see bubbles and signs of yeast activity, continue feeding it regularly. If you see zero signs of bubbles after three days, take a look at the Troubleshooting section below.

Day 1: Make the Initial Starter

4 ounces (3/4 cup + 2 table-

spoons) all-purpose flour

4 ounces (1/2 cup) water

Weigh the flour and water, and combine them in the

container. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with plastic wrap or the lid (left ajar).

Put the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 2: Feed the Starter

4 ounces (3/4 cup + 2 tablespoons) all-purpose flour

4 ounces (1/2 cup) water

Take down your starter and give it a look. You may see a few small bubbles here and there. This is good! The bubbles mean that wild yeast have started making themselves at home in your starter. They will eat the sugars in the flour and release carbon dioxide (the bubbles) and alcohol. They will also increase the acidity of the mixture, which helps fend off any bad bacteria. At this point, the starter should smell fresh, mildly sweet, and yeasty.

If you don't see any bubbles yet, don't panic — depending on the conditions in your kitchen, the average room temperature, and other factors, your starter might just be slow to get going.



Weigh the flour and water for today, and combine them in the container. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with plastic wrap or the lid (left ajar). Put the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 3: Feed the Starter

4 ounces (3/4 cup + 2 table-

spoons) all-purpose flour

4 ounces (1/2 cup) water

Check your starter. By now, the surface of your starter should look dotted with bubbles and your starter should look visibly larger in volume. If you stir the starter, it will still feel thick and batter-like, but you'll hear bubbles popping. It should also start

smelling a little sour and musty.

Again, if your starter doesn't look quite like mine in the photo, don't worry. Give it a few more days. My starter happened to be particularly vigorous!

Weigh the flour and water for today, and combine them in the container. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down

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Become a BJCP Judge



White Labs

Turn in your used White Labs Vials at the next Meeting...when we get 5000 vials Chris White will brew with us! Every meeting we get closer...



Ever wanted to know more about beer, be a better brewer, and help out other brewers? Then becoming a BJCP Judge is for you. Check on the BJCP website at <http://www.bjcp.org/>. The first step is to download the study materials, study and take the online **BJCP Beer Judge Entrance Examination**. Once you pass the exam you will need to take the **BJCP Beer Judging Examination** in the next twelve months. If we have at least 8 people pass the entrance exam Tom Pope can facilitate the Judging Exam!

Bencomo's Homebrew Supplies

Bencomo's Homebrew Shop was started in 1991 in Mike's Liquors on north Palm Ave. Julian Bencomo has been brewing since 1988, is a nationally recognized beer judge, and has won numerous awards for his

beers. The shop is located on the northeast corner of Olive and Arthur between Palm and Fruit at . Hours of operation are M-F 10-4; Sat. 9-5 we also take appointments after hours and on Sundays. Bencomo's is a full service shop with great selection of grains, hops, yeasts, extracts and equipment. Homebrewing advice is always just a phone call away. Phone 559-486-3227

Address: 234 W Olive Fresno



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the sides and loosely cover the container with plastic wrap or the lid (left ajar). Put the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 4: Feed the Starter

4 ounces (3/4 cup + 2 table-
spoons) all-purpose flour

4 ounces (1/2 cup) water

Check your starter. By now, the starter should be looking very bubbly with large and small bubbles, and it will have doubled in volume. If you stir the starter, it will feel looser than yesterday and honey-combed with bubbles. It

should also be smelling quite sour and pungent. You can taste a little too! It should taste sour and somewhat vinegary.

When I made my starter here, I didn't notice much visual change from Day 3 to Day 4, but could tell things had progress by the looseness of the starter and the sourness of the aroma.

Weigh the flour and water for today, and combine them in the container. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with plastic wrap or the lid (left ajar).

Put the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 5: Starter is Ready to Use

Check your starter. It should have doubled in bulk since yesterday. By now, the starter should also be looking very



bubbly — even frothy. If you stir the starter, it will feel looser than yesterday and be completely webbed with bubbles. It should also be smelling quite sour and pungent. You can taste a little too! It should taste even more sour and vinegary.

If everything is looking, smelling, and tasting good, you can consider your starter ripe and ready to use! If your starter is lagging behind a bit, continue on with the *Day 5 and Beyond* instructions.

Day 5 and Beyond: Maintaining Your Starter

4 ounces (3/4 cup + 2 tablespoons) all-purpose flour

4 ounces (1/2 cup) water

Once your starter is ripe (or even if it's not quite ripe yet), you no longer need to bulk it up. To main-

tain the starter, discard (or use) about half of the starter and then "feed" it with new flour and water: weigh the flour and water, and combine them in the container with the starter. Stir vigorously until combined into a smooth batter.

If you're using the starter within the next few days, leave it out on the counter and continue discarding half and "feeding" it daily. If it will be longer before you use your starter, cover it tightly and place it in the fridge. Remember to take it out and feed it at least once a week — I also usually let the starter sit out overnight to give the yeast

time to recuperate before putting it back in the fridge.

How to Reduce the Amount of Starter:

Maybe you don't need all the starter we've made here on an ongoing basis. That's fine! Discard half the starter as usual, but feed it with half the amount of flour and water. Continue until you have whatever amount of starter works for your baking habits.



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2014 “Worthog of the Year” Official Rules

Worthog of the Year” (also known as WotY) is an honor bestowed upon an individual who brews the best beers through a single year. To honor this member, a trophy is given to the highest scoring Worthogs to highlight their outstanding brewing skills. Please read below for official rules.

Official Rules

1. Only actively paid members may participate in the competition.
2. The competition consists of brewing 4 different styles of beer between the dates October 31st and the September general meeting.
3. Each contestant must register their beers at <http://sjworthogs.org/woty>
4. Competition entries will **only** be accepted at the general meeting listed below **no later than 12:30 pm**. Beers will be inventoried by the current acting Executive Vice President or any person on the board who will not be participating in the judging.
5. All entries must be submitted in two - 12 oz. or higher bottles with the competitors name clearly printed on them. You may also use the bottle ID generated for you when registering your beer at <http://sjworthogs.org/woty>. Any bottle that does not specify a first and last name will be disqualified.
6. Each candidate may only enter in one beer per style.
7. All entries will be judged by two or more judges based on BJCP guidelines using the official BJCP score sheet (http://www.bjcp.org/docs/SCP_BeerScoreSheet.pdf). Entries that are out of style will be disqualified.
8. Depending on the number of judges, scores will be averaged between the score sheets to determine the value for that particular entry. For example; judge one gives 40 points and judge two gives 42 points. Your official score value for that competition will be 41. The participant with the highest cumulative amount of points at the end of all four competitions will be awarded WotY.
9. The styles for 2014 and their due dates are as follows:
 - a. **Mild Ale (Category 11A)** will be due at the **January** general meeting.
 - b. **Belgian Dubbel (Category 18A)** will be due the **April** general meeting.
 - c. **Cream Ale (Category 6A)** will be due at the **June** general meeting.
 - d. **Oktoberfest/Marzen (Category 3B)** will be due at the **September** general meeting.
10. The Worthog of the Year winner will be awarded the trophy at the annual Hogtoberfest event.

May the best Worthog win!

How to Take a Long Break from Your Starter:

If you're taking a break from baking, but want to keep your starter, you can do two things:

Make a Thick Starter: Feed your starter double the amount of flour to make a thicker dough-like starter. This thicker batter will maintain the yeast better over long periods of inactivity in the fridge.

Dry the Starter: Smear your starter on a Silpat and let it dry. Once completely dry, break it into flakes and store it in an airtight container. Dried sourdough can be stored for months. To re-start it, dissolve a 1/4 cup of the flakes in 4 ounces of water, and stir in 4 ounces of flour. Continue feeding the starter until it is active again.

Sourdough Beer Bread

- 1 1/3 cups of Sourdough Starter
- 3/4 cup of beer
- 2 tablespoons of cooking oil
- 3 cups of unbleached white flour
- 1 1/2 teaspoons salt
- 1 tablespoon sugar
- 1 1/2 teaspoons of dry baker's yeast

Mix all ingredients together and knead the dough for 5 minutes. I mix mine in a bread machine. You can use a stand mixer with dough hooks or go old school and mix and knead by hand. For variation substitute 25% of the flour with whole wheat or rye flour. I have even taken spent grains and ground them into flour. Avoid dark grains due to their bitterness. Once mixed and kneaded let the dough rise for an hour in a lightly oiled bowl covered with a clean towel. Once it has doubled in size punch it down and lay it out on a lightly floured board. Shape the dough into the type loaf you want and place it on a lightly oiled baking sheet (I usually shape it into a long baguette or French bread loaf). Cover with a clean towel and let it rise again until it doubles or about an hour. After an hour I bake the loaf at 425F in the center of the oven for 10 minutes. After 10 minutes I drop the temperature to 350 F. Bake for another 15 to 20 minutes or until the internal temperature of the center of the bread is 200F (I use a meat thermometer). Let cool for about 1 hour when done.

Now enjoy. Pour a glass of your favorite beer and bite into a sandwich made from your sourdough bread. You'll be hooked like I am on this great combination.

