

BAVARIAN HELLES (All Grain)

Official NORTHERN BREWER Instructional Document

Saying the magic words “Ein Bier, bitte” anywhere in Bavaria is likely to result in you drinking some Helles. A delicate, restrained lager, this kit is the product of much self-sacrifice and firsthand research on-site in Munich. The palest malted barley is the centerpiece of Helles, with full, complex flowery and grainy notes supported by understated hopping and a clean, malty lager yeast. Try one of these and you’ll have to agree that the world looks very different through the bottom of a liter stein.

OG 1.049 READY: 2 MONTHS

Suggested fermentation schedule:

- 1-2 week primary; 4 week secondary;
2 weeks bottle conditioning

MASH INGREDIENTS

- 9 lbs. German Pilsner Malt
- 0.5 lbs. Briess Carapils

BOIL ADDITIONS & TIMES

- 1 oz Hallertau (60 min)
- 1 oz Hersbrucker (15 min)

YEAST

- If you chose dry yeast:
SAFLAGER W/34-70.
Optimum temperature: 48-59°F
- If you chose liquid yeast:
WYEAST #2352 MUNICH LAGER II YEAST.
Optimum temperature: 52-62°F

MASH SCHEDULE: OPTION A

TRADITIONAL MULTI STEP

- Protein Rest: 122° F for 20 minutes
- Beta Sacch’ Rest: 149° F for 30 minutes
- Alpha Sacch’ Rest: 158 F for 30 minutes
- Mashout: 170° F for 10 minutes

MASH SCHEDULE: OPTION B

SINGLE INFUSION

- Sacch’ Rest: 151° F for 60 minutes
- Mashout: 170° F for 10 minutes

BOIL ADDITIONS & TIMES

- 1 oz Hallertau (60 min)
- 1 oz Hersbrucker (15 min)

YEAST

- If you chose dry yeast:
SAFLAGER W/34-70.
Optimum temperature: 48-59°F
- If you chose liquid yeast:
WYEAST #2352 MUNICH LAGER II YEAST.
Optimum temperature: 52-62°F