

Fruiting Beers



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Quick Note...

- Not all “fruit” beers are Fruit Beers
- In reference to Coconut in beer:

“21a is the right place. I'll clarify in the next set of guidelines. The intent of fruit vs SHV beers is to keep to the culinary interpretation of the ingredient not the botanical one. If (God help us) you made a tomato beer, it would be entered in 21a not 20. Coconut tastes more like macadamia nuts and cashews than it does raspberries and cherries. So it goes in 21. I thought 'nut' was good enough, but apparently not. That was the intent, though.”

- Gordon Strong, AHA forums, 2011

Beer Styles to Fruit

- BJCP Category 29 – Fruit Beer
 - 29A Fruit Beer, 29B Fruit and Spice Beer, 29C Specialty Fruit Beer
 - Common fruited styles:
 - IPAs (often tropical and citrus fruits)
 - Belgian Ales (Blondes, Saisons – Light stone fruits, Citrus)
(Dubbels, Dark Ales, Flanders – Plums, cherries, raspberries, grapes/raisins)
 - American Wheat/Blonde/Cream (citrus fruits, tropical fruits, berries, light stone fruits)
 - Stouts/Dark and/or higher OG beers (Cherries, raspberries, plums, dates, raisins.)

Beer Styles to Fruit cont...

- BJCP Category 24A – Witbier
 - Citrus peel/rind
- BJCP Category 28 American Wild Ale
 - 28C – Wild Specialty Beer – Any fruit
- BJCP Category 23 European Sour Ale
 - 23F – Fruit Lambic.....



Beer Styles to Fruit cont...

- Non-Technical Styles:

- Fruited Gose
- Tart Saison/Farmhouse
- Berliner with fruit/“Florida weisse”



Sean's Blueberry Surprise

(Very-quick fruited Berliner Weiss-style)

O.G.: 1.029

F.G.(before fruit): 1.006

ABV: 3.0%

4 Gallon Batch

2.5 lbs 2-Row

2.2 lbs White Wheat

0.3 lbs Flaked wheat

(No hops)

Mashed at 151°F

RO Water w/

2.5g Calcium Chloride

2.5g Gypsum



The Yeast Bay Lactobacillus Blend

4 capsules of Solaray Acidophilus Probiotic

WLP001 California Ale Yeast (Pitched 12 hours after)

Fermented Room Temp (High-60s°F)

Sean's Blueberry Surprise (Very-quick fruited Berliner Weiss-style)



Sean's Blueberry Surprise Version: Dried/Dehydrated

Made with 6oz dried blueberries from Sprouts

Rinsed in near boiling water to remove oils and rehydrate the fruit



When To Add



- Boil
 - Will sanitize but risks a “cooked” flavor. Also might not be as aromatic. Adds pectin haze.
- Primary
 - Lesser risk of infection, will lose some aromatics
- Secondary
 - Best option for mixed-fermentation beers. Best aromatic and flavor.

Sanitizing

- Washing and pray
- Soak in vodka/spirit or Starsan
- Freezing
 - Will kill some bacteria/brett
- Heating
 - Pasteurize ~150°F
- Campden tablet or Sodium bisulfite
 - Will require fruit to “air out” for 24+ hours
 - Can add sulfur character to beer
 - Can cause allergies/asthmatic reactions

Methods of Fruiting – Dried Fruit



- Comments
 - Often has oil or coating, watch for added ingredients when buying
- Pros
 - Sometimes cheaper?
 - Raisins, dates, etc.
- Cons
 - Soaks up a lot of beer to rehydrate
 - Will likely need to be sanitized

Methods of Fruiting – Extract



- Pros:
 - Readily available at home brew stores
- Cons:
 - Very one-dimensional
- Comments:
 - Use flavor extract or aroma extract to help balance.
 - Best combined with actual fruit to “brighten” character

Methods of Fruiting – Peel/Rind/Zest



- Comments: Limited to citrus fruits.
- Pros
 - Many versions available at homebrew stores
 - Can add in vodka tincture to sanitize and control flavor.
- Cons
 - Takes a lot of fruit to extract small amounts
 - Can be more bitter/less flavorful than the fruit itself

Sean's Blueberry Surprise w/ Juice

Made with 16 oz of R.W.
Knudsen Just Blueberry Juice



Methods of Fruiting – Juice

- Comment: Check if there are preservatives and added sugar. Milk the Funk suggests Lakewood Organic or R.W. Knudsen brands.
- Pros:
 - Sanitized
 - Ferments the fastest
- Cons:
 - Often added water, other fruit juices and/or sugar
 - Not as concentrated as other sources of fruit

Methods of Fruiting – Canned

- Comments: Some brands cater to home brewers and are available at home brew shops.
- Pros:
 - Sanitized
 - More consistent flavor
- Cons:
 - Often comes in syrup and/or preservatives



Methods of Fruiting – Puree

- Comments: Check ingredients before choosing. Some are only commercially available, but a lot of options are available for home brewers. Search online.
- Pros:
 - Quicker fermentation
 - (If frozen) Cell walls are broken down
 - (if frozen) Pasteurized
- Cons:
 - Sometimes added sugar
 - Harder to rack beer off of, but does often settle

Methods of Fruiting – Concentrate

- Comments: Often only commercially available. Check online for vendors.
- Pros:
 - Less is needed
 - Can be stored for long periods of time
 - Sanitized
- Cons:
 - Processed/Could lack complexity

Sean's Blueberry Surprise w/ Preserves

Made with 1 – 10oz jar of
St. Dalfour Preserves

Stirred in pectic enzyme days before
adding to turn liquid



Methods of Fruiting – Preserves

- Comments:
 - Use pectin enzyme to break down fruit pectin; will turn it into liquid.
- Pros:
 - Sterilized
- Cons:
 - Has added sugar
 - Cost per amount
 - Processed
 - Hard to rack off of

Methods of Fruiting – Syrups

- Comments: Can be used to back-sweeten a beer.
- Pros
 - Cheap
- Cons
 - Lots of added sugar



Methods of Fruiting – Fresh Fruit

- Comments: Get ripe or over/ripe fruit if possible (not rotten). Slice/cut up fruit for more contact. Consider adding pits/seeds (in safe quantities)
- Pros:
 - Ripe fruit you can pick out yourself
 - Will add the most complexity
- Cons
 - Large risk for contamination
 - Limited selection depending on season
 - Longer to ferment

Methods of Fruiting – Frozen Fruit

- Comments: Allows you to choose brand fruits that were picked/frozen fresh, or to freeze your own for later use.
- Pros:
 - Ripe fruit
 - Cell walls break down – easier sugar access
 - Lower risk for contamination
- Cons
 - Limited selection in stores (or freeze fresh fruit)
 - Does not completely sanitize



Sean's Blueberry Surprise Version: Frozen

Made with 15oz Wyman's of Maine frozen wild blueberries



How much fruit to add?

Taken from Milk the Funk's wiki:

Fruit	Juice	Puree	Whole	Contact Time
Apple	N/A	0.5 lbs/gallon	1-2 lbs/gallon	6-8 weeks
Apricot	N/A	0.75 lbs/gallon	1-2.5 lbs/gallon	6-8 weeks
Blueberry	N/A	N/A	2-3 lbs/gallon	6-8 weeks
Cherry	12-24 fl oz/gal	0.5 lb/gallon	1-3.3 lbs/gallon	3 wk(juice) 6-8 weeks(whole)
Mango	N/A	N/A	2 lbs/gallon	6-8 weeks
Peach	N/A	0.5-2 lbs/gallon	1-2 lbs/gallon	6-8 weeks
Raspberry	N/A	N/A	1-2.5 lbs/gallon	6-8 weeks
Strawberry		0.5-1 lbs/gallon	2-3 lbs/gallon	6-8 weeks

For a more complete/up-to-date list see:
http://www.milkthefunk.com/wiki/Soured_Fruit_Beer

How much fruit to add?

- Google it and see what the consensus is
- Take into consideration:
 - The style of the beer
 - The malt bill
 - The current acidity or bitterness of the beer
 - Gravity (OG/FG) and ABV %

Things to consider...

- Mixing Fruits
- Add Oak
- Add spices/adjuncts/dry hops
 - Adds complexity
 - Can create something unique, e.g. mixing “tropical” fruits, recreating mulled wine, cocktails...



What else to consider?

- Flush with CO₂ to prevent mold
- Before adding fruit consider how you're going to get it out
 - Use muslin bags when possible
- Watch for CO₂ getting stuck in fruit/bag in neck of carboy
- Any other suggestions/experiences?



Oops I made it too sour...

Fruits can add a lot of tart character

- Citric, Malic, Ascorbic Acids...
- You can always blend
- Back sweeten (be careful if bottling)
- Try adding Vanilla (Cantillon)
 - Jean Van Roy: “One day Guy [Derdelinckx] suggested I try a new aperitif, whereupon he reached into the refrigerator and took out a bottle of raspberry lambic containing a pod of vanilla. When I tasted it I was pleasantly surprised because it turned out that the vanilla flavor really offset the beer’s excessive tartness. Guy had had a stroke of genius and thanks to him I was able to naturally soften the somewhat rough character of certain vintages”

Sources

- https://www.lambic.info/Cantillon_Framboise
 - Cantillon vanilla blending
- <http://www.milkthefunk.com/>
 - Milk the Funk's website
- Brew Strong 07/20/15 Q and A Fruit Beer
 - The Brewing Network
- <http://www.specialtyproduce.com/>
- Recommended reading: Michael Tonsmeire's blog, The Mad Fermentationist