

Fowler's Fellowship **Brewing Manual**

for the exclusive use of



Fowler's School of Brewing
Fowler's Ales [Prestoungrange] Limited

Welcome to the Fowler's Fellowship Programme

Welcome to the Fowler's Fellowship Programme. We are delighted that you have registered in our School and wish to learn about the fascinating world of brewing. We are *not* a School for theorists, we are *action* learners at Fowler's. So the process quite simply involves you learning on-the-job, under supervision, to make 100 gallons or so of real ale. It's as straightforward as that! And on completion we know you will delight in quaffing some of your own brew with BrewSet members, family and friends.

As you have been notified, we brew in teams called BrewSets of three or four under my overall supervision or that of a Fowler's Companion. Once we start the brewing process it will be a week or so before the quaffing can begin and throughout that period I need your 100% reliable support so that we finish with an excellent real ale of which you can be well proud. *For homework* – browse this Manual before you start brewing. You'll get greater enjoyment – and ask more intelligent questions!

And success together in your BrewSet will earn you all your coveted certificates of Fowler's Fellowship [ff] and the lifetime benefits it confers on you at The Prestoungrange Gothenburg.

It is going to be enjoyable, so let's get started!

Iain

Iain Turnbull – Head Brewer @ Fowler's Ales



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To Honour John Fowler's Ales 1745–1969





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Fowler's Ales in Prestonpans – Then and Now

Before the invention of modern brewing and transportation technologies every self respecting Scottish burgh had its own brewery, and many had several. Good beer simply could not travel so it was necessarily brewed for a local market. It gave our travelling forefathers myriad brands to drink and was surely an enriching experience. Prestonpans was certainly no exception and of all its breweries John Fowler's had the longest life. It finally went into liquidation in 1969 but had ceased brewing six years earlier after all its assets were taken over by United Caledonian on January 1st 1963. The full story of success and its ultimate fate is told in *Fowler's Brewery – Famous Since the '45* by David Anderson, published by the Prestoungrange Arts Festival in 2002 in its Historical Series Number 12, priced £6. [Copies are available on sale at The Prestoungrange Gothenburg.]

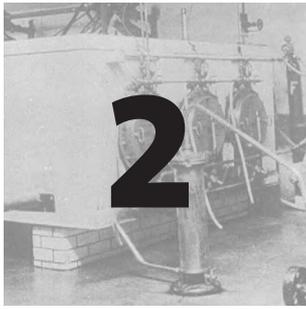


Today, Fowler's Ales [Prestoungrange] Limited is not, of course, the same enterprise. We cannot and would not wish to make such a claim. And the beers we brew in our microbrewery at The Prestoungrange Gothenburg are not the same beers. Today's enterprise is here to take advantage of the new micro-technologies that have emerged since the merger mania of the 1960s and 1970s, and in doing so to honour everything that John Fowler's stood for from 1745 – good real ales brewed locally in Prestonpans. The School of Brewing takes it one step further – it enables the art, craft and science of brewing real ales to be ever more widely appreciated in East Lothian thereby making our own modest contribution as we stand on



the shoulders of forty years work nationwide by The Campaign for Real Ale – CAMRA.

Importantly, in our own microbrewery today, under our own absolute control, Fowler's Ales can brew what it needs and wants. As well as regular favourites special celebration brews can be created in relatively small quantities. It is a truly exciting prospect and in our spirit of community involvement under The Gothenburg Principles all who are prepared to get involved in BrewSets are welcome to do just that and together to create the beers of their choice.



The Origins of Beer

Beer is one of the world's most ancient beverages. It was most certainly being brewed in Scotland many hundreds of years before the techniques of distilling the nation's famed whisky were developed. It is most likely that the earliest beers were flavoured with spruce and heather with monasteries playing a key role in developing and exploiting the processes. 11th Century monks at Holyrood Abbey are known to have initiated what became one of Edinburgh's most successful industries when they sank a well at the base of Arthur's Seat in order to harness the "magic water". Robert Louis Stevenson wrote:

*"From the bonny bells of heather
They brewed a drink langsyne
Was sweeter far than honey
Was stronger far than wine"*



There were two distinct types of malt derived. Alcoholic beverage beer was initially unflavoured and relatively sweet. All ale was flavoured with Gruits (mixtures) and simples (individual) bittering herbs like alecost, ale hoof) rosemary and thyme. Hops were used sporadically as early as the late 12th/beginning of the 13th century but were broadly unknown and strongly resisted – by law until the 15th century. It was then that import began from the low countries using hops both as a flavouring and preservative and they were increasingly adopted across the British isles. By the 17th century hops had become an essential part of virtually all Scots Ale. Early consumer protection laws ultimately decreed that beer (note the change of usage of the nomenclature) should only be brewed from malted cereals, water, yeast and hops. The German Rheinhetsgebot still (stubbornly) adheres to these principles to this day.

Domestic brewing was always extremely popular, and so widespread that it became an obvious target for excise collection. A license duty of *four Scots pence a year* was imposed on all persons engaged in brewing. The ales were brewed on farms in almost every village in Scotland, in their taverns – just as we do today at The Prestoungrange Gothenburg – and in many private homes. But brewing was necessarily seasonal as without adequate cooling or refrigeration techniques, beer could only be brewed and kept well in the colder months between October and March – which followed on nicely from the cereal harvest. Burns as ever did not miss the opportunity for his tribute in 1787 to Scots ale in *Bottle and a Friend*:

*"Here's a bottle and an honest friend!
What wad ye wish for mair, man?
Wha kens, before his life may end,
What his share may be 'care, man?"*

What is beer?

All beer is brewed from malted barley, hops, yeast and water – though other cereal ingredients can be used. The Yeast ferments the sugars in the malt to create alcohol. Hops provide bitterness flavour and aroma.

The flavour of any given beer depends on (i) the types of malt and hops used; (ii) the use of deliberately selected other ingredients; and (iii) the yeast variety used. Each yeast variety leaves its own distinctive influence on a beer. This is known as kilning (drying) the malt.



What is 'Real' Ale?

Real Ale is a living fresh beer that undergoes a natural second fermentation in the cask*. Like any 'natural' product the beer will age and go bad. It must therefore be drunk within an appropriate time. It requires care in handling whenever transported and care within the cellars and bars to keep it in perfect condition.

Real ale is served at cellar temperature, cooler than room temperature. If real ale is too warm it is not appetizing, losing its natural conditioning. If it is too cold it will kill the flavour. Real ale has flavours you need to taste – it must not be served warm, cloudy or flat. How long a beer needs to stand depends on the beer's character itself particularly its alcoholic strength, and how vigorously it ferments.

The most common means of dispensing real ale is with a beer engine – a tall hand pump on the bar which operates a simple suction pump. When the handle is pulled a half pint is drawn into the glass.

[* In contrast un-real ale employs technology rather than craftsmen to deliver the consistent pint that can travel. Pasteurisation affords longer shelf life but at the expense of real character.]

