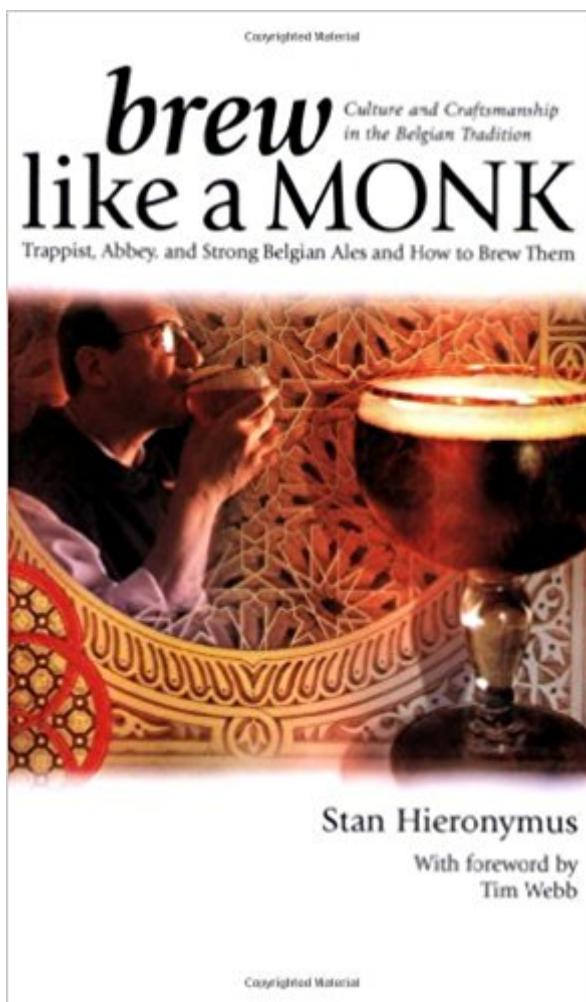


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# Brew Like A Monk: Trappist, Abbey, And Strong Belgian Ales And How To Brew Them



## Synopsis

Brew Like a Monk delves into monastic brewing, detailing this rich-flavored region of the beer world. It also examines methods for brewing these unique ales suited to commercial and amateur brewers.

## Book Information

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## Customer Reviews

Stan Hieronymus is the editor of "The Real Beer Page" at [www.realbeer.com](http://www.realbeer.com), the largest source of information about beer on the Internet. Hieronymus and Daria Labinsky are travel editors for "All About Beer Magazine", the leading beer consumer magazine in the United States, and authors of "All About Beer Magazine's Beer Travelers Guide." They are the 1999 NAGBW Beer Writer of the Year and First Runner-Up, respectively. Tim Webb was born in 1955 and spent most of his formative years in Birmingham, sin city of the industrial Midlands. To say that he attended Medical School there is stretching the truth somewhat but they were eventually kind enough to give him a degree on condition that he went somewhere else. He is now a psychiatrist ministering to troubled minds in Plymouth. He has no interest whatever in treating sexual problems as he finds them all terribly embarrassing. His main interests are self-preservation, Bathams bitter and the quest for a zipless anorak.

If you are serious about beer and interested in the development of the Belgian style so you can create your own version, then this is a truly useful book for you the adventurous home-brewer. I started out with the clone recipe books (of which there are many out there) and initially bought this

book to quickly increase my ability to clone a Belgian style beer that had enjoyed on a whim. Once I started reading however, my eyes were opened. The book does cover quite a bit of history but in doing so debunks a lot of myths about abbey beers and some of the notions about 1000 year old recipes. This is really more a book about brewing philosophy written with the small batch home-brewer in mind. There are very helpful and encouraging tips scattered throughout the book and any brewer with this new knowledge (and perhaps Brewsmith software-my personal favorite) you can continue the "tradition" of abbey beers even though you may not be affiliated with a monastery or even Belgium for that matter. Home-brewing is all about finding your style and using the experience of those that have come before to create something that you really want to drink.

As a home brewer who loves Belgian and Belgian-style ales, this was a must-read book. The first part of the book talks about Belgian breweries and how they create their beers. While the breweries don't share their recipes, the author is able to provide general guidance on how those recipes are created. Later, the author talks with american craft brewers known for their Belgian-style beers and how they brew them. The final sections talk about how to brew Belgian-style beers and includes recipes for various styles using ingredients available here in the USA. The book is infused with a lot of Belgian brewing history as well. I found it quite enjoyable and useful to read.

I've always been a fan of Belgian beers, but never quite understood the process that goes into making them. Since I started homebrewing, the goal was to brew my own Belgian style beer and this book is an invaluable resource in achieving that. The book covers a lot of history of Trappist monks and their brewing styles. All phases of brewing these beers are covered as well. The fermentation section of the book is one I revisit over and over and it includes a great amount of information to get that Belgian flavor profile we all love. I cant recommend this book enough.

Bought this for my husband who is a brewer. He calls it his bible and totes it around the brewery to pull from when discussing and planning beer with his coworkers. He constantly is reading it over and over and has explained that not only is there a lot of knowledge in there for brewers (new or old!), but there's a lot of really fascinating points in there that most brewers forget about. Definitely worth the purchase and a great gift for the brewer in your life!

I wish I could give this four and a half stars. The journalistic tone does get tedious at times, but there's a lot of info here. By the time the book gets around to recipes, you already have the idea that

these are no more than a starting point for your own experimentation.

Of all the books in my library, this book is by far the best and is hands-down the most detailed text on Trappist ales. Even if you are not a homebrewer, anyone who is even slightly interested in Trappist ales and the monastic way of life will not be disappointed. I have read this book cover to cover many times and I am always finding helpful and interesting info that propels my love for Trappist ales even further. Stan Hieronymous takes the reader inside the walls of the abbeys where these beers are made and not only presents the history and beers of each abbey but even manages to list a few ingredients for each beer. Because the monks and lay workers who work in the breweries are quite secretive regarding their recipes and ingredients, one can only imagine the effort that was put in by the author when writing this book. Above anything else, the author reminds the reader that each of these places is an abbey with a brewery and not the other way around. Despite the fact that the beers are truly amazing, Stan Hieronymous does not let the reader forget the reason for the existence of these beers (to add extra income to the abbey and serve as a form of manual labor according to the Rule of Saint Benedict). The author does a wonderful job of outlining the monastic way of life and mentality, and how this life of silence and harmony manages to produce some of the finest beers in the world time and time again. In addition to the famous Trappist Ales, Stan Hieronymous also provides extensive information on other commercial examples that are produced both in Belgium and the United States. While the main focus of this book is about the Trappist ales produced in the six specific Cistercian monasteries, the reader can also find detailed information about Abbey ales as well as beers brewed in the United States that follow the Belgian tradition and style. Homebrewers will not be disappointed. With plenty of mash schedules and temperatures as well as listed ingredients, fermentation times and temperatures and yeast strains, this book is a highly valuable asset for any homebrewer who wants to try (underline the TRY about five times considering the amazing quality of these beers) to make a beer similar to these Belgian styles at home. If .com had a rating for 6 or even 10 stars I would choose the highest possible rating for this truly excellent book, as well as a personal commendation for Stan Hieronymous who so artfully presents the Trappists' breweries and way of life.

This is a great book with a lot of helpful tips and tricks to brew beer like a monk. My dad traveled to Belgium for work and had tried a rockford beer and had loved it. He and I already brew beer so we decided to give it a shot. Ended up with a very close clone to the exact beer he tried in Belgium thanks to the tips this book gave us. Has tips for mashing, boiling, and fermenting. If you want to

make trappist beers just like the monks in Europe then this book is for you. I have re-read this book about 10 times, each time picking up even more information and tips.

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