

Many people brew their own beer because it is so much cheaper than buying it from a liquor store or pub. However, increasingly, more and more people are getting into **home brewing** because it is easy to make a beer that will taste better than most commercial brews on offer, and the art of beer making is a relaxing and rewarding pastime.

Depending on the method of **brewing**, you can spend an enjoyable hour or so a day making a batch of beer. There's nothing quite like deciding on what sort of style you're going to make, then buying your ingredients in an easy to make kit, and returning home to make a great brew.

With a bit of practice, you shouldn't have any trouble giving some imported and boutique beers a real run for their money, not only in regards to taste, but how terrific it will look as well.

### **Mythbusting home brewing.**

There are many myths about **home brewing**, and like most myths, they're mostly not true at all. Let's debunk a few of the more popular untruths surrounding the art of brewing at home.

#### **1. Homebrew is stronger than "normal" beer.**

Wrong. You can make homebrew as strong or as weak as you like - it all depends on how much sugar or malt you add. Two readings from a hydrometer (a low-cost necessity for brewing) as well as a simple calculation will give you a fairly accurate measure of the alcohol content. So making refreshing light beer is just as easy as making regular-strength or extra-strength beer.

#### **2. Homebrews give you killer hangovers.**

Science says 'no'. Dehydration and vitamin B deficiency are the main causes of hangovers. Yeast contains vitamin B and alcohol draws it out of the body, yet homebrew is bottle-conditioned and contains yeast sediment, so as you drink homebrew, you replenish vitamin B. Most commercial beer is filtered, which eradicates the vitamin B. As home brewing relies on bottle conditioning no preservatives are necessary, unlike most commercial beers,

which are thus more likely to lead to a hangover on a drink for drink basis.

### **3. Homebrew bottles explode.**

Not likely at all. You may hear old 'exploding bottle stories from those of 'a certain age' but the truth is that bottles won't explode if you bottle your brew when the beer has finished fermenting and if you add the clearly recommended amount of sugar to "prime" each bottle. It's as simple as that.

### **4. There aren't many good recipes and kits to choose from.**

Wrong. Maybe it was true for the old-timers who pioneered the art of DIY beer making many years ago, but today, home brewers have a huge number of choices. You can make many different kinds of ales, bitters, blondes, browns, lagers, Pilseners, stouts, wheatbeers... and more.

### **5. Homebrew doesn't taste any good.**

Wrong again. It's pretty hard to make a bad homebrew, particularly if follow the basic rules, which are very easy to do. Most bad beer is caused by bacteria other than the yeast you add multiplying in the 'wort' (the name for the liquid extracted from the mashing process during beer brewing) and producing "off" flavours. Rigorous cleanliness is very important and will avoid infections and thus ensure tasty and terrific beer.

### **So how do I do it?**

Okay, you may be thinking "how do I do it?", and you wouldn't be alone. When most people discover that you can make great tasting beers and ales at home very few people actually understand how it all works.

To begin with, you need to get some brewing gear. There is a huge range of very affordable

good-quality brewing equipment available in the 'Copper Tun' range – so we recommend you get all your hardware from them. Next, you need to select a specific type of beer to make and then get the ingredients in kit form. Each Mangrove Jack's kit has everything you need to make up a brew, along with concise and easy to read instructions. So you really can't go wrong.