

# Forest Liver Healer (Session oat rye pine shoots & lemon grass pale ale)

- Gravity **11 BLG**
- ABV **4.4 %**
- IBU **31**
- SRM **6.6**
- Style **American Pale Ale**

## Batch size

- Expected quantity of finished beer **6 liter(s)**
- Trub loss **5 %**
- Size with trub loss **6.3 liter(s)**
- Boil time **70 min**
- Evaporation rate **10 %/h**
- Boil size **7.7 liter(s)**

## Mash information

- Mash efficiency **80 %**
- Liquor-to-grist ratio **3.4 liter(s) / kg**
- Mash size **4.1 liter(s)**
- Total mash volume **5.4 liter(s)**

## Steps

- Temp **71 C**, Time **60 min**
- Temp **78 C**, Time **10 min**

## Mash step by step

- Heat up **4.1 liter(s)** of strike water to **78.6C**
- Add grains
- Keep mash **60 min** at **71C**
- Keep mash **10 min** at **78C**
- Sparge using **4.8 liter(s)** of **76C** water or to achieve **7.7 liter(s)** of wort

## Fermentables

Type	Name	Amount	Yield	EBC
Grain	Viking Pale Ale malt	0.3 kg (24.6%)	80 %	5
Grain	Płatki owsiane	0.3 kg (24.6%)	85 %	3
Grain	Strzegom Żytmi	0.2 kg (16.4%)	81 %	8
Grain	Karmelowy Czerwony	0.21 kg (17.2%)	75 %	59
Grain	Weyermann pszeniczny jasny	0.208 kg (17.1%)	80 %	6

## Hops

Use for	Name	Amount	Time	Alpha acid
Boil	Mosaic	10 g	10 min	12 %
Whirlpool	Mosaic	10 g	20 min	12 %

## Yeasts

Name	Type	Form	Amount	Laboratory
Safale US-05	Ale	Slant	30 ml	Fermentis
FM10 O czym szumią wierzby	Ale	Liquid	30 ml	Fermentum Mobile

## Extras

Type	Name	Amount	Use for	Time
Other	pȩdy sosny	60 g	Boil	10 min
Other	trawa cytrynowa	3 g	Secondary	2 day(s)