

# Zero calorie cookie

- Gravity **14.5 BLG**
- ABV **6 %**
- IBU **26**
- SRM **41.3**
- Style **Oatmeal Stout**

## Batch size

- Expected quantity of finished beer **20 liter(s)**
- Trub loss **5 %**
- Size with trub loss **21 liter(s)**
- Boil time **60 min**
- Evaporation rate **10 %/h**
- Boil size **25.3 liter(s)**

## Mash information

- Mash efficiency **75 %**
- Liquor-to-grist ratio **3 liter(s) / kg**
- Mash size **19.3 liter(s)**
- Total mash volume **25.8 liter(s)**

## Steps

- Temp **68 C**, Time **70 min**
- Temp **78 C**, Time **10 min**

## Mash step by step

- Heat up **19.3 liter(s)** of strike water to **76C**
- Add grains
- Keep mash **70 min** at **68C**
- Keep mash **10 min** at **78C**
- Sparge using **12.5 liter(s)** of **76C** water or to achieve **25.3 liter(s)** of wort

## Fermentables

Type	Name	Amount	Yield	EBC
Grain	Viking Pale Ale malt	3.5 kg (54.3%)	80 %	5
Grain	Strzegom Karmel 150	0.3 kg (4.7%)	75 %	150
Grain	Jęczmień palony	0.3 kg (4.7%)	55 %	985
Grain	Strzegom Czekoladowy ciemny	0.3 kg (4.7%)	68 %	1200
Grain	Płatki owsiane	0.8 kg (12.4%)	60 %	3
Grain	Słód owsiany Fawcett	1 kg (15.5%)	61 %	5
Grain	Czekoladowy	0.25 kg (3.9%)	60 %	788

## Hops

Use for	Name	Amount	Time	Alpha acid
Boil	East Kent Goldings	50 g	60 min	5.1 %

## Yeasts

Name	Type	Form	Amount	Laboratory
WLP066 - London Fog	Ale	Slant	200 ml	White Labs