

## Tips from Podcasts

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A tip brought to you care of podcasts from The Brewing Network. Jamil Zainasheff, winner of the Ninkasi Award, puts on a great bi-weekly show that you can find at <http://www.thebrewingnetwork.com/jamil.php>.

When brewing extract brews with the rich, malty, Munich grains, normal steeping will not work to free up the sugars and flavors. You'll end up with a lot of starch in your beer. Instead, you need to make a very mini-mash (which will resemble steeping, but with less water). Get a good porridge-like consistency and hold that at 150-155F for 30 minutes to allow conversion. You can then put the mash in a strainer and rinse hot water (170F) over it to get a good extraction. This will let you have a less cloudy beer with more of that great Munich flavor that you are looking for.