

29A Fruit Beer

A harmonious marriage of fruit and beer,
but still recognizable as a beer.

The fruit character should be evident,
but in balance with the beer.

Yet not so forward to suggest an artificial product.

What exactly is a fruit?

- The culinary, not botanical, definition of fruit is used here – fleshy, seed-associated structures of plants that are sweet or sour, and edible in the raw state.
 - Pome fruit (apple, pear, quince)
 - Stone fruit (cherry, plum, peach, apricot, etc.)
 - Berries (any fruit with the word ‘berry’ in it)
 - Currants, citrus, figs, pomegranate, prickly pear, dried fruit (dates, prunes, raisins, etc.)
 - Tropical fruit (banana, pineapple, mango, guava, papaya, etc.)



What exactly isn't a fruit?

- Two surprises
 - Coconut and rhubarb
 - Both go into Spiced Beer category
- Just using fruit peels (citrus zest)
 - Also would be in Spiced Beer category
- Peppers, squash, cucumbers, tomatoes and all those other “technically” fruits
- Adding honey/maple/agave would turn it to 29C



What exactly is(n't) a beer?

- Any beer that isn't a Fruited Lambic or whose base would go into the American Wild Ale category
- So goeses and berliner weisses are a-okay.
- You must declare a base beer but it doesn't need to be a specific classic style
 - Stout instead of export/imperial/dry/etc



Common bases

- IPAs
 - Citrus or tropical, important to match hop flavors
- Blonde/Wheat
 - Berries, stone fruit, could go tropical
- Stouts and Porters
 - Raspberries and cherries
- Barley Wines
 - Dates and figs



Fruiting your beer

- Who
 - You
- What
 - Fruit
- Where/When
 - After primary fermentation is pretty standard, either in secondary or just add to primary fermenter
- Why
 - To impart fruit flavors that you find enjoyable
- How
 - Use 1-2 lbs per gallon and let it sit for a few weeks to a



Puree, fresh, frozen, or dried

- Fruit puree (from a can)

- Easiest method, just open up can and add to fermenter (expensive)

- Fresh

- Dice up, mash/puree, pasteurize (170F for 5 minutes)
 - Pectin concerns
- Soak whole fruit in water with sulfites or spray with Star San, add to sanitized bags, and then freeze/thaw a few times, smashing between cycles (recommended)



Puree, fresh, frozen, or dried

○ Frozen

- Still do a freeze thaw cycle to help get a better breakdown of the fruit.
- Usually washed well enough to not contaminate a finished beer.
- Quick dunk in Star San as before is good prevention for this.

○ Dried

- Add just enough water to cover and pasteurize at 170F for 5 minutes.



Getting the fruit in and the beer out

○ In:

- I make a crude funnel out of aluminum foil and put that into the carboy
 - Buckets are so much easier

○ Out:

- Use a hop sock or cheese cloth around your racking cane
 - Soak in Star San, use a small zip tie to keep it on

