



May 2, 2026

2026 OFFICIAL BIG BREW RECIPE

Monk's Ration Trappist-Style Single

Phil LaFleur of Loveland, Colorado, won a gold medal in Category 24: Belgian Ale in the 2023 National Homebrew Competition Final Round in San Diego. LaFleur's Trappist Single earned gold out of 114 entries.

Batch volume: 2.5 U.S. gal. (9.5 L)

Original gravity: 1.054 (13.3°P)

Final gravity: 1.012 (3.1°P)

Efficiency: 75%

Color: 4 SRM

Bitterness: 40 IBU

Alcohol: 5.6% by volume



INGREDIENTS

Malts & Adjuncts

- 4 lb. (1.81 kg) Root Shoot Pilsner malt
- 6 oz. (170 g) Cane sugar (in boil)
- 3 oz. (85 g) Briess Aromatic malt
- 2 oz. (57 g) Briess Carapils

Hops

- 0.35 oz. (10 g) Magnum, 12% a.a. @ 60 min
- 0.65 oz. (18 g) Czech Saaz, 3% a.a. @ 15 min
- 0.5 oz. (14 g) Czech Saaz, 3% a.a. @ 5 min

Yeast

- 1 pack Lallemand Abbaye

Water

- Ca 24 ppm, Mg 4 ppm, Na 16 ppm, Cl 40 ppm, SO4 40 ppm, HCO3 16 ppm

Additional Items

- ½ tablet Whirlfloc @ 5 min
- 1 tsp. Bentonite, in primary
- ¼ tsp. Gelatin, 2 days before bottling
- 3 oz. (85 g) Corn sugar at bottling

BREWING NOTES

Mash 40 min. at 122°F (50°C), 40 min. at 156°F (69°C), and 15 min. at 168°F (76°C). Boil 60 min., adding hops as indicated. Chill to 65°F (18°C), oxygenate 60 seconds, add bentonite, and pitch yeast. Conduct an open fermentation (foil loosely covering the top of the carboy) at 65°F (18°C) without temperature control. On day 5, replace foil cover with "brewloon lock." Bulk age in primary an additional 23 days. Bottle condition to 3.3 vol. (6.6 g/L) CO₂ with corn sugar.

Extract Version

Substitute 3 lb. (1.36 kg) of Pilsner malt extract syrup for the Pilsner malt, omit Carapils, and increase cane sugar to 8 oz (227 g). Steep the 3 oz. of crushed aromatic malt in 155°F (68°C) water for 30 minutes. Remove grains and add resulting wort to kettle. Dissolve extract and sugar in hot brewing liquor and add to kettle. Top up to desired preboil volume and proceed with boil as specified in all-grain recipe.



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