

# WHAT WOULD ST. ARNOLD BREW??

## Pilgrimage of Pints

### A little about Arnold of Metz:

According to the “Scriptora Rerum Merovingicarum”, a contemporary account of the life of Saint Arnold of Metz, Arnold married Dode, daughter of the Count of Bologne around 600 in Moselle in what was then known as Austrasia. They had many children including Clodulf (later St. Cloud) who also was Bishop of Metz. Another son, Ansegisel, produced a line of historical figures who shaped what is now France, including the great Charlemagne.

### The Breweries and their Beers:

A funny thing happened when we asked local brewers to participate in this first Pilgrimage of Pints: they kind of got into the whole thing. Read below and find how the breweries elaborate on the story and times of St. Arnold and how they have expressed that in beer.

### Bristol Brewing Company

To brew our Rye Saison, we needed to make do with the resources we had available to us, which was certainly common for brewers--and saints--in the Middle Ages. After all, encouraging the consumption of the beer you have on hand instead of the local, contaminated water supply is about as resourceful as it gets.

**The Arnold Rye Saison** - The Arnold is based on a Medieval style of rye ale that we fermented with Saison yeast to bring forth a refreshing beer that we'd drink in place of water any day. The Arnold greets your senses with a refreshing, fruity aroma that entices you to take a sip. Take the plunge and you'll taste caramel maltiness, with a fruity overlay from three types of saison yeasts. Rye malt contributes its usual spice character, while Belgian candi sugar keeps the Belgian vibe going.

7.1% ABV

### Fieldhouse

Arnold spent much of his life at court (before becoming a monastic recluse). The palace location along the Moselle River is on the trade route from the Persian spice regions so they would have had access and the financial means to purchase rare and coveted spices such as cardamom, coriander and pepper. King Theodebert II, (whom Arnold served at court) would have had good access to grain and skilled brewers.

**Dode's Delight** - a Cracked Pepper French Saison named after Arnold's wife. This beer will delight your taste buds with hints of pepper, cardamom spice and coriander. The

French saison yeast imparts a cloying fruitiness, and round mouthfeel that teases the palate. Dode and Arnold may have shared this beer in their love nest.

ABV 6.4%

### **Fossil**

An advisor to the Merovingian court and military commander of Austrasia, Arnoulf dealt with his fair share of vice, and beer served as a great means of debriefing. St Arnold would have brewed based on what was available, droughts and poor crop yields would have limited ingredients and beers like weisse beers would have had a common place.

**Merovingian Weisse** (Vice) is a play on pronunciation, but stays true to early beer simplicity. Wheat and pales malts with herbal and spicy hop notes combine with clove and banana, creating a refreshing beer for a warm day.

4.8% ABV and 20 IBUs

### **Gold Camp**

The story of Poor Clare and Saint Arnold: Poor Clare's is a Franciscan order of nuns dedicated to a life of poverty, prayer, and service to the poor. Founded by Clare of Assisi in 1212, she was inspired at age 18 by the preaching of St. Francis in the cathedral and ran away from home to pursue a life of holiness and service. Her influential and wealthy family wanted to take her back by force so the friars gave her the habit of a nun and spirited her away to a Benedictine monastery where she received her monastic formation. The Order of Saint Benedict dates back to AD 529, and the Benedictine monks (Trappists) were contemporary to St. Arnold's time inspiring this Belgian Dubbel. St. Arnold may have brewed this beer in his time.

**Poor Clare's Belgian Dubbel** - This beer is an ancient style created by Benedictine monks over the ages. It is a medium strength beer, darker in color, with medium body, notes of plum, raisin and dark fruits and rich malty sweetness. Enjoy and contemplate the generations and traditions that bring to this time and to this beer.

ABV 7%, IBU 22.4

### **Iron Bird**

While St. Arnold brews may have been a bit simpler, it's a good bet they would have had some tartness provided by wild yeast, some wood character from the holding vessel and would not have included hops. We like to think St. Arnold would have appreciated this brew if he were alive today. Honestly though, he'd probably drink IPAs.

**Crossed Fingers - Kettle Sour Saison** – Dark sour ale brewed with Belgian yeast and Lacto. We've brewed this hop-less beer with chamomile, orange peel, sour cherries, chocolate, and then aged it on oak spirals.

## Peaks N Pines

**Kein Weizen Marzen** - What would St Arnold Brew? Surely with his renowned beer savvy and commendable palate he would brew a fine German Marzen. In fact, Arney would select only the finest European grains and hops, and he would brew his batch as a tribute to the 500th Anniversary of Reinheitsgebot or the German Beer Purity Law which occurs on 23 April 2016. Even though his recipe would be designed with (Pilsner, Munich and Vienna) barley malt, hops (Tettngang), water and yeast (Weihenstephan), it would have maximum drinkability and a complexity only a fine lager could offer. St Arnold would share his Marzen with his friends and family and insist that it be drunk in the most relaxing circumstances.

ABV: 5.7 %

## Storybook

**Ora Et Labora** – (Prayer and labor) Combining contemplation or prayer with action is the necessary balance between prayer and work. When brewing beer and aging it in barrels there must be contemplation on what is to be the outcome of one's work as well as to the reason for such work.

**Ora Et Labora** is a specialty beer aged in a French oak Syrah barrel from the Winery at Holy Cross Abby. At first taste you get the flavors of the malted barley, wheat and honey as more complexity builds from the French oak and Syrah flavors. The organic fruit added after initial fermentation adds only a small tart to lightly soured taste.

7.4% ABV and 20 IBUs

## Ute Pass

St. Arnold would brew a Gruit Ale! Long before hops came into the beer brewing mix, gruit was the flavoring and bittering agent used for brewing beer. This old fashioned herb mixture, gruit was a combination of herbs commonly including sweet gale, mugwort, yarrow, ground ivy, horehound, and heather. With hops not being consistently available in abundance, we're pretty sure St. Arnold would be using herbs that were readily available, brewing up some spectacular Gruit Ale just like we did! "Don't drink water, drink beer!"

**Vesper Gruit Ale** - A folksy, herbal ale with a spicy finish. Hints of aromatic sage and molasses round

out this traditional brew.

ABV: 7.1%

## Triple S

**Arnuldator** – This is the drink monks made to last through the lenten fast. They couldn't eat, but they sure could drink! Early in the life of the Church it was common for monks at monasteries to fast during special times to focus more on prayer. While fasting meant one did not eat it did not mean one did not drink. Monks began to load anything and everything they could into beer (Remember, "Don't drink the water, drink the beer!"). The Doppelbock style is one result of this practice. What Would St Arnold Brew? Doppelbock!

**Arnuldator** is a Doppelbock in the classic style. Strong with malty notes of fresh bread and hop bittering in the background. Best served in a snifter.

8.4% ABV and 34 IBUs