



Four Fathers Brewing Company Ltd.
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The Recipe

Move Ukraine Pilsner with Sunflower Seeds

Recipe by Four Fathers Brewing Co. Ltd. (Canada)

This Recipe and label were developed with an emphasis on something more traditional in spirit but with respect to a crop that Ukraine is synonymous with, not to mention it is their national flower. The Sunflower has become the symbol of solidarity, resilience, resistance and the hope for peace and for the end of the war in Ukraine.

The label displays a yellow field of sunflowers under the Ukrainian blue skies which also remind us of the colors (colours) of the Ukrainian flag.

We wanted something clean yet nuanced, so we decided to create a strong styled Pilsner with the addition of Sunflower seeds. Please note that adding sunflower seeds is only a guideline. We encourage everyone to tweak this recipe (or entirely change it) to suit their ingredient availability, equipment specs, and customer needs.

Budmo (Cheers)!

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We use RO water and add Calcium Sulfate, Calcium Chloride and Sodium Bicarbonate. We kept the profile soft and clean and minimal.

Mash Temp (as best utilized with our system)

145- 55mins

156- 20 mins

170- 5 mins

Or Single Infusion 148 and let it ride.

Grain Bill

92% Pilsner Malt

8% Malted or Roasted Sunflower Seeds

Hop Schedule

Neutral Bittering Hop (or go Saaz all the way through!) -25-35 BU

Saaz @30 mins- 5-10 BU

Saaz @10 mins- 0-3 BU

Saaz@ 0 mins- 0-2

Yeast-Czech Lager or equivalent and follow the fermentation profile of the yeast and your equipment.