

**Double Helix Brewing Consulting, LLC**

Info@DHBrewingConsulting.com

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**Obtaining Yeast from Bottles Instructions**

1. Clean and sanitize (or sterilize) a jar and its lid (8oz mason jars work great).
2. Clean your working area with sanitizer or 70% ethanol.
3. Light an alcohol lamp or Bunsen burner and work in the clean area created by the updraft.
4. Decant beer from bottle into a glass carefully, trying not to disturb the dregs in the bottom, until ½" of beer remains in the bottle.
5. Swirl the bottle to break up the dregs.
6. Flame the bottle opening to sterilize it.
7. Pour the remainder of the bottle into the sanitized (or sterilized) jar and put on the lid.
8. Next, follow the plate culturing instructions to isolate a yeast strain.