

THE STORY OF GUINNESS

by Richie Mullaney

<http://naukabezgranic.pl/podcasty/ireland/>

Hello and welcome, this is Richie Mullaney from Learning Without Borders talking about Guinness! How privileged I am to tell you about my favourite beer.

Guinness was created by Arthur Guinness, born in 1725, he was the son of an ale maker, so his father made English beer and his uncle was the Archbishop of Dublin, so he was from a well-off family.

Now, he learned to make beer from his father, like his father before him, and so on. However, one night, Arthur was cooking his hops; hops are the fruit of the barley... When you are cooking hops, you brown them to make ale... unfortunately Arthur burnt his hops but he continued to make the beer anyway and once he finished brewing, the water, barley, hops and yeast came together to make the first Guinness Porter.

Now, when he tasted it, it was love at first sip! So, Arthur brought his beer to be tried by the English brew-makers, they thought it was disgusting, spat it out and gave it to the Irish peasants, or slaves, because the Irish, sure, they'll drink anything!

The people that tried it, loved it, and fueled by their enthusiasm and belief, plus £100 which he inherited from the Archbishop of Dublin when he died... and off he went to rent a derelict and broken down brewery, a place where you brew beer, and this was to become St. James' Gate Brewery, which is still the headquarters of Guinness today.

So, when Arthur signed the lease, for St. James' Gate Brewery, back in 1759 the English lords who ruled Dublin jokingly made him sign the lease for 9,000 years. I guess the joke is on the English now!

Arthur went on to make his beer, brewing out of Dublin in Ireland's capital city and Guinness became the standard drink for any Irish person to drink; it was fashionable, it was cheap, it was good for you!

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Well, when I say 'Guinness is good for you,' that's something I could get in trouble for ...but it is naturally good for you! It's high in fiber and iron, and for quite a long time pregnant women, for the last three months of their pregnancy, would enjoy a glass of Guinness every day, to ensure their fiber and iron content was high, so they would deliver a strong, healthy baby!

With Guinness so high in iron, even building companies and ship building companies would pay for Guinness to be served at lunch; again high in iron. Also, quite low in calories at only 198cal per pint.

But apart from the funny, natural health benefits, Guinness has an extremely strong standing point culturally in Ireland.

Indeed, we say 'If it wasn't Guinness, we Irish would never have had the bravery to defeat the British.' Another thing you will notice is on the Guinness glass, you will see the Irish Harp, which is our symbol for freedom and our country's symbol.

Lastly, but most important is how to pour a pint of Guinness, because we pour it differently to other beers like Lech, Tyskie, Carlsberg or Heineken.

Step 1: You take a glass, hold it under the tap at a 45' angle and pull the tap full towards you, allowing the beer to flow fully into the glass. Keeping the glass at an angle, wait until the liquid reaches the harp symbol, and turn the tap off.

Step 2: Place the glass on the bar and allow the Guinness to settle. This is where the nitrogen gas inside the beer begins to expand, creating a dark liquid which you know as Guinness. When its settling it's a cascading brown to which there's a reverse waterfall effect; this is where the gas surges up through the middle of the beer, which drags the gas around the side of the beer downwards.

Step 3: Once the liquid has settled, take the glass again back to the tap and hold it directly (no angle) under the tap, and top up the beer till the smooth, creamy head creates a dome over the rim of the glass. Return the glass to the bar and wait for the Guinness to finish its second settling process.

Take the glass, raise it to your lips and enjoy, Sláinte!

Note: This is spoken English and spoken grammar, the script reflects the story telling style.