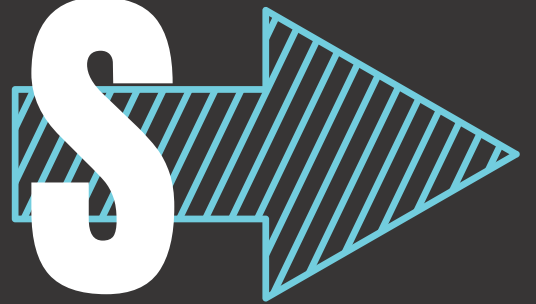




BUSTING KVEIK MYTHS



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INTRODUCTION

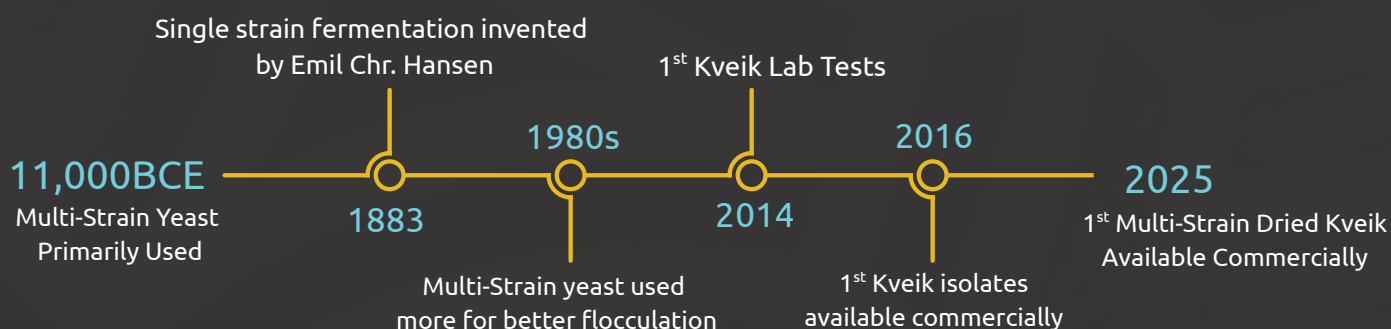
Kveik yeasts burst onto the brewing scene in 2014 and have since become popular worldwide, but many brewers still hold back from trying them out. Much of the skepticism comes from myths about kveik that have taken root in the brewing community, despite having little to no basis in fact.

Here we use scientific studies and research data to clear up the most persistent of these myths.



MULTI-STRAIN DRY YEAST

The evolution of brewer's yeast



Flocculation

Flocculation is affected:
Some ale breweries stuck to multistrain fermentation into the 1980s because their yeasts would not flocculate if they were isolated into single strains. There is anecdotal evidence indicating kveik also flocculates better as a complete culture than as single strains.



Esters

There is evidence that the ester profile from complete cultures is more complex than that of single strains. Researchers have hypothesized that the community of strains in a culture support each other, with some producing compounds that other strains need. What is certain is that multistrain fermentation is the environment that these strains evolved in.

MYTH

| 04

“Kveik is a Wild Yeast”

kveik belongs to the normal ale yeast species *Saccharomyces cerevisiae*.

A yeast is considered domesticated if it has been used in human-managed fermentations for so long that it has adapted to them to the point where it has compromised its ability to survive in nature.

Kveik, like the super-domesticated Beer 1 yeasts, are not phenolic, another strong indicator that they are domesticated. The reason they are not phenolic is that the two genes necessary to produce the phenolic aroma, PADI and FDC1, have been destroyed by mutations, just like in the Beer 1 yeasts.

Beer 1

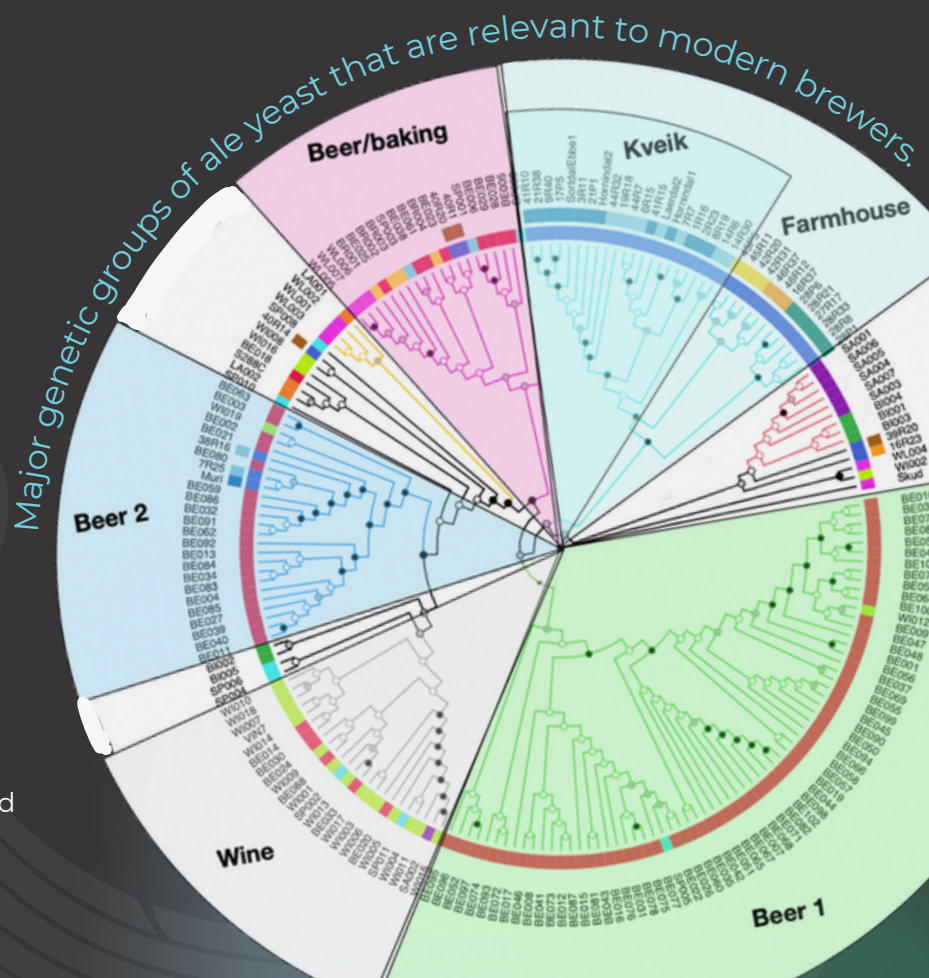
Contains most of the yeast modern brewers use today, including yeasts like US-05, Nottingham, S-04, and so on. These yeasts are highly domesticated, to the point that they can only survive in very specific brewery conditions. They are not phenolic.

Beer 2

Lightly domesticated, Mostly phenolic. Belgian, Saison & unusual English ale belong here.

Farmhouse

A large family of domesticated brewing yeast, divided into geographic subgroups. It consists of kveik from western Norway, gong and berm from Eastern Norway Plus Latvian and lithuanian varieties



MYTH

“Kveik is Diastatic”

A 2019 study identified the DNA that makes yeast diastatic and developed a simple PCR test for diastatic yeast. The researchers then tested a large range of yeast, and only found two types of diastatic yeast: Belgian saison yeast and a type of yeast isolated from the gut of people in French Guiana. A new paper from 2025 dived deeper into the issue and found that diastatic yeast is common in South America, among wild yeast there, and also chicha yeast. In fact, the genetics suggest that the *STA1* gene first arose in South America. How did the *STA1* gene make its way from South America and into Belgian saison yeast? So far, nobody knows.

➡ Kveik does not have the *STA1* gene, and typically has an attenuation of 70-80%, unlike saison yeast, which typically attenuates 95-100%.



MYTH 3

“Kveik Contains Bacteria”

This is not entirely false depending on the origin of your Kveik, but still a myth. The original kveik cultures all come from farmhouse brewers in Western Norway, and before 2014, none of the cultures had ever been inside a lab. In theory, these cultures could have contained anything. Actual analyses by yeast labs did find bacteria in some of the cultures, and in a few cases also unwanted species of yeast, like *Pichia*. In most cultures, there was no sign of bacteria, but it's still true that if you were to get kveik directly from one of the farmhouse brewers, you might get a culture that contains bacteria.



A 2021 study fermented NEIPAs with four different commercial kveiks and found no detectable lactic acid or acetic acid in any of the finished beers

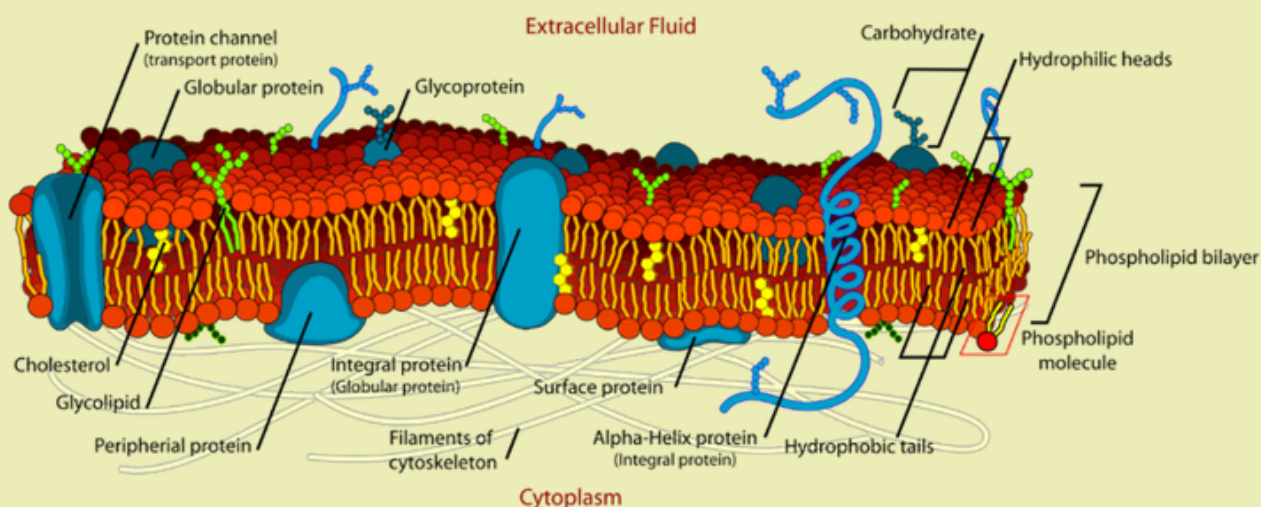


MYTH



“Hot Ferments are Bad”

A 2022 study showed that when used at high temperatures, kveik produces trehalose. Trehalose sticks to the cell membrane and stabilizes it, so it can withstand higher temperatures, and trehalose has a similar effect on other structures inside the cell. Kveik also has a mutation in the AGT3 gene that enables it to pump trehalose out of the cell, so that it gets a double coating of trehalose on both sides of the cell membrane. This means that while Beer 1 yeasts are stressed by temperatures around 37°C, kveik is much less so, because it has mechanisms to handle the heat without the traditional off flavours conventional single strain brewing yeasts would produce.



Drawing of the cell membrane, showing how it consists of two layers of lipids (red “head” with yellow “legs”). What holds the membrane together is that the “head” is attracted by water and the “legs” are repelled by water. The membrane, in other words, is not very strong.

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What are you brewing?

Choose a beer style and find a suitable yeast.
Check out our **Yeast Selector!**



Advantages with Multi-Strain Kveik



Fast fermentation

Faster turnaround improves production efficiency and cash flow



Wide temperature range

Performs reliably across a broad temperature spectrum (typically ~15–40°C / 54–104°F)



Cost savings

Reduced cooling gives lower energy consumption

Strong biotransformation boosts hop aroma efficiency, reducing hop usage and higher yield per batch



Natural flavors

Natural yeast communities create layered ester profiles, and produces clean fermentations even at elevated temperatures



Strong biotransformation

Enhances hop aroma through enzymatic interaction during fermentation

**Brew great beer while
reducing production costs**

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We make beer taste better

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