

"When we are matching beer and food, the most important thing we're looking for is balance. We want the beer and food to engage in a lively dance, not a football tackle."

– Garrett Oliver, author of
The Brewmaster's Table

PAIRING PRINCIPLES

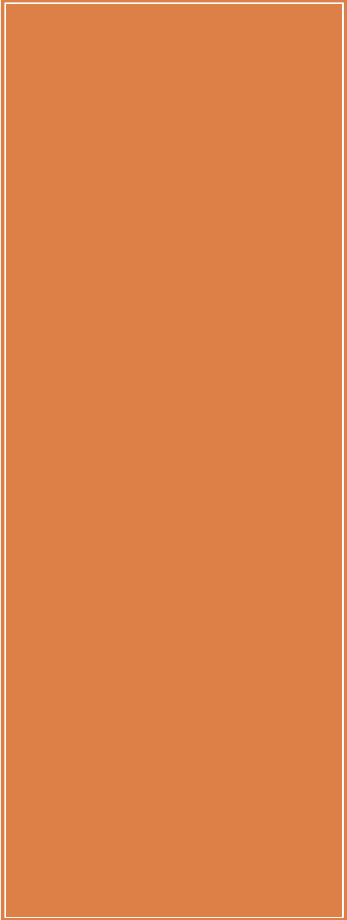
"Oh, the places you will go!"

Versatility of Beer



- Beer's broad range of flavors, aromas and textures makes it a perfect match for nearly any kind of food, from handmade sausages to the most luxurious gourmet dishes.
- Choosing beers and foods that enhance one another requires paying attention to the gustatory qualities of each.

Primary Factors in Pairing Beer

- 
- ❑ Style of Beer
 - ❑ Aroma and Taste
 - ❑ Weight and Impact
 - ❑ Carbonation
 - ❑ Bright and Dark
 - ❑ Bitterness
 - ❑ Malt – sweetness and Caramelization
 - ❑ Malt - Roast

A Few Pairing Principals

- ❑ Match weight
- ❑ Look for harmonizing flavors
- ❑ Specific characteristics of food and beer interact with each other in predictable ways.
- ❑ Contrast and complement
 - ▣ Remember: Sweet, Sour, Bitter, Umami and Salt
 - ▣ Richness and intensity
 - ▣ Piquant and Spice

Match strength with strength.

- It is simply common sense that delicate dishes work best with delicate beers.
- It is equally true that strongly-flavored foods demand assertive beers.
 - ▣ With beer, flavor intensity involves a variety of qualities such as alcoholic strength, malt character, hop bitterness, sweetness, richness and roast.

Find harmony

- Combinations often work best when food and beverage share some common flavor or aroma elements.
- ▣ The nutty flavor of an English-style brown ale and a handmade cheddar cheese; the deep, roasted flavors of an imperial stout and chocolate truffles; and the rich, caramel flavors of an Oktoberfest lager and roasted pork are all examples of this.

Look to classic cuisines

- The cuisines of beer-drinking countries offer many traditional beer and food combinations.
- Schnitzel with pale lager may be obvious, but who would have thought to put stout together with oysters?
 - ▣ Classic matches like this can be a touchstone to other great pairings

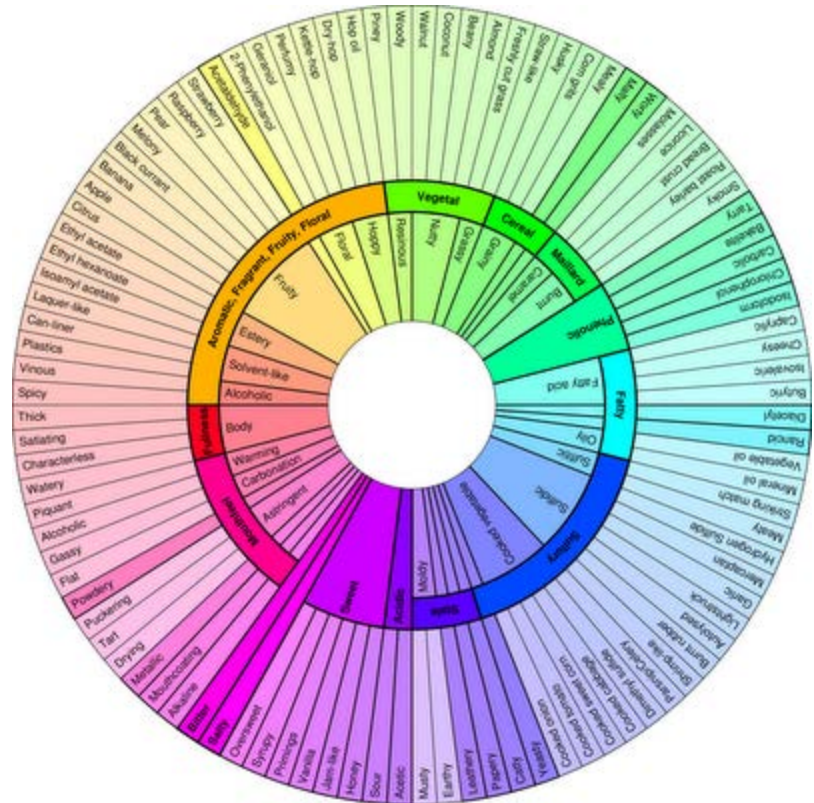
Contrast and complement



- All beer and food combinations should involve both of these principles.
- Some pairings will be more dependent on contrast, others on complementary flavors.
- All should strive for some kind of balance.

Beer Tastes

- ☐ Sour
- ☐ Sweet
- ☐ Salty
- ☐ Bitter
- ☐ Mouthfeel (Texture)
- ☐ Fullness
- ☐ Carbonation



Interaction of Beer and Food Elements

- **Salt**
- Salt flavors in food counters acidic flavors in beer—sour or wild ales become less acidic with salty foods.
 - A few examples of sour beers include, Berliner Weiss, Gueze, Lambic, Flanders Red & Brown, and many "wild" beers.

Interaction of Beer and Food Elements

- **Acidity**
- Acidity exists to a certain extent in all food dishes, especially tomato dishes and many salad dressings.
- When you match acidic food with acidic beer, they nullify each other and only mute the acidity tasted.
 - ▣ This is desirable and helps enhance the enjoyment of both the dish and the beer.

Interaction of Beer and Food Elements

- **Sweetness**
- Sweetness in either food or beer paired with an acidic counterpart increases the acidity. The more acidic the dish...
- Avoid pairing sweet and acidic flavors
- The sweeter the Beer, the sweeter the dish should be

Interaction of Beer and Food Elements

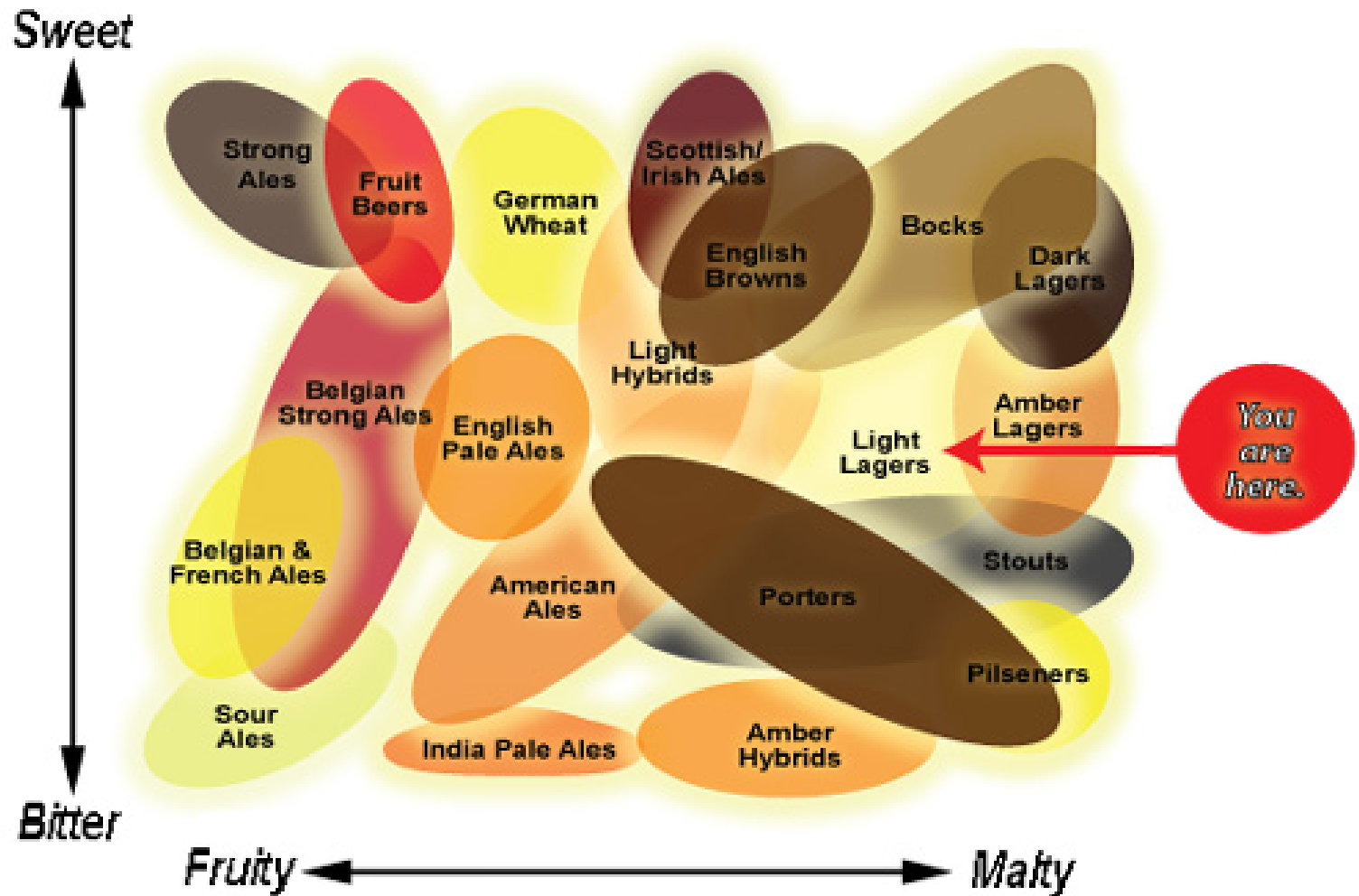
- **Fat**
- Acidic beverages do cut fat and that help the palate sense more of the flavors from a fatty, rich or dense dish.
- Craft beers, which tend to be more bitter than mass produced lagers, work well with dishes on the richer side.

Interaction of Beer and Food Elements

□ **Spice and Piquant**

- Heat intensifies alcohol, and as the alcohol penetrates your tongue and lips it acts like a solvent which opens up your senses even more to the heat!
- The higher the ABV the more you'll notice this effect.
 - ▣ Go ahead, try a 12% ABV red wine with spicy salsa compared to a 5% ABV brown ale.

Tasting Beer



Beer Aroma

Aroma is the important attribute in beer.

- ❑ **Aromatic, Fragrant, Fruity, Floral**
- ❑ **Resinous, Nutty, Green, Grassy**
- ❑ **Cereal, Oat,**
- ❑ **Caramelized, Roasted**

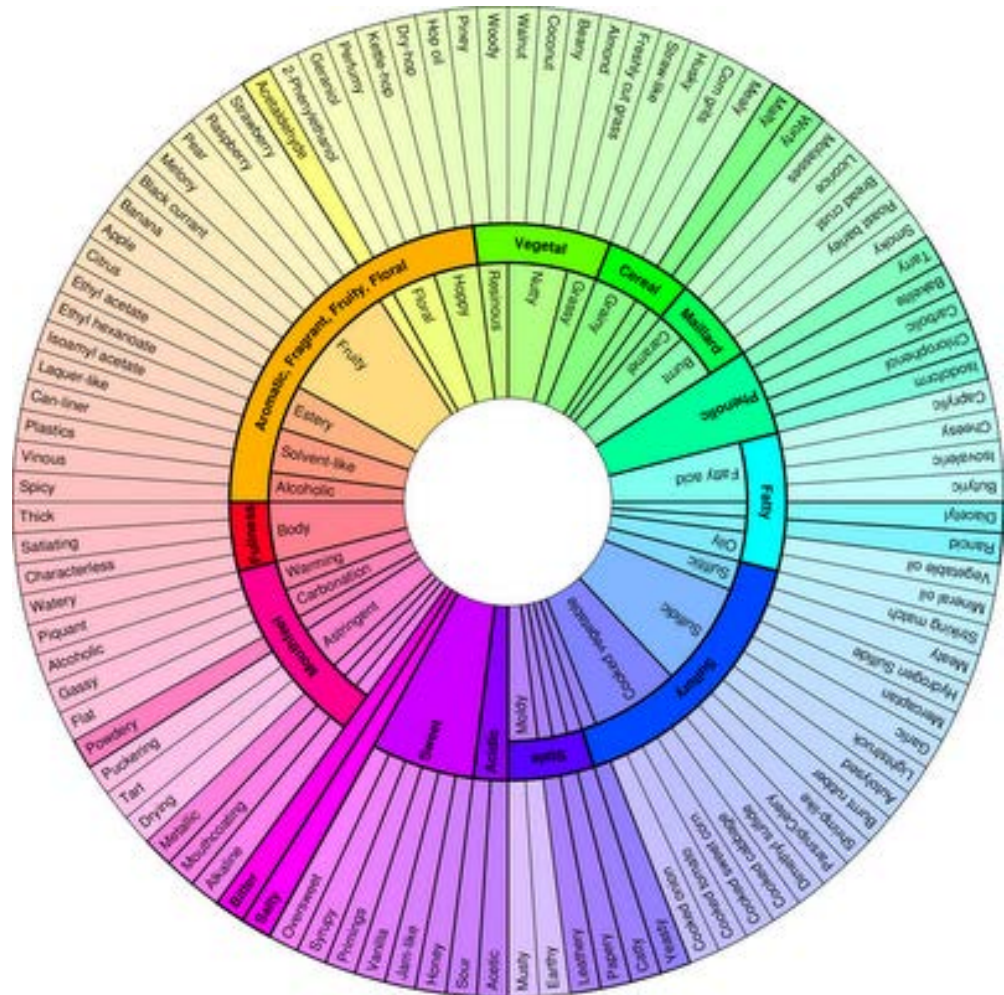
Beer Aroma

The aromatics
of fine beer
are virtually
infinite

- Aromas range widely
 - ▣ Floral (Pilsner)
 - ▣ Ripe fruity (English pale)
 - ▣ Citrusy (Wheat beer)
 - ▣ Hoppy (IPA)
 - ▣ Banana and/ or clove (Weissbier)
 - ▣ Malty (double bock)
 - ▣ Chocolate (porters)
 - ▣ Raisin (Belgian Double)

Beer flavors and Aromas

- Malt
- Hops
- Yeasts
- Adjuncts



Carbonation

There are many different levels of carbonation in beer

- Carbonation gives beer a refreshing lift, concentrates bitterness and acidity
- Carbonation lifts aromas
- Scrubbing bubbles
 - ▣ Many foods that can be tricky for wine are easily paired with Beer
 - Eggs, Cheese, chocolate

Levels of Carbonation

Carbonation
as measured
in Volumes of
CO₂

□ British-style ales	1.5 – 2.0
□ Porter, stout	1.7 - 2.3
□ Belgian ales	1.9 - 2.4
□ European lagers	2.2 - 2.7
□ American ales & lagers	2.2 - 2.7
□ Lambic	2.4 - 2.8
□ Fruit lambic	3.0 - 4.5
□ German wheat beer	3.3 - 4.5

Bright and Dark

- Brightness refers to a dry briskness on the Palette
- Involves acidity
- Brightness also refers to hops
 - ▣ Cascade is prized for it's aroma which has a distinctive pine needle and grapefruit aroma
- A bright fresh beer would be a good foil to Thai, Indian or Mexican foods

Bright and Dark

- Darkness refers to the roasted flavors such as chocolate, toffee, caramel and coffee
- Dark roasted flavors pair well with sweet spices
- A dark beer can bring out and marry well with dark earthy flavors – think mushrooms
- Remember! Don't confuse dark flavors for dark beer – although most dark beers will in fact have dark flavors – in fact many lighter beers will have dark earthy elements

Bitterness

- Bitterness in beer = Tannin in wine
- The bitterness of the hops balances the sweetness of the malt
- Just as you wouldn't serve a big tannic wine with a delicately flavored dish – you wouldn't want to serve an overly hoppy beer
- Darkly roasted malts can add their own bitterness



A General IBU Guide

American Light Lager	8-12 IBU
English bitter	30-40 IBU
India Pale Ale (IPA)	60-80 IBU
Double or Imperial IPA	80-100 IBU
Barleywine	70-100 IBU
Stout	30-50 IBU
Scottish Ale	10-20 IBU
Porter	20-40 IBU

Bitterness

Bitterness in beer is measured in IBU (International Bitterness Units)

* Bitterness is generally perceptible at 20 IBU

Bitterness

- Bitterness whets the appetite – think aperitif
- Well hopped beers can cut through fatty dishes
 - ▣ Rich sauces
 - ▣ Smoked salmon and fish
 - ▣ Sausages
 - ▣ Oily fish
 - ▣ Grilled steak

Hop Flavor

- Be careful, hops may intensify spices and heat.
 - ▣ A good rule of thumb is to pair malt forward beers with spicy foods and hop forward beers with rich or fatty foods.
- What hops bring to the tasting party depends on when they were added to the batch of beer and the type of hop used.
- Often when there are similarities in flavors you are on your way to complementary pairings that sing success and resonance and the whole becomes better than the parts.

Malt, Sweetness and Caramel

- Barley Malt is the fundamental building block of beer
- Malty beers tend to be full-bodied and weighty
- The corollary to malt is sweetness
- Just as in wine there can be residual sugar in beer
- The perception of sweetness in beer is largely effected by the level of bitterness
 - ▣ *level of carbonation can also be a big factor

The Maillard Reaction

- Maillard : /maɪˈjɑr/ my-YAR) is a form of nonenzymatic browning. It results from a chemical reaction between an amino acid and a reducing sugar, usually requiring heat.
- Vitally important in the preparation or presentation of many types of food, it is named after chemist Louis-Camille Maillard.
- The browning of a steak, toasting of barley

Caramelization and Maillard

- Grilled, roasted and seared foods all benefit from the maillard reaction
- Caramel and roasted malts have a natural affinity and flavors that link to these styles of cooking
- ▣ Roasted duck, Grilled steak, Roast Chicken, roasted vegetables, caramelized onions, the list goes on ... all love the malty caramel of beer

Sweetness

- Many beers have a moderate level of sweetness on palate which helps to pair with sweeter foods
- Many Asian dishes – Phad thai for example is made using sugar and benefits from a pairing of a slightly sweeter beer like a german weissbier

Roast

- Many beers with darkly roasted malts can be described as having chocolate, coffee or toffee flavors
- It is not a stretch then to think that a darkly roasted beer can pair easily to a chocolate desert?
- These flavors also lend themselves to salty dishes
 - ▣ Proscuitto, ham, oysters?

Beer Flavors and Food: Interactions

Beer Flavor	Interaction	Food
Hop Bitterness Roasted Malt Carbonation Alcohol	Balances	Sweetness Richness (fat)
Sweetness Maltiness	Balances	Spiciness (chili heat) Acidity
Hop Bitterness	Emphasizes	Spiciness (chili heat)

Pairing Pilsner

“Pilsners work well with many different foods because they are dry-bitter and cut right through to let the food do the talking.” - Garret Oliver,

Brewmaster's Table

- ❑ Pilsners are a study in purity, simplicity, and cleanliness of flavor
- ❑ Bracing, palate cleansing, and bright floral aromatics
- ❑ Refreshing high level of carbonation
- ❑ Think of Pilsner as un-oaked chardonnay or sauvignon blanc

Pairing Pilsner

- Pilsner is made for seafood
 - ▣ Fried Calamari
 - ▣ Shellfish, lobster, crab
 - ▣ Caviar
 - ▣ Fish and chips!
- Fresh cheese
- Spicy Mexican and Thai food
- Sausage, brats, hot dogs!
- Grilled cheese

Vienna Lager

- Vienna lager was developed by brewer Anton Dreher in Vienna in 1841.
 - ▣ Austrian brewers who emigrated to Mexico in the late 19th century took the style with them.
- Vienna lager is a reddish-brown or copper-colored beer with medium body and slight malt sweetness.
- The malt aroma and flavor may have a toasted character
- Bohemia and Dos XX are well known Vienna Lager's

Pairing Vienna Lager

- ❑ Heavier Chicken dishes
- ❑ Goulash and Paprikash
- ❑ Pork dishes – Schnitzle, BBQ Ribs
- ❑ Mexican food - Chicken Enchiladas en Mole
- ❑ Pretzles and Mustard
- ❑ Firm Cheeses

Bock

- Bock is a strong lager of German origin.
- Several sub-styles exist, including maibock or helles bock, a paler, more hopped version generally made for consumption at spring festivals
- Doppelbock, a stronger and maltier version
- Eisbock, a much stronger version made by partially freezing the beer and removing the water ice that forms.

Pairing Bock

- ❑ Tricky ingredients like pickles can have devastating effects on wine - bock is the answer
- ❑ Strong dishes such as Pate or foie gras need a pungent wine like sauternes
- ❑ Bocks can be Madiera like or layered with lemon and clove
- ❑ Charcuterie of all sorts- cured meats
- ❑ Pastrami, corned beef, salami,

Wheat Beer

- Wheat beer is a beer that is brewed with a large proportion of wheat in addition to malted barley.
- Wheat beers are usually top-fermented (as required by law in Germany).
- The main varieties are Weissbier, Witbier, and the sour varieties, such as Lambic, Berliner Weisse and Gose.

India Pale Ale

- India Pale Ale or IPA is a style of pale ale developed in England for export to India. The first known use of the expression "India pale ale" is in an advertisement in the *Liverpool Mercury* of January 30, 1835.
- IPA fell out of favor until the early nineteen eighties
- It was pioneering craft brewers like Bert Grant that reinvigorated the style

IPA

- Not surprisingly IPA plays well with Indian cuisine
 - ▣ Think of IPA as a NZ Sauvignon Blanc
- IPA has enough power to cut through any tikka masala
- Grilled meats, sausages
- Jambalaya and Cajun food
- Cream cheesy sauces – alfredo, gorgonzola, carbonara

Barley Wine

- Barley Wine is a beer style of strong ale originating in England. (9- 12% ABV)
 - ▣ The first beer to be marketed as Barley Wine was Bass No. 1 Ale
- This is beer's answer to Port
- Strong cheese
- Chocolate
- Cuban cigars

- "Remember when pairing beer and food that the object is not to improve either component in the equation, but rather create a whole that is itself greater than the sum of its parts. It's not science; it's pure hedonistic pleasure!"
 - Stephen Beaumont, World of Beer.com