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BEER AND FOOD: SPECIFIC INTERACTIONS Beer Flavor Interaction Food **Hop Bitterness Sweetness Roasted Malt** Richness **Balances** (fat) Carbonation Umami Alcohol **Spiciness Sweetness** (chili heat) **Balances Maltiness** Acidity Spiciness (chili heat) **Hop Bitterness Emphasizes**



Beers with more mouthfeel are those that skew more towards solid. "Currently, a fun project has been taking our blueberry wheat beer and tweaking the recipe by adding a lot of oats for a velvety texture, biscuit malt and additional caramel 80 to create our first blueberry pancake beer," Kreinheder says. The lighter, less malty, higher carbonation and lighter mouthfeel lends to similar lighter, soft and delicate food styles." Peter Kreinheder, the founder of Ellicottville Brewing, knows the importance of pairing to be a relationship based on complement, contrast, avoiding overpowering, or rule-breaking. As a general rule of thumb, beers with higher IBUs will be more bitter, but there are tons of variables that go into the final taste and there are bound to be exceptions. Peter Kreinheder is a brewer who believes "I drink what I like when I like." His choice of beer to drink "is most often influenced by my mood rather than any favorite style or pretentious gastro opinion." Yet, when it comes to pairing beer with food, Kreinheder, the founder and owner of Ellicottville Brewing Company in Ellicottville, New York, is more disciplined. Lightness has also become a commercial term used to describe caloric content and it's no coincidence. We created a Blueberry Maple Pancake beer, and it is delicious. I don't care for the sweet tart sours that have hit the market." Ellicottville Brewing believes this breakfast plate is the perfect complement to its Blueberry Maple... Good. It's one thing to spring for "like with like," but something else to pit two opposing flavors against each other (and make it work). Bitterness: Measured in International Bitterness Units (IBUs), bitterness refers to a sharp taste, generally lacking in sweetness. Delicious melted Gruyère. What I found was, well, an overwhelming amount of information to weed through. Whether that means carefully matching flavors or opting for opposites, But at the same time, don't forget to experiment (see below for more). Now that you've got some of the basics under your belt, read on for a crash course in pairing with food. It may not be a match made in heaven, but it'll get you by in a pinch. Pair with a mildly malty, dark, English Fuggle-hopped brown ale with soft caramel notes and roast aroma from Special B malt." Stouts: "Big stouts, such as our chocolate Cherry Bomb, have the flavor of your grandmother's chocolate cherry cordial. Often when we are drinking sours, we are not dining. Play it Safe--Avoid Overpowering Your Pairings But what about those times when you've plated up dinner, only to discover that you've got nothing but a half-finished 6-pack of some less-than-ideal beer? We're out with the boys on a banger. Although, if you choose a mild gose, it is delicious with fresh fish. Does anyone actually even know what hoppy beer tastes like? So, to take a stab at it, a grilled fresh red snapper with pineapple mango cilantro salsa would pair very well. Mmm. "The more meaty, malty and robust, the more full flavor and comforting is the food pairing. If you're finding yourself asking some of these guestions, enjoy a quick primer before taking a deeper dive into pairing. Some Vocabulary For Beer and Food Pairings Photo courtesy of Springdale All too often, craft beer afficionados will throw around jargon which leaves even the most well-studied among us blank-faced and head-scratching. Know Your Goals When Pairing Photo courtesy of Springdale Without having a clear idea of what you're looking to achieve, how can you expect to make informed pairing decisions? Ultimately, Volk was full of encouragement for the would-be pairer, noting that "some of the best experiences we've ever had have come from working with great chefs, like [Hoof Hearted Brewery's] own Justin Wotring, either bending, or eschewing the "rules" altogether in hopes of achieving something a little more than your obligatory Roast Duck with Westmalle 8." Liked this article? Hoof Hearted's Brayden Volk emphasizes that "there's been ample experimentation that backs up most of the hard and fast recommendations" and that "matching the weight of the meal with the body of the beer" or "amplifying flavor components of the dish with complementary flavors in beer" would "serve to enhance what could otherwise have been a fairly banal Monday night dinner." In other words, people have been eating and drinking for a long time, and there's good reason to get your food and drink to cooperate (it tends to work). It's similar to an acidic sauvignon blanc that cuts through a rich cream sauce." Seasonal dinners at Kreinheder's brew pubs present his chefs with the best opportunities to pair seasonal foods with seasonal foods with seasonal beers, Kreinheder says. Ellicottville Brewing Brown Ales: "They go with shepherd's pie — rich, warm puff pastry filled with roasted root vegetables, sautéed veal and onion and velvety mashed potatoes combined with melted cheddar cheese. Hops: Hops refer to the flower from the female hops plant used to brew beer. When in doubt, Mo Bentley suggests keeping a stock of fan-favorites like Jacks Abby's Post Shift Pilsner, a beer she says "can be used as a batter for fish and chips," but is also one that goes well with "breads and creamy risottos" and "can be great on its own." With something on the milder side like a lager or a pilsner, you're less likely to create an offensive combination. In the end, they'll not always pan out, but when they do--enjoy the satisfaction of having discovered something wholly your own. You know your palate best, so don't be afraid to get risky or take chances. Still with me? Actually, we make pancakes with Sprague's blueberry pancake mix and our beer and drizzle with Sprague's maple syrup. In order to make sense of all the noise, I asked Mo Bentley of Springdale Beer Co. along with Brayden Volk from Hoof Hearted Brewing for their take on how to approach pairing beer with food. Light and refreshing weissbier takes on big carbs and rich dairy in a way that is satisfying and fulfilling. But, when that regular at the bar refers to a beer as "hoppy," they mean that they can more clearly taste the hops of the beer (i.e., typically it's more bitter). As they say, necessity is the mother of all invention. Possibly, it is the fruity unfiltered yeast flavor and citrus that help counter the full flavor of cheese, meat and potato. When All Else Fails, Break the Rules Photo courtesy of Hoof Hearted Having acknowledged the place for principle in pairing beer with food, Volk also had this to say: "To those who really like to get down, just remember that rules are meant to be broken. "Beer pairing with food at three Western New York locations, including the flagship Ellicottville location about an hour's drive south of Buffalo. Mouthfeel: Think of the tactile sensation you experience in your mouth when drinking a beer. Beers with more of a discernable malt presence include stouts, porters, and brown ales. (After all, you're reading a pairing guide for a reason.) Have some direction when choosing food and booze, otherwise you're apt to lose sight of the end result. Complement the Food With Your Beer Photo courtesy of Hoof Hearted For the most part, this one's pretty intuitive. Consider grilled grouper with roasted cherry tomatoes sautéed with good olive oil and fresh garlic. For example, Mo Bentley suggests that "if you're going with seafood or something spicy, or generally lighter food like chicken, you're gonna want to go for a lighter leers with less body to them will keep you from overwhelming something milder like chicken or fish. However, I would first research what pairs with humulinones (products formed by the oxidation of hops acids). New England IPAs are not perceived as bitter, because they have a high concentration of humulinones. The best course of action may be to forgo conventional wisdom in favor of something novel. "Possibly, the Irish are akin to this pairing due to their seaside living," Kreinheder says. A sort of dummy's guide to beer pairing, if you will. Ellicottville Brewing Those guidelines go out the window, though, when a fresh-shucked oyster is served and a "classic dry stout" is poured. So, when choosing what brew to accompany your food, there are several guiding principles to keep in mind. They can be blended into a rich Belgian chocolate mousse and layered between chunks of gooey brownie, drizzled with good, aged bada-bing bar cherry juice and a dollop of whipped cream. Conversely, Bentley says that "dark beers pair well with smoked meats and stout brownie mixes. When going for this option, be sure to pick out a strong flavor you wish to highlight, because that'll be what gets most of the spotlight. Think of beers that'll boost the food's flavor rather than overpower it. In contrast to hops, which can add an element of bitterness to beer, malt is often sweeter. These beers "have become universally appropriate with most common meals. (Some of it helpful, and some of it--err, less so). Given the lingering quarantine, Mo Bentley's noticed that "people are tending to be a little more experimental with what they're bound to make some bolder pairing decisions. Besides, sometimes, "not standing out" is just enough to get by. What follows are the fruits of my labors. Now that's a pairing!" "The distinguishable salty flavor of a fresh oyster brings the taste home with a delicious pint of dry stout." Here are some of Kreinheder's other pairing hints: Pale Ales. As a result, a beer's color and mouthfeel are influenced largely by its malt content. Want to level up your dining experience with a choice brew but struggle with where to start? Even if you're not shooting for a perfect match, you want to be sure you're not alone. The fruity olfactory aromas of the New England IPAs mesh with light snapper and fruit salsa." Sours: "This is another difficult foodie pairing. I'll confess, I make no claims to pairing expertise. Malt: Malted grains comprise the backbone of most of the beer we drink. Above all else, it's helpful to know your goals. That being said, it's critical that they're strong enough to stand up to your pairing-pick something that's too mild and it'll get lost. Most lighter beers are lower in alcohol content-think pilsners or lightly tart ales. Dark: As you might expect, dark beers typically have an opaque brown or black coloring which corresponds to their richness and weight. Determined to add some intention to my decisions, I trawled the internet for a couple of foundational principles to get me started. You're looking for harmony-just like music, you'll notice when something's off-key. Sign up for our newsletter to get the best craft beer writing on the web delivered straight to your inbox. Often, darker beers have thicker consistencies owing to the malt used in the brewing process. What does it mean for a beer to have body? In contrast to their lighter counterparts, dark beers also have higher ABV's and calorie contents (most of the time). Though, to be clear hops impart a variety of flavors beyond bitter (fruity, funky, dank, earthy, etc.). "At our location at the foothills of the Allegheny National Forest, we collaborated with one of New York State's finest maple syrup producers, Sprague's Maple Farms. When Pairing Food, Opposites Attract Contrasting your beer with particular foods. IPAs and Pale Ales typically have the most notable hop characteristics in modern beer. That said, there are plenty of offerings out there with ABV's in the neighborhood of 5%. Bentley suggests pairing a "fatty seafood dish with a hoppy IPA" because the "beer will cut through the fat," providing "balance to the hops' bitterness." Where these flavors might be too much on their own, exploiting their differences allows you to make them manageable. Hops can add an element of bitterness to beer which helps to balance out the sweetness of the grain. The bubbly, slightly sour beer complements these light, savory flavors. The slight caramel flavor, mild hop flavor and bitterness allow the pale ale to pair with burgers, pizza, fish and chips, hot dogs, BBQ, etcetera." IPAs. "IPAs with big IBUs (International Bitterness Units) lend to Indian and Bemus Point and has a production facility in Little Valley that is scheduled to open to the public as a pub and a pizzeria in July. [+] Pancake beer. Because something is in print from your favorite aficionado does not mean there's a lack of alternative routes you can take to land yourself in Flavortown v2." Yep, as luck would have it, sometimes the best way forward is to disregard everything (including the above guidelines) and forge anew. In contrast, beers with less mouthfeel are often gentler, with a less-defined sipping sensation. Light: It varies depending on who you ask, but light beers are generally those with a more amber coloring, a milder flavor, and a crisp and refreshing feel. Yum!" Weissbier: "What do the Swiss indulge in? The abundant spice from classic hops pairs perfectly with cumin, ginger, soy, sesame and curry." New England IPAs. "I really haven't had the opportunity to experience a food pairing with this new style.

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