

Everyday Dining with Beer



America's Beer
Distributors

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There are more than **13,000 labels of beer** available in the U.S. today, thanks to the American system of state-based alcohol regulation. **America's 3,300 independent beer distributors** are proud to be part of this effective system that generates so much excitement.



Within this time-tested system, licensed beer distributors help create a **level playing field for brewers of all sizes**, so they can have access to market and their vast variety of beer can be sold by a wide range of licensed retailers. Consumers benefit by having selections from brewers large and small, domestic and international, all on the same store shelf, restaurant list and bar tap.

Why not take advantage of the **countless style, flavors of beer** by trying them in your favorite recipes? Beer can add a distinctive flavor to your favorite food by substituting for wine or water.

Lighter beers, such as pale ales and lagers, will thin batters and are delicious in bread and pancake recipes. Or try steaming shellfish, mussels or shrimp in beer instead of water for a tangy taste that complements the saltiness of the seafood. Beer also makes a wonderful marinade or sauce for grilling and roasting your favorite meats and vegetables.



For more recipes and tips on how to pair beer with your meal, please visit www.americasbeerdistributors.org.

Cheers!

The National Beer Wholesalers Association

Beer Pairing Tips

Many different beer styles are available through today's effective system of alcohol regulation and distribution. America's 3,300 licensed beer distributors provides access to the marketplace for small craft brews, large domestic beers and imports from around the world.

Here are a few guidelines in food pairing and serving suggestions:



Lambic: Dry and light, fruity beers, sometimes tart. Delicious with pastries and fruit desserts or as an aperitif. Also ideal for dishes with cream or butter sauces.



Lager: One of the world's most popular styles. Smooth, golden beers with a slightly tangy, light flavor and a clean taste. Goes well with fish and strong dishes like curry.

Pale Ale: Lighter-bodied beers. Moderate tang, sometimes caramel or toasted with a spicy aroma. Great with a wide range of foods such as soups, salads, pizza or a burger.

Wheat Beer: Crisp, lighter beer with a mild taste. American wheat beers have a distinct citrus character. Delicious with light foods such as salads, sushi or vegetable dishes.



Brown Ale: Smooth and more full-bodied beers with a distinctive nutty or woody flavor. Goes well with hearty foods such as roast pork, grilled chicken or smoked sausage.

Bock: Strong, heavy beers either sweet or dry, characterized by caramel, toffee and toasted malt flavors. Delicious with game, lamb, heavy sausage or creamy desserts.

Porter: Dark ale beers with rich, slightly bitter sometimes sharp taste. Goes well with roasted or smoked foods or strong cheeses.

Stout: Drier, intense ales with a coffee-like finish. The roasted coffee and chocolate notes in this beer provide a rich complement to shellfish, meat dishes or chocolate desserts.



Green Peppercorn – India Pale Ale Gourgères

Makes 44 gourgères

- 1 tbsp dried whole green peppercorns
- 4 ounces Gruyère cheese, finely shredded (about 1 ½ cups)
- 3 tbsp Parmesan cheese, grated
- ¼ tsp ground nutmeg
- 1 cup India Pale Ale Beer
- ½ cup butter
- 1 cup all-purpose flour
- 1 tsp salt
- 4 eggs



Preheat oven to 400°F. Line 2 baking sheets with parchment paper or other nonstick liner.

With mortar and pestle, or in spice grinder, or with the side of a knife, smash peppercorns and finely mince. Place in medium bowl with Gruyère cheese, Parmesan cheese and nutmeg; toss with fork

until blended.

In heavy large saucepan, combine India Pale Ale and butter and bring to a boil. When butter is melted, stir in flour and salt. Lower heat and stir constantly until dough pulls away from the sides of the pan and forms a ball. Remove from heat and let cool 1 minute. Stir in 1 egg and vigorously beat with wooden spoon until incorporated. Stir in remaining eggs, one at a time, beating well, until the dough is smooth. Beat in cheese mixture and stir until incorporated.

Drop dough by rounded tspfuls onto prepared baking sheets, spacing about 1½ inches apart. With fingers, smooth gourgères into neat mounds.

Bake one sheet at a time in preheated oven 25 minutes, until golden brown and crisp. Transfer gourgères to a wire rack and cool until just warm.

Nutrition Information, Per Serving:

50 calories; 3.5 g fat; 2 g saturated fat; 2 g carbohydrate

Onion-Ale Chip Dip

Makes 2 cups

- 8 ounces cream cheese, very soft
- 1¼ cups Pale Ale Beer
- 3 tbsp onion, grated
- 1 clove garlic, minced
- 1 tsp Worcestershire sauce
- 1 tsp dry mustard
- 1 tsp salt
- 3 tbsp chives, chopped

In medium bowl, blend together with electric mixer the cream cheese and Pale Ale Beer. Mixture will be very frothy. Stir in onion, garlic, Worcestershire sauce, dry mustard and salt. Refrigerate dip at least 2 hours, or up to 6 hours before serving, to thicken. When ready to serve, pour into serving bowl and sprinkle with chives. Makes 2 cups.



Nutritional Analysis, per 2 tbsp serving: 59 calories; 5 g fat; 3.1 g saturated fat; 1.4 g carbohydrate

Lager Beer, Fig and Walnut Focaccia

Makes 4 small loaves; 16 slices

- 1 bottle (12 ounces) Red Lager Beer
- 1 package (8 ounces) dried figs, cut into ½" dice
- 1 tbsp fresh rosemary leaves, chopped
- 2¼ tsp (1 envelope) active dry yeast
- ¼ cup extra-virgin olive oil, divided
- 4¼ cups unbleached all-purpose flour, divided
- ⅔ cup walnuts, chopped
- 1 tbsp + 1 tsp salt
- 2 tbsp whole fresh rosemary
- ½ tsp black pepper

In medium saucepan over medium high heat, bring to a boil Red Lager Beer, figs and chopped rosemary. Remove from heat, cover and steep 20 minutes to plump figs. Remove figs and rosemary with slotted spoon and set aside. Pour Red Lager Beer into



medium bowl; add enough hot water to beer to make 1½ cups liquid. Stir in yeast. Let stand 5 minutes or until foamy. Add 3 tbsp olive oil to yeast mixture.

In large bowl, whisk together 4 cups flour, walnuts and 1 tbsp salt; stir in figs and beer mixture. Beat with wooden spoon until soft dough forms.

Knead by hand for 10 minutes on surface coated with remaining ¼ cup flour. Knead until dough is only slightly sticky. Place in oiled bowl, cover with plastic wrap and place in warm location to rise. Let rise until doubled in volume, about 1 to 1½ hours.

Lightly coat 2 large baking sheets with non-stick cooking spray. Punch down dough and divide into 4 pieces; shape into round balls. Flatten 2 pieces of dough onto each sheet into ½ inch thick rounds, keeping them irregular in shape. Brush rounds with remaining tbsp of olive oil. Scatter whole rosemary leaves over each. Using fingertips, make dimples in dough, pressing in rosemary. Sprinkle with remaining tsp of salt and black pepper. Cover with plastic wrap and let rise 45 minutes.

Preheat oven to 400°F. Bake rounds 22 to 24 minutes, switching baking sheets on racks halfway through baking, until golden brown on top. Slide focaccia onto wire rack and cool.

Nutrition Information, Per Serving:
210 calories; 6 g fat; .5 g saturated fat; 33 g carbohydrate

Beer and Peanut Soup With Roasted Sweet Potatoes

Makes 6 servings

- 2 tbsp peanut oil
- 1 cup onion, finely chopped
- 1 small green bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- ½ tsp crushed red pepper flakes
- 3 cups canned chicken stock
- 1 bottle (12 oz) Bock Beer

- 2 cups mashed roasted sweet potato (from 2 large sweet potatoes)
- 2 tomatoes, chopped
- ¾ cup creamy peanut butter
- 2 cups cooked small shrimp
- 1½ tsp salt
- 6 tbsp scallions, chopped

In large soup pot over medium-low heat, warm peanut oil. Add onion, bell pepper, garlic, ginger and pepper flakes. Cook mixture, covered, 8 minutes, stirring once or twice, until onions are translucent. Add chicken stock and Bock Beer; bring to a boil. Stir in sweet potatoes and tomatoes.

Cover pot and simmer soup for 15 minutes, stirring occasionally. Whisk in peanut butter, shrimp and salt, stir well until blended. Simmer 2 minutes longer.

Ladle soup into bowls. Garnish each with 1 tbsp chopped scallions.

Nutrition Information, Per Serving:
410 calories; 22 g fat; 4.5 g saturated fat; 38 g carbohydrate



Bistro Salad with Cream Stout Beer Vinaigrette

Makes 4 servings

- 6 tbsp extra-virgin olive oil, divided
- 2 slices sourdough bread, approximately 6" x ½" each
- 1 clove garlic, halved lengthwise
- 5 slices bacon, cut into ½" wide strips
- 1 shallot, chopped
- 1 bottle Cream Stout Beer
- ¼ cup red wine vinegar
- 2 tsp whole grain mustard
- 2 tsp fresh thyme leaves, chopped
- ¼ tsp salt
- 10 cups frisee or other salad leaves
- 3 sprigs fresh thyme
- 4 large eggs, very cold

Heat oven to 350°F. Brush 2 tbsp of olive oil over both sides of bread; place on baking sheet. Bake

16 minutes, turning slices over halfway, until lightly toasted. Rub bread all over with cut side of garlic. Reserve garlic. Cut bread into ½ inch croutons.

Fill a deep, medium-sized skillet or saucepan with 2½" cold water; bring to a simmer over low heat.

In large skillet, cook bacon until crisp. Drain bacon on paper towel and set aside. In same skillet, add shallot and sauté 2 minutes until fragrant. Deglaze skillet with 1 cup Stout Beer, stirring up brown bits from the bottom of the pan. Bring mixture to a boil; boil 6 minutes or until beer is reduced by half and is syrupy. Remove from heat; whisk in vinegar, mustard, chopped thyme and salt. Slowly drizzle in remaining 4 tbsp olive oil; whisking, until combined. Pour dress-



ing into a large salad bowl; place frisee on top. Scatter bacon and croutons over frisee. Do not toss.

When water is simmering, pour in remaining ½ cup Stout Beer; add thyme and reserved garlic clove. Simmer 5 minutes to flavor poaching water. Crack eggs into 4 individual small cups. Slide eggs from cups into simmering water. Poach 2½ to 3 minutes, or until whites are completely set and yolks begin to thicken but are still soft in center.

Toss salad. Divide among 4 plates. With slotted spoon, top each salad with an egg. Serve immediately.

Nutrition Information, Per Serving:
470 calories; 30 g fat; 6 g saturated fat; 32 g carbohydrates

Couscous-Lentil Salad with Wheat Beer

Makes 6 servings

¼ cup extra-virgin olive oil, divided
1½ tsp salt, divided
2 cloves garlic, minced
1 tsp ground cumin
½ tsp chile powder
1⅓ cups couscous
1 bottle Wheat Beer
½ cup chicken broth
1 can (15.5 oz) lentils drained and rinsed
3 tomatoes, diced and juices removed
6 oz feta cheese, crumbled
½ cup mint, chopped
½ cup parsley, chopped
¼ cup chives, chopped
1 tsp grated lemon zest
1 tbsp lemon juice

In large nonstick skillet with tight-fitting lid, combine over medium heat 1 tbsp olive oil, ½ tsp salt, garlic, cumin and chile powder. Stir in couscous. Cook 3 minutes, stirring constantly, until couscous is lightly toasted and seasonings are well-integrated.

Raise heat to high. Stir in Wheat Beer and chicken broth; bring mixture to a simmer. Cover skillet; remove from heat and let stand 5 minutes until beer mixture is absorbed into the couscous. Transfer couscous to large bowl; fluff with fork and cool completely.

To couscous, add lentils, tomatoes, feta cheese, mint, parsley, chives, lemon zest and lemon juice, stirring well after each addition. Add remaining 3 tbsp olive oil and remaining tsp salt. Toss to combine.

Nutrition Information, Per Serving:
390 calories; 16 g fat; 6 g saturated fat; 45 g carbohydrates

Grilled Burgers With Hoisin-Stout Beer Sauce

Makes 4 servings

- 1 pd ground beef
- 4 tbsp hoisin sauce, divided
- 3 cloves garlic, minced and divided
- ½ tsp salt
- ¼ tsp black pepper
- 2 tsp sesame oil
- 2 tsp onion, minced
- 2 tbsp soy sauce
- ½ cup Stout Beer
- 1½ tsp cornstarch
- 2 tbsp rice wine vinegar
- 4 hamburger rolls, toasted or lightly grilled
- 12 cucumber slices, thinly sliced
- 4 lettuce leaves



Make burgers by gently kneading together ground beef, 1 tbsp hoisin sauce, 1 clove minced garlic, salt and pepper. Form into 4 patties. Prepare gas or charcoal grill, or preheat broiler.

While grill or oven is heating, make sauce. In small saucepan, warm sesame oil over low heat.

Stir in 2 cloves minced garlic and onion pieces; cook about 2 minutes. Stir in 3 tbsp hoisin sauce, soy sauce and Stout Beer. In small bowl, dissolve cornstarch in rice wine vinegar; stir into beer sauce. Increase heat to medium; bring sauce to a simmer. Let sauce bubble for about 2 minutes until well-thickened. Set aside until ready to serve.

Grill burgers to desired doneness. Place burgers on rolls; brush with sauce. Top with cucumbers and lettuce leaves. Serve remaining sauce on the side, if desired. Serves 4.

Nutritional Information, per serving (based on extra lean ground beef): 456 calories; 21.7 g fat; 7.3 g saturated fat; 34.2 g carbohydrate

Spicy Asian Glazed Lager Beer Shrimp

Makes 6 servings

- 1 lb large shrimp, shelled and deveined, tail shells intact
- 2 bottles (12 ounce) Lager Beer
- ⅔ cup honey
- 1 tbsp fresh ginger, grated
- 9 cloves garlic, minced and divided
- ¼ cup bottled Asian oyster sauce
- ¼ cup bottled chili sauce or ketchup
- 1 tbsp ground ginger
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 3 tbsp butter

Prepare marinade by whisking together in large bowl 1 bottle Lager Beer, ⅓ cup honey, grated ginger and 8 cloves minced garlic. Stir in shrimp. Marinate at room temperature while making glaze.

Prepare glaze by combining in 3 quart saucepan 1 bottle Lager Beer, oyster sauce, ⅓ cup honey, chili sauce, ground ginger, 1 tbsp minced garlic, sesame oil and soy sauce. Bring to boil over medium heat. Boil 35 minutes until reduced and thickened to a glaze that will coat the back of a spoon. Stir in butter; melt. Let glaze cool.

Prepare gas or charcoal grill, or preheat broiler.

Drain shrimp and discard marinade. Pat shrimp dry. On work surface, line up 6 shrimp with curved-sides touching. Insert wooden skewer through shrimp to thread. Repeat with remaining shrimp and skewers. Brush shrimp with glaze. Place shrimp on grill or under broiler; cook 2 minutes on each side.

Nutritional Information, per serving: 398 calories; 14.6 g fat; 6.6 g saturated fat; 35.6 g carbohydrate



Oven Fried Chicken With Beer and Buttermilk

Makes 4 servings

- 1 cup Lager Beer
- 1 cup buttermilk
- 1 cup herbs (parsley, oregano, marjoram, rosemary, chives, basil), chopped & divided
- 1 tsp salt
- ½ tsp black pepper
- 1 whole chicken, 3-4 lbs, quartered
- 2 cups dried bread crumbs



In large, shallow dish, whisk together Lager Beer, buttermilk, ½ cup herbs, salt and pepper. Add chicken pieces to dish, turning to coat on all sides. Cover and refrigerate for at least 2 hours and up to 24 hours. Turn chicken occasionally as it marinates.

Preheat oven to 400°F.

Cover a large sheet pan with parchment paper or coat with cooking spray. In shallow dish, place bread crumbs and remaining ½ cup of herbs. Stir to distribute herbs evenly.

Remove chicken from marinade and drain. Dip each piece of chicken in the crumbs, rolling to coat all sides thoroughly. Place chicken pieces on sheet pan, leaving space between each piece. Bake 45 minutes to 1 hour, or until chicken is golden brown on top and cooked through. Baking time will depend on size of chicken pieces. To test for doneness, insert a meat thermometer into the thickest part of the meat. The chicken is done when temperature registers 160°F. Serves 4.

Nutritional Information, per serving: 579 calories; 21.7 g fat; 5.9 g saturated fat; 41.3 g carbohydrate

Eggs Benedict with Fruit Beer Cheese Sauce

Makes 4 servings

- 2 bottles (12 ounce) Lager Beer with Raspberry or Strawberry flavor, divided
- ¼ cup unsalted butter, divided
- 2 tbsp flour
- 1 cup Colby or mild Cheddar cheese, shredded
- 1 tsp Dijon mustard
- ½ tsp salt
- ¼ tsp white pepper
- 2 tbsp milk
- 4 multi-grain English muffins, cut in half
- 8 slices bacon
- 8 cold large eggs
- 1 tbsp chili powder

In medium saucepan over low heat, melt 2 tbsp butter. Stir in flour. Cook, whisking, 2 to 3 minutes, until mixture is creamy. Slowly whisk in ¾ cup Lager Beer; bring to a simmer. Whisk over low heat 2 minutes or until thickened. Add cheese and whisk until melted. Remove from heat; whisk in mustard, salt and pepper. Whisk in milk. Cover and keep warm.



Preheat broiler. Fill 2 saucepans each with 2 inches water and remaining Lager Beer, dividing beer equally between skillet. Add large pinch of salt to each skillet. Bring skillet to gentle simmer over medium-low heat.

Toast English muffins; spread with remaining 2 tbsp butter. Place bacon on broiler pan and broil, turning, about 5-7 minutes. Remove from oven and place 1 slice on each muffin half.

Poach eggs by breaking into simmer water mixtures, 4 per pan. Keep gentle simmer and poach 2½ to 3 minutes, until whites are set and yolks begin to thicken.

To serve, place 2 muffin halves on each of 4 plates. Remove eggs from water and place on top of ba-

con on muffins. Spoon 1½ tbsp sauce over each muffin; sprinkle with chili powder. Serve immediately. (Extra sauce can be refrigerated and used over broccoli or baked potatoes.

Nutrition Information, Per Serving:

450 calories; 24 g fat; 9 g saturated fat; 36 g carbohydrate

White Chocolate, Lager Beer and Blackberry Tart

Serves 8

Crust:

1 cup plus 2 tbsp all-purpose flour
¼ tsp salt
¼ tsp baking soda
1 tsp sugar
½ cup chopped pecans or almonds
6 tbsp butter, chilled and
diced into small cubes

Tart Filling:

1 cup white chocolate chips
1 package (8 oz) cream cheese
¾ cup heavy whipping cream

Tart Topping:

1 bottle (12 oz) Lager Beer
4 cups frozen blackberries, thawed
6 tbsp sugar
2 tbsp cornstarch

Preheat oven to 350°F. In bowl of food processor, prepare crust by combining flour, salt, baking soda, sugar, chopped nuts and butter. Process using off/on switch until ingredients are mixed and crumbly. Press mixture to bottom and up sides of 10-inch tart pan with removable bottom. Place in oven and bake until lightly browned, about 18 minutes. Remove from oven and set aside to cool.

While crust is baking, prepare filling by melting white chocolate chips on stove top or in microwave. Stir well; set aside to cool. Place cream cheese in medium bowl; beat with electric mixer for 1 minute. Gradually add whipping cream and continue beating until thick and fluffy, about 3 minutes. Add melted chocolate and beat 1 minute on low speed to mix well. Spread chocolate mixture into prepared tart crust. Chill.

To prepare topping, pour Lager Beer into heavy saucepan over medium heat. Add 2 cups of blackberries and bring to boil. Boil 5 minutes. Mash berries. Remove from heat and pour through sieve, pressing berries to remove liquid. Return juice to saucepan. Add sugar and cornstarch and cook over medium-low heat until thickened, about 4 minutes. Remove and cool slightly. Stir in remaining berries. Chill.

To serve, top each with berry mixture.

Nutrition Information, Per Serving: 590 calories; 40 g fat; 22 g saturated fat; 53 g carbohydrate

Triple Chocolate Stout Beer Brownies

Makes 32 brownies

1 bottle (12 oz) Chocolate Stout Beer
1 cup unsweetened cocoa powder
2 cups sugar
½ cup (1 stick) butter, melted
2 tsp vanilla extract
4 eggs
2 cups all-purpose flour
¾ tsp salt
½ cup white chocolate, chopped
½ cup semisweet chocolate, chopped

Preheat oven to 350°F. Line a 13x9x2 inch baking pan with aluminum foil, letting foil extend 2 inches beyond each short side of pan.

In large bowl, whisk together Stout Beer and cocoa powder until blended and smooth. Whisk in sugar, butter, vanilla extract and eggs, one at a time. Blend well.

Add flour and salt; whisk until batter is smooth. Stir in chocolate chips. Spread mixture in prepared pan, leveling surface with a spatula. Bake 42 to 45 minutes in preheated oven, until top is shiny and dry, and a wooden pick inserted in the center comes out with a few moist crumbs attached. Remove from oven and let cool completely in pan on rack.

Lift out brownie from pan by foil ends; transfer to cutting board. Cut lengthwise into 4 strips and crosswise into 8 pieces, making 32 brownies.

Nutrition Information, Per Serving:

150 calories; 6 g fat; 3 g saturated fat; 23 g carbohydrates



America's Beer Distributors

- Supporting effective, state-based alcohol regulation
- Providing unprecedented choice and variety
- Supporting over 13,000 different labels available across the country
- Helping new brewers get established and grow
- Promoting safety and responsibility



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