

GREAT BEER WITH GREAT FOOD

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Both beer and wine go back thousands of years as beverages to accompany food, although wine has often been the preferred beverage for fine dining. Beer has been reserved for pubs and simple food on weekdays – if we believe the gastronomic history books. Nothing could be more wrong - beer and wine have the same gastronomic value. They both have a place with well-prepared and choice food.



Photo: Nana Renners



START TO SEEK A BALANCE IN TASTE-INTENSITY

- Light beers with light dishes (e.g. simple fish and shellfish, blond and cooked courses with meat)
- Stronger beers (more alcohol and body) with heavier courses (e.g. roasted meat and courses with venison)

TAKE BITTERNESS INTO CONSIDERATION:

- Bitterness in beer (from hops and/or roasted malt) will be increased by bitter, spicy and sweet food.
- Very bitter beers is not ideal with food as the taste of bitterness will increase
- The bitterness in beer will tend to be more harmonious if the food is salty, has some acidity or is fat or all of these.

BELIEVE THAT BEER IS NOT SWEET:

- Do not serve beer with a dish with an extreme sweetness if the beer itself is not very sweet.

Sweet taste is mostly found in sweet sauces, chutney, roasted root vegetables, fruits and berries and also in marinades with e.g. honey. →

A lot has been written on how to serve wine with food, and there are schools (sommeliers) with thousands of members all over the world offering courses within this field.

Beer cannot compete with wine in this connection. Too little effort has been put into studying and writing about how well beer goes with food. It is time to change this!

One of the objectives of the beers from The Jacobsen Brewhouse is precisely to change this prejudice and to study and explain the blend of great food and beer. As you also read in the previous issue of the Scandinavia Brewer's Review – let's do something about this!

Below we will try to give you some ideas on how to bring beer and food together.

Beer goes well with most types of food, a lot of different spices and all imaginable cuisines of the world. Try it – you will not be sorry!



Salty taste can be found in all salted and cured products of fish and meat (porkbutcher's shop), oysters and some shellfish.

Acidity can be found in citrus-fruits, wine, wine vinegar and vinegar as well as in sour dairy products and vegetables (e.g. sauerkraut).

Bitterness can be found in all sorts of lettuce, raw vegetables, and fresh herbs and in food, which is charred or very grilled.

Umami is a salt, which can be found in raw materials with a high content of protein and is able to develop a metallic bitter tone in the beverage (normal in wine, less noticeable in beer). Umami can be found in big amounts in raw- or lightly cooked vegetables, nuts, red fish and shellfish. The two first groups are usually a troublemaker for wine but seldom for beer.

Bitterness in beer originates from hops and e.g. roasted malt. The bitterness in beer can be increased by certain other bitter tastes or by sweetness in food. Why the sweetness in food increases the bitter taste in beer is due to the fact that the sweetness in food reduces the perception of malt/sweetness/

body in beer and thereby the beer will feel thinner and the bitterness will appear and be intensified. Spicy food will also increase the taste of bitterness.

The below figure will help you to match beer and food:

BEAR IN MIND

Beer is not necessarily good with spicy food as the bitterness can be an obstacle.

A lot of mild beers, like wheat/wit beers, go better with fine shellfish than wine does.

Beer is normally cheaper than wine

Beer normally has a lower alcohol content than wine, which can be desirable.

Use the right beer glass or just wine glasses with a large rim for increased enjoyment. ☺

