

TALK to your BEER

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TALK--ANOTHER NEW FORMAT?

In every AB, except the first, there has been a "Talk to Your Beer" column, from Talk to your Plants. Since beer is a growing thing we've taken that name for what used to be The Amateur Brewer Newsletter. By now you will have noted that we are late, and have also raised the price again. The latter necessary because of the increased size of our effort plus the increases in printing costs.

Before I forget let me remind you that if there is a red hand-written "R" on your label, this is your last issue. Renewal to our new format is \$8.50 if we get it before Jan 31, 1983, and our new regular price of \$10 after that date (Canada add \$1.50 because of the special mailing arrangements necessary to get there). This is a freeby, and the next Talk too, penance for being late, so if your subscription expires with no. 9, and there's an "R" in red on your label, you'll still get Talk #9-ØØ, but unless you hurry you won't get in on \$8.50 bargain renewal.

Well, that's it, Talk to Your Beer, Amateur Brewer Bulletin will follow this format with a little less content, but more frequent mailings. One of the "Talks", like this one, will be issued with the Annual, and the other five at bi-monthly intervals. The annual itself, larger and with no "newsy" items. The newsy stuff and recipes, of course, will continue in these Talks. I expect to issue an Annual each fall, hopefully in October.

This years tale of lateness may interest you, since I am told quite often that most of you are willing to put up with my ineptitude for being on time if only I have a good "story" about it. Actually there's not a different story--it's the same old story. I thought it was only a few days work (I always think that), and that I had all the content I needed from my deep supply of unpublished goodies stored under my bed. As usual I was wrong, the hydrometer stuff proved to be almost unusable, and I had no concept of what yield, attenuation and other calculations really involved. I almost went bizerk trying to get volume/weight into words. The yield table took three weeks by itself, and the other information proved very difficult to get on paper, even though I have been using that information for some years now. I constructed a whole 'nother table based on the Holzner alcohol tables, but threw that out almost on completion. The whole thing went on like that, and all I can say is that the difficulties were very much beyond what I had imagined them to be. Then I discovered something else. The
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COOKING WITH BEER

by Itsuo Takita

The flavor of the malt and hops make beer a unique and versatile seasoning in a variety of dishes, especially stews, cheese dishes, soups and sauces. It may be substituted in almost any dish or recipe that calls for wine. Recipes that utilize beer are few and far between in cook books, although they are becoming more popular. The one dish that appears over and over again is beer soup prepared in a number of ways. Some authors even dismiss beer with a shrug, denouncing it's bitter quality as being unfit for the palate or by relegating it to one dish--beer soup.

As seasoning agents, beer and ale are extremely adaptable. People are always surprised at the savoriness of dishes prepared with them. Beer has been used as a marinade, in barbecue sauces, cheese dips, soups and a host of other concoctions. In sauces and stews ale imparts a deep richness quite different from those prepared with wine.

The following, one of my favorites, is a variation of Beef Bourguignon, an excellent party dish served with steamed rice, pasta, veggies and beer.

BEEF STEW WITH ALE (serves 6)

- | | |
|--|----------|
| 2 thick slices of bacon | (metric) |
| 3-lbs of lean chuck roast cut in 2-in (5-cm) squares | (1.4-kg) |
| 1 carrot, sliced | |
| 1 onion, sliced | |
| 1 tspn salt | (5ml) |
| 1 tspn brown sugar | (5ml) |
| 4 peppercorns, crushed in a mortar & pestle | |
| 2 Tblspn whole wheat flour | (30ml) |
| Lemon juice, half lemon | |
| 2 12-oz bottles of good ale, preferably your own | (710ml) |
| 3 cups beef stock or canned bullon | (750ml) |
| 1 Tblspn tomato paste | (15ml) |
| 1 bay leaf | |
| 3 cloves of garlic, mashed | |
| 1-lb fresh mushrooms, store-bought or handpicked wild
(preferably chanterelles) | (450-gm) |
| 3-qt or 3-litre enamel or earthenware casserole with cover | |

Preheat oven to 400F (200C)

Slice bacon into 1-inch (2.5cm) lengths, and simmer them in boiling water for 10-minutes. Drain and dry. In the casserole, sautee the bacon in a small amount of fat over medium heat until lightly browned and drain them on paper towels. Turn the heat to high and add the beef a few pieces at a time and brown them on all sides. When done, add them to the bacon. Add the vegetables and brown them, too. Remove and discard the fat.

Place the beef, bacon and vegetables in the casserole, sprinkle with flour, brown sugar, salt and pepper and toss until the meat is completely coated. Stir in the ale and enough stock or bullion to just

cover the meat. Add the tomato paste, garlic, lemon juice and bay leaf and bring the stew to a simmer.

Cover the casserole and put in the oven adjusting the heat so the stew will barely simmer. Cook for two to three hours.

While the beef is cooking prepare the mushrooms. If you can't get chanterelles, buy only those mushrooms that are white and firm. Avoid those which are soft and discolored or those with the caps fully expanded exposing their dark gills. Wash the mushrooms in cold water and drain. Cut them in quarters (or leave them whole) and sautee them in butter. Set them aside when they are done.

When the meat is tender, use a slotted spoon to remove the beef and vegetables into another dish. Discard the bay leaf and skim the fat from the sauce. Simmer the sauce until it thickens and if it gets too thick add more ale or stock. Adjust the seasoning and return the meat and vegetables to the sauce, add the mushrooms, stir, and let it come to a simmer again. Serve either in the casserole or on a large platter surrounding pasta or rice.

ONION SOUP (serves 6 - 8)

This is a classic onion soup which needs long slow simmering. In this recipe we use lager beer instead of a darker ale, because the heaviness of the ale would tend to overpower the delicate flavor of the onions.

5 - 6 cups medium sized yellow onions, thinly sliced.	(1.25-1.5 litre)
3 Tblspn unsalted butter	(45ml)
1 Tblspn cooking oil	(15ml)
1 tspn salt	(5ml)
$\frac{1}{4}$ tspn sugar	(1ml)
3 Tblspn flour	(45ml)
1-quart, lager beer, heated to boiling	(1-litre)
1-qt, beef stock or buillon, heated to boiling	(1-litre)
$\frac{1}{2}$ cup dry white wine (use <u>good</u> wine)	(125ml)
Salt and pepper to taste	

Cook the onions slowly in the butter and oil for 15 to 20 minutes in a covered saucepan over very low heat. Raise the heat to medium and add salt and sugar and cook for another 30 to 40 minutes, stirring often until the onions turn a rich golden brown. When the onions are done, sprinkle them with the flour and cook for a few more minutes. Add the beer, stock, and wine. Skim off the fat and simmer slowly for 30 minutes or longer. Correct the seasoning and serve with toasted rounds of french bread flavored with garlic butter and sprinkled with Parmesan cheese.

CHICKEN RAGOUT (serves 4)

Surprisingly enough chicken goes very well with beer. This next dish is another of my favorites, a variation of a famous dish. It

Annual is actually a three month process, especially because there is a long string of details to match-up over a period of time. I work alone, so there's no hurrying the process (I found). But, since I am finally aware that it does take 90-days, and have set task organization dates for that process, I think the annual will be more prompt. In the meantime, there's this Talk, and another that I am not charging you for, so I hope that compensates for your uneasiness. The annual is also quite a bit larger and with much more information, which should make you feel better. Incidentally I have every hope of getting a January Talk (#9-00) out by the end of December.

Cooking with Beer, cont'd.

makes an excellent easily prepared camp-out meal.

1 large fryer
2 Tblspn olive oil (or cooking oil) (30 ml)
1 large chopped onion
1 clove garlic, mashed
2 large tomatos, peeled, seeded and chopped
8-oz mushrooms (225-gm)
1 small can pitted black olives
1 bottle lager beer (12-oz) (355ml)
Salt and pepper to taste
 $\frac{1}{4}$ cup brandy (50ml)

Cut the fryer up and discard the backs and wing tips, or save them for a soup stock. In a 2-quart (2-litre) pot add the oil and turn the heat to medium high. Sautee the chicken a few pieces at a time browning lightly on all sides before removing them to another dish. Turn the heat down to medium and sautee the onion and garlic until they turn light brown. Add the tomatos and mushrooms, stirring occasionally until the tomatoes cook down. Quickly turn the heat to high and stir in the beer until it begins to simmer. Add the olives and the chicken pieces, basting them several times with the sauce. Add the brandy and stir. cover and turn the heat down to simmer the mix. Do not boil. Cook for another 15 to 20 minutes and check to see if the chicken is "done" (prick with a fork, and if there are red juices, continue to cook a little longer). Test for correct seasoning and serve over pasta, rice or with chunks of bread as you wish. Bon Appetit!

Jim Takita, who was born in Hawaii, is head of the Science and Social Science Department of the Portland Public Library and he is the one who produced (without my giving him credit) the article on research and libraries in ABNL 8-4. He collaborated with your editor to write our Beer Tasting handbook with a very discerning palate. He is especilly talented in his ability to detect flavor elements in beer, wine and cooked foods. But the real height of his abilities are expressed in the kitchen with a very wide range of culinary skills. He is probably one of the best Amateur Chefs in America today.

Well, best wishes to you and yours for the holidays, and a very Happy New Year to one and all.

Fred Eckhardt