

\*\*\* Festive beer and food \*\*\*

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# Why beer is a great combination with food

Beer pairs wonderfully with food. Brewing techniques and the ingredients you need to create beers such as malt, hops and yeast can provide a wide range of flavours and aromas that complement many dishes.

## ★ Malts

Some beers have rich chocolate notes, especially those brewed with dark malts, such as stouts. Others, like dubbels, offer more caramel-like sweetness. Those beers are pairing great with rich dishes such a lamb or chocolatedesserts.

## ★ Hops

The hops used in IPA's can give beers fruity aromas and flavours, such as pineapple or citrus, making them a great match for spicy or grilled dishes. Other beers with more herbal hop notes can be paired very well with for example frittata.

## ★ Yeast

Certain yeast strains produce beers with a dry, crisp finish for example Saisons, which pair nicely with lighter foods or seafood. The yeast in Weizenbeers can give the beer a clover flavor which can be nicely paired with a weisswurst.

## ★ Brettanomyces

Some beers have a pleasant tartness due to wild yeasts or lactic fermentation which can balance rich or fatty dishes.

## ★ Spices

Brewers sometimes add herbs and spices, such as coriander (often found in Tripels or Witbeer) adding an extra layer of complexity. Those beers are pairing very good with asian dishes.



# Some notes for pairing food with beer

## ★ Match Intensity

Light food → light beer, strongly flavoured food → strong beer.

Example:

- A delicate fish like cod pairs well with a Saison.
- A rich, flavourful meat like lamb suits a stout beer.

## ★ Find a Flavour Hook

Look for a common flavour element that connects the dish and the beer.

Example:

- A fruity IPA pairs beautifully and a fruity Comté cheese, as both share similar aromatic notes.
- A chocolatemousse and a stout with chocolatenotes.

## ★ Balance the Sensations

A good pairing should include three components of mouthfeel:

### 1. Filming

Refers to soft, creamy components such as fat, sugar, gelatin, and certain proteins.

(Beer: MilkStout/Food: Mayonnaise)



## 2. Contracting

Astringent like sour, salty, and spicy.  
(Beer: Geuze/Food: Pickles)

## 3. Drying

Toasty, crusty components, toasted bread.  
(Beer: Saison/Food: French Fries)

## ★ Keep Tasting and Adjusting

Theory doesn't always match reality — test your pairings.  
Beers within the same style can vary widely.  
Restaurant cooking may differ from home cooking.

## ★ Plan the Progression

For multi-course meals or tastings, build up gradually:  
Start with lower-alcohol, lighter, and fresher beers.  
Finish with higher-alcohol, fuller, and more complex beers.

## ★ Mind the Total Experience

In multi-course dinners, be mindful of the total volume of food and beer.  
It's easy to get overenthusiastic.



