

Pairing Food With Beer



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Taste

- The narrow range of qualities or sensations that can be detected by your tongue and taste buds
- Sweet | Sour | Salty | Bitter | Umami

Aroma

- The qualities that can be perceived by the olfactory sense. Sense of smell.

Flavor

- When tastes are accompanied by aromas the human brain perceives flavors.
- This sensation triggers memories of previously perceived flavors.



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ABC's of Food & Beer: Align | Bridge | Cut

- **Align:**
 - Match the intensity level of both the food and the beer for best results
 - You don't want the food to overpower the beer or vice versa
- **Bridge:**
 - Compliment: similar flavors that occur in both the food and the beer- "resonance"
 - Contrast: dissimilar but compatible flavors can offer a bridge of flavors, (i.e. caramel notes in a dessert with the chocolatey notes of a beer)
- **Cut:**
 - Some beer traits help refresh the palate by lifting, cleansing, or removing rich or fatty flavors from the palate.
 - Excellent Cutting Characteristics:
 - Carbonation
 - Sour/ tart
 - Bitterness
 - To a lesser extent:
 - Roastiness
 - Alcohol



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- Why pairing food with beer is better than other alcoholic beverages?
- Carbonation!!
 - It's a Win-Win
 - Carbonation in beer activates taste neurons, enhancing the flavor of foods
 - Carbonation in beer cleanses our pallet from fat, umami & sweetness
 - Warning!! Can accentuate heat in a dish
- Diversity of tastes from multiple ingredients
 - Malts:
 - Toasted and caramel flavors can soothe heat
 - Roastiness can cut fat and contrast sweetness
 - Hops:
 - flavors can compliment fruity, citrusy or herb/spice depending on hop variety
 - Bitterness can cut fat/ umami or sweetness but can amplify heat. Compliments bitter foods
 - Yeast:
 - Fermentation flavors can compliment fruity/ spices or contrast fat/ umami



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- Why pairing food with beer is better than other alcoholic beverages?
- A Full Range of Alcohol Levels:
 - Provides a cutting sensation for fat/ umami
 - Provides a compliment to sweetness
 - Can accentuate heat/ capsaicin
- Tart/ Sour Characteristics:
 - Brightens fish and seafood dishes
 - Compliments foods with tart citrus notes
 - Contrasts salty/ fat/ umami
- Sweetness:
 - Can be amplified or accentuated by saltiness
 - Helps sooth or soften heat from capsaicin

