



Everyday Dining with Beer



National Beer
Wholesalers
Association

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Many adults enjoy a glass or two of beer a day, often choosing a beer for the way that it pairs with a particular food. But there is another way to enjoy the delicious flavor of beer and enhance the flavor of your meal – by using the rich attributes of beer as a cooking ingredient.



With its unique flavor and so many styles to choose from, beer can be the secret ingredient that makes just about any recipe taste even better. From appetizers to desserts, soup to nuts, in any type of dish, a healthy splash of beer can make the difference between a recipe that tastes good and one that is truly memorable.

The National Beer Wholesalers Association, which represents beer distributors across the country, developed the following recipes to highlight the many different varieties of beer and how they enhance certain foods. All of these dishes are easy to prepare; serve them accompanied by a cold glass of the beer used in the recipe to fully appreciate the rich flavors beer provides with food.



Some Tips on Cooking With Beer:

Many different beer styles are available today due to a regulated distribution system for beer. This system provides smaller craft brews and larger nationally-known beers alike with access to the marketplace by utilizing a network of more than 1,900 independent, locally owned beer distributors.

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 shell fish, meat dishes or chocolate desserts.

Green Olive Chili Beer Dip

Makes 8 servings

- 1 bottle (12 oz) Pale Lager Beer
- 1 Serrano chili pepper
- 3 TBLS extra-virgin olive oil, divided
- 1 onion, chopped
- 4 cloves garlic, coarsely chopped
- 1 jar (16 oz) large pitted stuffed olives, drained
- ¼ cup tahini (sesame seed paste)
- 1 ½ TBLS lemon juice
- 1 tsp honey
- ½ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp black pepper
- ¼ cup cilantro, finely chopped
- 1 plum tomato, diced
- 2 TBLS unsalted pistachios, coarsely chopped
- ½ tsp kosher salt



Make slit in Serrano chili; place in small saucepan. Add beer; bring to boil. Remove from heat, cover, and let steep 1 hour to make Chili Beer.

In large skillet over medium heat, warm 2 tablespoons olive oil; add onion and garlic. Sauté 3 minutes; add olives and sauté 2 minutes longer. Add Chili Beer and pepper.; boil 10 minutes

to cook most of the beer away. Cool.

Transfer olive mixture to food processor; add tahini, lemon juice, honey, coriander, cumin and pepper. Process mixture until smooth. Stir in cilantro; cover and refrigerate 1 hour.

To serve, scatter top with tomatoes, pistachios, salt and remaining tablespoon of olive oil. Serve with pita chips or bread.

Nutrition Information, Per Serving:

170 calories; 15 g fat; 2 g saturate fat; 7 g carbohydrate

Green Peppercorn — India Pale Ale Gourgères

Makes 44 gourgères

- 1 TBLS dried whole green peppercorns
- 4 ounces Gruyère cheese, finely shredded (about 1 ½ cups)
- 3 TBLS 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 two 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 one minute. Stir in one 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 teaspoonfuls onto prepared baking sheets, spacing about 1 ½ inches apart. With fingers, smooth gougères into neat mounds.

Bake one sheet at a time in preheated oven 25 minutes, until golden brown and crisp. Transfer gougères 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

Lager Beer, Fig and Walnut Focaccia

Makes 4 small loaves; 16 slices

- 1 bottle (12 ounces) Red Lager Beer**
- 1 package (8 ounces) dried Calimyrna figs, cut into ½" dice**
- 1 TBLS fresh rosemary leaves, chopped**
- 2 ¼ tsps (1 envelope) active dry yeast**
- ¼ cup extra-virgin olive oil, divided**
- 4 ¼ cups unbleached all-purpose flour, divided**
- 2/3 cup walnuts, chopped**
- 1 TBLS + 1 tsp salt**
- 2 TBLS whole fresh rosemary leaves**
- 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 1 ½ cups liquid. Stir in yeast. Let stand 5 minutes or until foamy. Add 3 tablespoons olive oil to yeast mixture.

In large bowl, whisk together 4 cups flour, walnuts and 1 tablespoon 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 1 ½ hours.



Lightly coat two large baking sheets with non-stick cooking spray. Punch down dough and divide into four pieces; shape into round balls. Flatten two pieces of dough onto each sheet into ½ inch thick rounds, keeping them irregular in shape. Brush rounds with remaining tablespoon of olive oil. Scatter whole

rosemary leaves over each. Using fingertips, make dimples in dough, pressing in rosemary. Sprinkle with remaining teaspoon 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

Couscous-Lentil Salad with Wheat Beer

Makes 6 servings

- ¼ cup extra-virgin olive oil, divided**
- 1 ½ tsps salt, divided**
- 2 cloves garlic, minced**
- 1 tsp ground cumin**
- ½ tsp chile powder**
- 1 1/3 cups couscous**
- 1 bottle Wheat Beer**
- ½ cup chicken broth**
- 1 can (15.5 oz) lentils (green pigeon peas), 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 TBLS lemon juice**

In large nonstick skillet with tight-fitting lid, combine over medium heat 1 tablespoon olive oil, ½ teaspoon 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

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well after each addition. Add remaining 3 tablespoons olive oil and remaining teaspoon salt. Toss to combine.

Nutrition Information, Per Serving:

390 calories; 16 g fat; 6 g saturated fat; 45 g carbohydrates

Bistro Salad with Cream Stout Beer Vinaigrette

Makes 4 servings

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

Heat oven to 350 F. Brush two tablespoons 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 1/2" croutons.

Fill a deep, medium-sized skillet or saucepan with 2 1/2" 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 one 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 tablespoons olive oil; whisking, until combined. Pour dressing 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 1/2 cup Stout Beer; add thyme sprigs 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 2 1/2 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

Beer and Peanut Soup With Roasted Sweet Potatoes

Makes 6 servings

- 2 TBLS peanut oil**
- 1 cup onion, finely chopped**
- 1 small green bell pepper, finely chopped**
- 3 cloves garlic, minced**
- 1 TBLS fresh ginger, minced**
- 1/2 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**
- 3/4 cup creamy peanut butter**
- 2 cups cooked small shrimp**
- 1 1/2 tsp salt**
- 6 TBLS 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, eight 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.

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

Ladle soup into bowls. Garnish each with one tablespoon chopped scallions.

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

Beef and Spinach Stew with Brown Ale Beer

Makes 8 servings

- 3 pounds chuck beef stew meat, cut in 1-inch chunks**
- 4 tsps salt, divided**
- ½ tsp black pepper**
- 1 cup flour**
- ¼ cup canola oil, divided**
- 2 cups onion, finely chopped**
- 1 bell pepper, seeded and finely chopped**
- 2 TBLS ginger, peeled and chopped**
- 4 Serrano chilies, seeded and minced**
- 4 cloves garlic, chopped**
- ½ tsp cayenne pepper**
- 2 tsps ground coriander**
- 2 bottles Brown Ale Beer (12 ounces each)**
- 1 can (28 ounces) whole tomatoes, drained and coarsely chopped**
- 1 TBLS tomato paste**
- 3 bags spinach (10 ounces each, or 4 bags at 6 ounces each)**

Place beef in single layer on sheet of waxed paper. Season with 2 teaspoons salt and black pepper. Dredge beef in flour until coated. Remove beef to plate, patting off excess flour.

In large frying pan over medium-high heat, warm 2

tablespoons oil. Add one-third of the beef and brown all over, 3 to 4 minutes, stirring. Remove to large bowl. Brown remaining beef in two batches, adding oil as needed, and transfer browned beef to bowl.

Pour remaining oil into large 8 quart pot; bring to medium-high heat. Add onion, bell pepper, ginger, chilies and garlic; sauté 5 minutes. Stir in cayenne pepper and coriander and cook 1 minute longer. Pour in one bottle beer; bring to a boil. Return beef to pot; add tomatoes and tomato paste; stir well to combine. Bring to a second boil and reduce heat to maintain a gentle simmer. Cover pot with lid, slightly ajar, and simmer 1 hour and 45 minutes, stirring occasionally.

Increase heat to low boil and add second bottle of beer. Stir well to combine; continue cooking over low heat at gentle simmer for an additional 45 minutes.

Stir spinach, one bag at a time, into stew and cook until spinach wilts. When all spinach has wilted, cook stew uncovered 20 minutes. Add remaining 2 teaspoons salt. Serve stew hot over rice.

Nutrition Information, Per Serving: 540 calories; 29 g fat; 9 g saturated fat; 27 g carbohydrate

Chicken Tagine with Bock Beer

Makes 6 servings

- 1 bottle (12 ounces) Pale Bock or Double Bock Beer**
- 8 boneless, skinless chicken thighs**
- Juice and grated zest of 1 lemon**
- 4 cloves garlic, chopped**
- 8 whole cloves**
- 1 stick cinnamon**
- 1 dried bay leaf**
- 3 tsp salt, divided**
- ¾ tsp black pepper, divided**
- 1 cup flour**
- 3 TBLS olive oil, divided**
- 2 cups water, divided**
- ¾ cup parsley, coarsely chopped**
- 2 jalapeno chile peppers, seeded and chopped**
- 1 ½ TBLS thyme**
- 4 onions, halved and cut into ½" thick slices**
- ½ tsp saffron threads**
- ½ tsp ground turmeric**
- 1 cup pitted black olives**

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In gallon-size food storage bag, place Bock Beer, lemon juice, lemon zest, garlic cloves, whole cloves, cinnamon stick and bay leaf. Seal bag and turn to mix well. Add chicken; seal and refrigerate 3 hours to marinate. Remove chicken from bag, reserving marinade. Pat chicken dry; sprinkle with 1 teaspoon salt and ¼ teaspoon black pepper. Pour flour into shallow glass dish; dredge chicken in flour and pat off excess.

In large pot over medium heat, warm 2 tablespoons olive oil. Add chicken and cook to brown, turning frequently. Add one cup water and deglaze pan, scraping brown bits around the chicken. Add reserved marinade, then parsley, chiles and thyme. Bring mixture to boil. Reduce heat, cover pot and simmer 45 minutes, stirring occasionally.

With chicken cooking, place remaining tablespoon of olive oil in large skillet over high heat. Add onion slices; sauté 3 minutes. Add remaining cup water, saffron threads and turmeric. Lower heat, cover skillet and simmer onions 4 minutes until slightly softened. Remove onions to plate; add any remaining liquid in skillet to the chicken mixture.

Add onions, olives and remaining 2 teaspoons salt and ½ teaspoon of black pepper to chicken mixture. Cook 15 minutes until chicken is very tender and beginning to shred. Discard cinnamon stick and bay leaf. Transfer chicken to shallow bowls, over couscous. Top with olives, onions and broth from pot.

Nutrition Information, Per Serving:

370 calories; 17 g fat; 3.5 g saturated fat; 30 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 TBLS flour**
- 1 cup Colby or mild Cheddar cheese, shredded**
- 1 tsp Dijon mustard**
- ½ tsp salt**
- ¼ tsp white pepper**
- 2 TBLS milk**

4 multi-grain English muffins, cut in half

8 slices bacon

8 cold large eggs

1 TBLS chili powder

In medium saucepan over low heat, melt two tablespoons 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 two saucepans each with two inches water and remaining Lager Beer, dividing beer equally between skillets. Add large pinch of salt to each skillet. Bring skillets to gentle simmer over medium-low heat.

Toast English muffins; spread with remaining two tablespoons butter. Place bacon on broiler pan

and broil, turning, about 5 to 7 minutes. Remove from oven and place one slice on each muffin half.

Poach eggs by breaking into simmer water mixtures, four per pan. Keep gentle simmer and poach 2 ½ to 3 minutes, until whites are set and yolks begin to thicken.

To serve, place two muffin halves on each of four plates. Remove eggs from water and place on top of bacon on muffins. Spoon 1 ½ tablespoons sauce over each muffing; sprinkle with chili powder. Serve immediately. (Extra sauce can be refrigerated and used over broccoli or baked potatoes. Reheat in microwave or over simmering water.)

Nutrition Information, Per Serving:

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



Stout Beer Date Cake with Stout Toffee Sauce

Makes 12 servings

- 1 bottle (12 oz) Oatmeal Stout Beer or Cream Stout Beer**
- 1 package (8 oz) pitted dates, chopped**
- 1 ½ tsps baking soda**
- ½ cup butter, softened**
- ½ cup sugar**
- ½ tsp salt**
- 2 eggs**
- 2 tsps vanilla extract**
- 1 ½ tsps baking powder**
- 1 ¾ cups all-purpose flour**
- Stout Beer Toffee Sauce**
- ½ cup butter**
- 1 box (1 pound) light brown sugar**
- 1 cup Oatmeal Stout Beer or Cream Stout Beer**
- 1 cup heavy cream**
- ¼ cup light corn syrup**
- 2 tsps vanilla extract**

Coat a 9x3 inch springform pan with a light layer of cooking spray. Set aside.

In large saucepan, combine bottle of Oatmeal Stout Beer and dates. Bring to a boil; remove from heat and stir in baking soda. (Mixture will foam.) Let cool 20 minutes. Preheat oven to 350 F.

In a large bowl with electric mixer, beat butter, sugar and salt until creamy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla and baking powder. On low speed, alternately beat in flour and beer-date mixture to combine. Spread in pan.

Place in oven and bake 40 to 42 minutes, or until wooden pick inserted in center comes out clean and cake is firm to touch. Cool cake on rack for 15 minutes. Remove sides of pan and cool completely.

When ready to serve, make Beer Toffee Sauce by melting butter in a 6 quart pot over medium heat. Stir in sugar, Stout Beer, cream and corn syrup. Bring to a

boil, reduce heat to medium and boil 12 minutes, stirring occasionally. Remove from heat and let bubbling subside. Stir in vanilla.

To serve, cut cake into 12 slices. Pour ¼ cup toffee sauce over each serving.

Nutrition Information, Per Serving:

560 calories; 23 g fat; 14 g saturated fat; 83 g carbohydrates

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 tsps 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 four 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

The National Beer Wholesalers Association represents more than 1,900 beer distributors nationwide. Beer distributors are independent, locally owned small businesses that work with numerous brewers to provide an immense amount of choice and variety for consumers.

Beer distributors allow thousands of beer brands equal access to the market. They help small brewers grow and compete by maximizing their sales reach, unlocking the market for startup and small brands, and providing the infrastructure small brewers need to reach a wide network of retailers. Consumers benefit by having a choice between the largest international brands and the smallest local brands, all on the same store shelf, restaurant list and bar tap. Cooking aficionados benefit by having a plethora of styles, varieties, tastes and flavors to choose from to make their recipes more flavorful and complex. We'll toast to that!



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