

BEER facts & fancies

Tips To Help You Cook With Beer

(NAPSA)—Here's an idea you can raise a glass to. If you enjoy the taste of a cold beer, you may be pleasantly surprised by how much flavor beer can add to favorite recipes.

Lighter beers, such as pale ales and lagers, can be used to thin batters and are delicious in bread and pancake recipes. Or you may want to steam shellfish, mussels or shrimp in beer instead of water for a tangy taste that complements the saltiness of the seafood. Beer also makes a wonderful marinade or sauce for grilling and roasting favorite meats and vegetables.

When choosing which beer to serve, remember that light beer goes best with lighter foods, and heavy beer with heavy foods. Pick a beer to either match or counteract the flavor of the food. For example, a sweet beer is good with both salty dishes and with some sweet desserts. Or select a beer from the same region of the world as the cuisine being served. If in doubt, an American Lager or Ale can always be used as a delightful complement to any meal.

The National Beer Wholesalers Association (NBWA) offers these tips on cooking with beer, and matching beer with your favorite foods:

Brown Ale: This smooth, mild beer with a nutty taste is tasty with chicken, game, roast beef or lamb.

Doppelbock: This strong beer with a chocolatey taste suits chicken, game or creamy desserts.

Pale Ale: This light, slightly bitter beer can be served with green salads, fish, pork or hamburger.

Lager: This smooth, light, slightly tangy beer is served with fish, hamburger and curry dishes.

Pilsner: A light-bodied, mild malt beer, it's served with light soups and pizza.

Porter: This dark, dry beer with a malty taste pairs well with cheese, shellfish, beef, barbeque, fruity or creamy desserts.

Tips On Serving Beer:

Serve pale beers with light soups and heavy, malty beers with stews.

Light beers are delicious with green salads and vegetable courses.

Serving a chocolate dessert? A rich, sweet dark beer can be a good match.



NBWA asked one of America's top new chefs, Andrea Curto of Miami Beach, Florida, for a favorite recipe made with beer. Her delicious cornbread demonstrates the surprising flavor that beer can add:

Beer Cornbread

1 cup yellow corn meal
1 cup flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ cup corn kernels, canned or thawed if frozen
2 Tbls scallions, chopped
 $\frac{1}{4}$ cup sugar
4 tsp baking powder
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup Lager beer
1 Tbls butter, melted
 $\frac{1}{2}$ cup cheddar cheese, grated
1 egg, hand whipped

Preheat oven to 425° F. Spray 8" x 8" baking pan with cooking spray. In medium mixing bowl, mix together corn meal, flour, salt, corn kernels, scallions, sugar and baking powder. Stir in milk, beer, melted butter, cheese and egg. Mix until combined. Place in oven and bake 20 minutes.

Per Serving: 217 calories; 6 g protein; 34 g carbohydrate; 5.7 g fat; 3 g saturated fat

For a free brochure, *Cooking & Dining with Beer*, send a business-size self-addressed stamped envelope to National Beer Wholesalers Association, 1100 South Washington Street, Alexandria, VA 22314-4494.