



# The Barleycorn Press

Monthly Newsletter Published by the Green Mountain Mashers of Vermont

December, 2002

Volume 13 Issue 9



## Now You're Cooking With Beer!

by Ruth Miller

**W**elcome to a new feature of the Barleycorn Press - a cooking column with seasonal recipes incorporating - you guessed it - beer!

Every year in the fall I put on an annual Brewer's Dinner for various homebrewing friends. The menu is always diverse and lengthy, with each course using a different type of beer as an ingredient and/or accompaniment, from appetizer through dessert. Each month I will share with readers some of the successful recipes I've used in the past. Some are my own, and some are ones I've culled from various microbrew books, brewpub chefs & publications. All of them are tried & true, so use them with confidence!

### Deer & Beer - A Natural Pairing

For our first installment, here's a recipe using venison. I made this with farm-raised venison shanks for this year's Dinner in October, but recently a friend shared some venison steaks with me that were given to him by local hunting acquaintances, and it was equally good. Since the technique I use is "braising", use a tougher cut that benefits from long, slow cooking (a tenderloin wouldn't be appropriate for this one). It's crucial to use a heavy pot with a close-fitting lid (dutch ovens are the best) to retain the cooking liquid & prevent drying out of the meat. The ale I've chosen for this is a sour ale - recommended styles are Belgian Old Bruin, Flanders Red, or Grand Cru. A

Lambic or Gueze would be too intense. To offset the tartness, I've incorporated a bit of Cassis syrup, a sweet pure-fruit-based syrup made from black currants that has a very subtle, earthy flavor - not real fruity at all. Serves 4.

### **Ingredients:**

- 2 lbs venison (shanks or small steaks work best)
- 1/2-cup finely chopped shallots
- 2 tbsp oil
- 1 bottle sour Belgian Ale
- flour, salt & pepper for dredging meat
- 2 tbsp Cassis syrup (look for it in gourmet stores or at your local coffee bar)

### **Method:**

Dredge venison steaks or shanks in flour seasoned with salt & pepper; coat well & shake off excess. Heat the oil in the pot until hot, then brown the meat on all sides. Throw in the chopped shallots & stir a few minutes with the meat. Now pour on the beer and put in a 325-degree oven with the lid on tight. Cook for about 1.5 hrs. for steaks, and 2.5 hrs. for shanks. Take the lid off for the last 30 min. to reduce the sauce. When tender, put back on stovetop and stir in cassis syrup - adjust to your personal preference. There should be a nice balance of sweet to sour. Whisk in a little flour & simmer to thicken sauce if you like it thicker. Serve with:

### **Sweet-Sour Red Cabbage a la Lompoc**

This is from the cook at the Lompoc Brewery in Bar Harbor, ME:

### **Ingredients:**

- 2 lbs red cabbage, core removed & sliced thinly
- 1-1/2 tbsp caraway seeds
- 1 tsp salt
- 1/2-cup brown sugar
- 1 cup apple cider vinegar
- 1 bottle ale (they use their Ginger Wheat, but any ale would work fine that's not heavily hopped. Or try hard cider!)

### **Method:**

Place cabbage in a large baking pan (not aluminum - vinegar reacts with it). Sprinkle with caraway, salt & sugar. Pour vinegar & ale over all. Cover with foil & bake at 350-degrees for 2 hrs, stirring every half-hour. When tender, drain off excess juice & enjoy. The deep red color is great!

That's it for this month. Hope you like it, and as for you lucky deer hunters out there - bonne chance et bon appetit. Next month: something sweet (no, NOT beer-laced fruitcake!!)



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**NEXT MEETING  
at the Magic  
Hat Brewery  
Monday Dec 2nd**

**T**he next meeting of the Green Mountain Mashers will take place on Monday, Dec 2nd at the Magic Hat Brewery in South Burlington. Arrive around 7:30pm and the meeting will start shortly after that.

As has become the case over the past few years, the brewers at Magic Hat will give a presentation on a topic relating to brewing/beer and the current activities taking place at Magic Hat. This is always very educational and enjoyed by all in attendance. No wonder the annual "Magic Hat Meeting" as it has become called is the most attended of the Masher mtgs.

To thank Magic Hat for their constant support of the Mashers, we ask our members that have some tasty homemade beverages stowed away to bring them to the meeting so that we can leave them there for the folks at Magic Hat to enjoy at their leisure. Please make sure that they are labeled somehow or a "legend" is left so that they will know what the markings on the caps indicate (in otherwords, lets make sure they know what's in the bottle). We've been drinking their brew for years so maybe we can return the favor and let them drink some of ours.

Also, club elections will be discussed and anyone who desires a club office or position of responsibility should be pre-

pared to campaign for the position, or, anyone wanting to avoid being elected to an office or position of responsibility should be sure to attend the meeting. You must be there in person to decline the nomination, or else you may be elected!

If you need directions call Magic Hat at 802-658-2739 or visit their web page:  
[http://www.magichat.net/elixir\\_printmap.html](http://www.magichat.net/elixir_printmap.html)



**Staff  
Box**



The Barleycorn Press is a monthly publication of the Green Mountain Mashers Homebrew Club. The Barleycorn Press appears in the final week of each month. Contributions are due by the 25th of the month of publication or two Thursdays prior to the next meeting (which ever comes first). Please send contributions via e-mail (preferable) or send on a 3.5" IBM compatible diskette (hard copy as a last resort) to:

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Contributions on any subject even remotely associated with the brewing and/or enjoyment of beer and related beverages are happily accepted by the editors. The editors reserve the right to edit any contribution as a function of available space, while making every attempt to maintain its integrity. The views expressed by contributors to the Barleycorn Press are not necessarily those of the editors or of the Green Mountain Mashers Homebrew Club.

This publication is made available free of charge to all dues paying members of the Green Mountain Mashers. Subscriptions are available to all other interested parties at \$7.00 yearly (US funds).

Note: The yearly dues of \$10 should be paid by the end of January. Please mail your check or money order made out to the "Green Mountain Mashers" to Treasurer Lewis Greitzer at the following address:

**Lewis Greitzer**  
33 Harbor View Road #1201  
South Burlington, Vermont 05403  
(802)658-2621  
[lewis@together.net](mailto:lewis@together.net)

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View the Official Web Page of the Green Mountain Mashers at:

<http://www.mashers.org>

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**Don't Forget to Bring  
Homemade Beverages to the  
meeting to leave for the  
Folks at Magic Hat  
to thank them for their constant  
support. Also, bring some  
snacks to share.**

## Green Mountain Masher Calendar of Events

Date	Event	Information
12/2/02	December Mtg at the Magic Hat Brewery in So. Burlington.	Rich Evans (h) 899-3006 (email) monk@together.net
1/6/03	January Mtg - Scottish Ale and Kölsch - Robin Orr's.	Robin Orr (h) 863-4640 (email) robin.orr@state.vt.us
2/4/03	February Mtg - Equipment/Gadgets Show and Tell - Anne and Matt Whyte's.	Anne and Matt Whyte (h) 879-6462 (w) 655-2070 (email) vtbrew@together.net
2/8/02	Trub Trek to Albany, NY	Rich Evans (h) 899-3006 (email) monk@together.net
3/3/03	March Mtg - Belgian Beer Tasting - Erik Sandblom's	Erik Sandblom (h) 434-3493 (email) sandblom@gmavt.net
4/7/03	GMM April Mtg - Masher Challenge (Kölsch) and Hoops & Hops	Tom Ayres - more info to follow
5/03	Green Mountain Homebrew Competition	Anne Whyte (h) 879-6462 (w) 655-2070 (email) vtbrew@together.net

**Please contact Tim at the phone # or email address noted below to add items to the Masher Calendar**

Please contact Tim Cropley at (802) 434-7293 or by email at [t\\_cropley@yahoo.com](mailto:t_cropley@yahoo.com) if you have any beer events that you think the membership would like to know about. It is our hope that we will also list other regional competitions as they are announced. We also hope to list AHA sponsored Club Only competitions in an effort to remind people to consider bringing beers that fit the competition style to club meetings so that the membership can pick one for entering.

**Masher Membership Dues are due in January. Please bring your check book to the December Meeting to get them out of the way.**

**Dues are only \$10 per person.**

### Bitter & English Pale Ales Club-Only Competition Jan 25 2003 - Rochester, MN

**A**HA Club-Only Competition. All AHA Registered clubs are welcome to participate. One two-bottle entry per club. Winning entries earn points toward the AHA Homebrew Club-of-the Year Award. Sponsoring Club: Minnesota Timberworts. Deadline: 1/20. Fee: \$5. Award Ceremony: 01/25.

**Contact:** Leo Vitt  
**Phone:** 303-447-0816 x 121 - 507-285-0468  
**Email:** [lvitt4@yahoo.com](mailto:lvitt4@yahoo.com)  
**URL:** <http://www.beertown.org/AHA/Clubs/clubcomp.htm>

**If any Mashers have a Bitter or English Pale Ale that they believe worthy, bring it to the January Meeting.**

## The Return of "Ask Mr. Lager"

**B**ack in the early days of the Barleycorn Press, Greg Noonan answered questions from the Mashers in the newsletter every month. We're proud to announce the return of "Ask Mr. Lager." Anyone who has questions for Greg should bring them up at the monthly meetings and/or email them to Tim Cropley. Greg will take one or two questions per month depending on the length of the answer. So without further delay, here we go:

**1) What's the difference between a) lagering a beer for six weeks then bottling and b) doing just a primary fermentation, bottling, then just putting the bottles in the fridge for 6 weeks?**

Only two things - first, particles in suspension that precipitate out of the beer during the six weeks of lagering would be trapped in the bottles of beer capped immediately after primary. Dead yeast cells, insoluble proteins and other malt,

hop and yeast fractions that would have been separated from the beer by traditional lagering can be expected to contribute off-flavors as they degrade at the bottom of the bottle.

The second is like the first, but it is the evolution of sulfury gases out of the beer.

Whether these flavors are perceptible or not depends on several circumstances. How much sulfur is evident at the end of primary? How much matter is in suspension? What temperature will the bottles be stored at after the 6 weeks of 'bottle-lagering'? How long will it be before they are consumed? If the primary ferment left a relatively clear beer, it isn't objectionably sulfury, and you will drink all the bottle-lagered beer within a month or two anyway, then you will probably never notice a perceptible difference between the two methods.

**2) Kölsch is fermented with ale yeast but it's lagered. What's up with that?**

**Especially since Warner (1998) says that Kölsch is generally filtered until its clear.**

The style is all about delicate fermentation flavors - a beer that is lighter, smoother and subtler than a traditional ale. Unlike lagers, however, Kölsch beers are defined by a light wine-like fruitiness, not grain character and bitterness.

Hence the method... A warm, well-oxygenated fermentation employing a 'Kölsch' ale yeast to favor the production of esters and aromatic alcohols followed by lagering to mellow the overall flavor.

Filtering has little impact on the survival of fermentation flavors into the finished beer. Any bitterness and mouthfeel that filtering removes doesn't diminish its Kölsch style characteristics. Filtering a Kölsch is not going to negatively affect it.

Greg Noonan



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