

[Brandywine Table]

Beer-based Recipes

LOCAL BREWS AND LOCAL FOOD— A PERFECT MARRIAGE

Laura Muzzi Brennan

IT'S NO SECRET THAT THE CRAFT BEER MOVEMENT IS A movement with a capital M. It's also not news that beer's been a cooking ingredient ever since the first cook spilled the first brew into the first stew pot.

But what might surprise you is the sheer variety of local brews available and one chef-turned-beer-geek's dedication to getting them into your glass and onto your plate.

"The beauty of Pennsylvania is that we have some of the best breweries around. Why not use them?" says chef Eric Yost as we sit opposite a wall of photos featuring brewers and farmers whose products are at the heart of his **Suburban Restaurant and Beer Garden** menu.

Yost's love for local beer and food runs deep. He's a Chester County native who, before opening this Exton chic-casual in spring 2017, worked as executive chef at both White Dog Café and Wye-brook Farm, where local is a religion.

The rotating draft list of 24 beers (plus an equal number in bottles and cans) is a Who's Who of both well-known and up-and-coming breweries. On the draft list are German pilsner from West Chester's Levante Brewing, pale and blonde ales from Ephrata's St. Boniface and Downingtown's Victory Brewing, boysenberry gose from Phoenixville's Stable 12, blood orange IPA from Conshohocken Brewery, rye IPA from Malvern's Locust Lane and grapefruit pale ale from West Grove's Evil Genius Beer Company. The names alone—Mad King's Weiss, Date with Jake, Turtle Power—evoke the Triple Crown and signal you're in for a rollicking time.



Chef Eric Yost

This same spirit of fun and adventure infuses Yost's own brewing. After meeting so many brewers, he caught the brewing bug or as he puts it, he started to "geek out," which led to opening **Suburban Brewing** in Honey Brook with partner Corey Ross, who owns Malvern's Fancy Camper Home Brew Supply.

The pair names many brews after Grateful Dead Songs—try China Cat Kolsch or Stella Blue, a West Coast IPA. They also collaborate with other brewers—Copy Cat, a German-style kolsch, is a joint venture with Fegley's Allentown Brew Works.

Right now, Suburban Brewing is a small-batch, all-grain, one-barrel system, so their beer is in limited supply and available only at the brewery and the restaurant. But Yost dreams of ramping up production.

In the meantime, he continues to use beer throughout his menu. He makes an IPA mustard to accompany the Bavarian pretzel, PA Cuban sandwich and housemade bratwurst. PEI mussels come steamed in a pilsner broth. Hops cheddar sauce takes the Breakaway Farm burger to a new level, while stout BBQ sauce opens up new possibilities for chicken wings.

Yost even turns the leftover grains from the brewing process (oats, barley, malt, rye) into a flatbread that accompanies oven-roasted tomato hummus. His spent grains saute (grains, wilted greens, roasted cauliflower) makes for a hearty vegetarian main dish.

During the winter, Yost hosts pop-up prix fixe dinners where he incorporates beer in all five courses, and then pairs each course with—you guessed it—a different beer. The desserts alone—stout-infused chocolate pots de crème or dulce de leche sauce for donut-dunking—will expand your beer brain. To find out about upcoming dinners, follow Suburban on Facebook and Twitter or sign up for their email list.

On draft, in bottles, on your plate, local beer makes the local food scene a heady place indeed.



Local brewers and farmers decorate the wall

IPA Mustard

At Suburban Restaurant and Beer Garden, this mustard accompanies many dishes including the Bavarian pretzel, housemade bratwurst and cheese and charcuterie board. If you like to give homemade gifts from your kitchen, this mustard is a good choice!



- 1 C. dry yellow mustard seeds
- 1 qt. Suburban Brewery IPA (or Conshohocken Brewing Type A IPA or cook's choice), plus more to thin*
- 2 C. white wine vinegar, divided
- 1 C. sugar
- 1/3 C. salt
- 1/2 C. garlic powder
- 1/2 C. onion powder
- 1/4 C. turmeric
- 1 C. blended oil (any combination of olive, canola and other vegetable oils), plus more to thicken

**You can substitute a porter or stout, which makes a darker mustard.*

Soak the mustard seeds overnight in IPA beer and 1 C. vinegar. After 24 hours, add remaining 1 C. vinegar and all other ingredients—except for the oil—to a blender.

Blend on high, adding oil slowly until emulsified. To achieve desired consistency, add additional oil to thicken or beer to thin. Adjust seasoning, if necessary.

Mustard will last in the refrigerator indefinitely.

Makes 6 cups.

Suburban Stout Pot De Creme

- 6 oz. Subby Stout or other favorite stout
- 1/3 C. sugar
- 2 C. heavy whipping cream
- 1/2 C. whole milk
- 5 oz. bittersweet chocolate chips
- 6 large egg yolks

Preheat oven to 325°. In a small heavy saucepan, combine Subby Stout and sugar over medium heat. Reduce to 3 oz., about 5 minutes. Remove from heat and cool.

Pours & Pairs

Want beer to tease out a food's nuances or put a twist on a favorite dish? Want to sip the right beer with the right food? Want to understand why Ben Franklin quipped, "Beer is proof God loves us and wants us to be happy"? Then check out Chef Yost's suggestions for selecting the ideal beer to add to the pot or pour in the glass.

~ Poach hot dogs, bratwurst and other sausages in beer broth. It's fine to use low-end or flat beer.

~ Choose light beers for steaming shellfish, poaching fish and drinking alongside all seafood. Think ales, kolches, pilsners and saisons.

~ Combine stout with ginger ice cream for a grown-up float or mix it with vanilla vodka and pour over ice for a beer cocktail.

~ Incorporate sweeter beers, which have more alcohol, into desserts or serve them as after-dinner drinks. Stout and other dark beers go especially well with chocolate.

~ Pair Mexican food with gose-style (sour and salty) beer.

~ Serve double IPAs with lasagna and ravioli. "Double" means twice the alcohol, so these brews hold their own with heavy tomato sauce.

~ Drink what you like! There are no rules.

Thirsty and hungry for more? Check out *Beer and Food* by beer blogger and judge, Mark Dredge.

In a separate pan, simmer whipping cream and milk over medium heat. Remove from heat and add chocolate chips. Whisk until smooth.

Beat egg yolks into the cooled stout mixture. Slowly whisk in the hot chocolate mixture. Strain the combined ingredients into another bowl through a fine mesh strainer, and allow the mixture to cool (about 10 minutes), skimming any foam. Discard solids.

Pour mixture into six 3/4-C. ramekins. Cover each with foil and place on a large high-sided baking pan. Add hot water to the pan until it reaches the middle of the ramekins.

Bake until all are set, about 1 hour. Remove from hot water. Remove foil and chill for at least 3 hours.

Makes 6 servings.

Belgian Carbonnade

This beef and onion stew was one of three party dishes, along with chicken paprikash and spaghetti carbonara, that my editor Jo Anne Durako, perfected as a beginning cook. Says Jo Anne: "The carbonnade, I thought, was more sophisticated than then-popular Beef Stroganoff. And I never questioned why a Belgian dish used Guinness stout. Now a Belgian abbey-style beer might be a better choice and perfect to serve with the meal."

2 lbs. chuck roast, cut into small, 1" cubes

Salt and pepper

1/4 C. flour

4 Tb. butter, divided

4 slices bacon, finely chopped

4 cloves garlic, finely chopped

3 medium yellow onions, thinly sliced
1 bottle Guinness stout (or Belgian-style ale)
1 C. beef stock
2 Tb. dark brown sugar
2 Tb. apple cider vinegar
3 sprigs parsley or thyme, more for garnish
1 bay leaf
Buttered noodles for serving



In a bowl, season beef with salt and pepper. Add the flour and toss to coat thoroughly.

In a Dutch oven, heat 2 Tb. butter over medium-high heat. Cook the beef in three batches. Cook, turning, until browned. Set cooked beef aside.

Add the bacon to the pot. Cook until the fat is rendered, about 8 minutes. Add remaining 2 Tb. butter, garlic and onions. Cook over low heat, stirring frequently until caramelized, about 30 minutes. Add half the beer. Stir, constantly scraping bottom of pot, for about 4 minutes. Return the beef to pot. Add remaining beer, stock, brown sugar, vinegar and herbs.

Bring to a boil, and then reduce to medium-low heat. Cover and cook until beef is fork-tender, about 2 hours.

Before serving, discard the cooked herbs. Season with salt and pepper to taste.

Serve over buttered noodles.

Makes 4 servings.

Beer-Steamed Mussels

There are hundreds of recipes for mussels cooked with beer, so I took what I liked from two of my favorites (Melissa Clark’s version on The New York Times Cooking website and Kathy Brennan and Caroline Champion’s recipe from their first cookbook, Keepers). Then, I added my own twists. If you’re serving the mussels as the main dish, allow for 1 pound per person. As an appetizer, I’d go with a half pound.

4 lbs. mussels, scrubbed and beards removed
2 Tb. butter
Splash of olive oil
¼ C. chopped white onion
2 celery stalks, minced
3 large garlic cloves, minced
Salt
1, 12-oz. bottle pale lager
½ C. heavy cream
1 tsp. (or more to taste) spicy brown mustard (or Dijon mustard)
Chopped parsley



Throw out any mussels that are cracked or gaping open. (A small opening is fine.) Rinse well under cold water and remove any little bits of beard still attached to the shell. (I use my fingers but tweezers work well, too.)

In a large pot over medium-low heat, melt the butter and add a splash of olive oil. Add the onion, celery, garlic and a pinch or two of salt. Cook until vegetables start to soften, about 5 minutes.

Add the mussels. Take a sip or two of the beer—just for good measure—then pour it over the mussels. Cover the pot and turn heat up to medium-high. Cook for 2 minutes. Shake the pot a few times to redistribute the mussels. Cook for 2 more minutes.

Open lid to see if most of mussels are open. If they are, stir cream and mustard together and add to pot. Put the lid back on and shake again so the mixture gets distributed evenly. (If most are not open, cook for another minute or 2, then proceed with mustard and cream.) Discard any mussels that don’t open.

Using a slotted spoon, divide mussels into individual bowls or scoop into one large bowl. Pour broth over and top with parsley.

Serve with baguette slices for dipping.

Makes 4 main dish or 8 appetizer servings.

Welsh Rarebit with Tomatoes

This humble dish—basically cheese sauce on toast—just begs to be eaten when the temperature plummets and the wind blows. As for the curious name, John Ayto, author of The Diner’s Dictionary, offers this explanation: in the 17th and 18th centuries, Welsh referred to something inferior or counterfeit. A Welsh pearl was a pearl of inferior quality, maybe even a

fake, and to use a Welsh comb meant to comb your hair with your fingers. Welsh rabbit, then, was probably a dish people ate when they had no rabbit or other meat. “Rabbit” somehow became “rarebit” in the late 18th century, maybe in an attempt to fancy up the dish. Recipe adapted from Alton Brown.



2 Tb. unsalted butter
2 Tb. all-purpose flour
1 tsp. Dijon mustard
1 tsp. Worcestershire sauce
½ tsp. kosher salt
Freshly ground black pepper
½ C. Guinness stout or other dark beer
½ C. whole milk

1½ C. shredded sharp cheddar
3 English muffins, split and toasted
1 large tomato

Melt butter over low heat and whisk in flour. Cook, whisking constantly to prevent browning until flour is fully incorporated and mixture looks like a paste, about 2 minutes. Whisk in mustard, Worcestershire, salt and pepper. Pour in beer and whisk to combine. Pour in milk and whisk until smooth.

Add cheese, a handful at a time, and whisk constantly until cheese is melted and sauce has thickened, about 5–6 minutes.

Ladle over English muffins, top each with a tomato slice and a few grinds of pepper.

Makes 3 servings. ♦

Laura traces her love of all things culinary to the first time she leafed through her mother’s Betty Crocker’s Cooky Book—which still occupies a place of honor among her 700+ cookbooks. A passionate supporter of local food, she co-founded a farmers market, judges area food contests, and anticipates restaurant openings with the excitement most people reserve for winning a Mega Millions jackpot.



For more great recipes visit
CountyLinesMagazine.com