Beer: A Flavorful & Nutritious Ingredient!

Beer is considered a refreshing and tasty beverage by many of us, but if you don’t care for beer, don’t let this wonderfully versatile beverage be an overlooked cooking ingredient in your kitchen.

So, why cook with beer?

**Flavor**

One of the reasons so many people love beer is because of its rich and varied flavors. Just like wines or vinegars, beer can add complexity and depth to dishes of all kinds! Try jazzing up an old recipe by substituting beer for another liquid like broth or water.

**Nutrition**

Beer contains several nutrients including important B vitamins such as: folate, niacin, riboflavin, pantothenic acid, B6, and B12. It also contains silicon, which has been shown to benefit bone density. Moderate intake of any alcohol (including beer) has been shown to lower your LDL (the “bad”) cholesterol and heart disease risk, while increasing your HDL (the “good”) cholesterol. If you missed last month’s newsletter on Cholesterol, visit our newsletter archives.

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**Fact or Fiction?**

Cooking beer burns off all of the alcohol content.

**Fiction!** Some alcohol does burn off, but the amount depends on how long and how hot a dish is cooked. Here are some guidelines:

- If an alcoholic beverage is added to a boiling dish at the end of cooking, up to 85% of the alcohol content could be retained.

- If the drink is braised or simmered and covered with a lid (but not boiled) for at least 2.5 hours, it will likely only retain 5% of the alcohol. Even if it is boiled, there is no guarantee the alcohol will evaporate entirely.

- When an alcoholic beverage is added to an uncooked dish, all of the alcohol remains.

Information from [http://www.eatright.org/Public/content.aspx?id=6442459006](http://www.eatright.org/Public/content.aspx?id=6442459006)
Tips for Cooking with Beer

- Keep in mind that just like cooking with any liquid, water will evaporate and concentrate the flavors. When experimenting, use good quality beer and start with a small amount.

- The length of cooking helps determine which characteristics of a beer will be more pronounced. If you want the subtle hops aromas to stand out, add the beer at the end of cooking to avoid them boiling out. To get the sweet, roasted flavor of barley to shine in your dish, add the beer at the beginning of the cooking process.

- Because the acidity level of beer is relatively low (compared to that of wine or vinegar), there is no need to worry about timing your marinades. Try letting meats marinate in beer for several hours to let those flavors soak in!

- As a general rule, you can substitute almost any cooking liquid with beer. Try replacing stock, broth, water, or even wine.
  - When using beer instead of liquid dairy in baking, substitute every 1/2 cup of dairy with 1 tablespoon of oil + beer until you have the same volume of liquid. This replaces the fat needed in baking.

Best Beer Types for Various Dishes

- **Wheat Beers:** These lighter beers usually have crisp, fruity flavors. Try them in salad dressings or marinades for fish and chicken.

- **Ales:** Perhaps the most versatile of beers to cook with, ales are good in bread, fish, and cheesy dishes.

- **India Pale Ales (IPAs):** These bitter beers can pack a lot of punch and flavor. The bitterness balances well with honey or brown sugar, so try adding some to a citrus vinaigrette or a homemade barbeque sauce.

- **Stouts & Porters:** These are usually the darkest beers, with the biggest body and sweet, chocolaty notes. They taste great with red meats, chocolate, stews and chili.

- **Lager:** These can be light, dark, or amber. Pale lagers go well with salty or spicy foods, while darker varieties are tasty in hearty, spicy, or meaty dishes. Try our delicious “Pumpkin Lager Chili” recipe featured in this month’s newsletter!
Healthy Alcohol Consumption

While there are some benefits to consuming beer and other alcoholic beverages, it is important to understand how much is too much. See the chart below for suggestions from the Dietary Guidelines for Americans.

<table>
<thead>
<tr>
<th></th>
<th><strong>Women</strong></th>
<th><strong>Men</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate Alcohol Consumption</td>
<td>Up to 1 drink per day</td>
<td>Up to 2 drinks per day</td>
</tr>
<tr>
<td>High-risk Drinking Patterns</td>
<td>More than 3 drinks on any day, or more than 7 drinks in a week</td>
<td>More than 4 drinks on any day, or more than 14 drinks in a week</td>
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</tbody>
</table>

Please note: For some people, complete avoidance of alcohol is best. If you are taking any medications, have certain health conditions or risk factors, or are not sure if alcohol is safe for you, consult a physician.

Scheduling Now!

**Date Night Cooking Class** returns on Friday, October 10 from 6-8 PM. Skip the carryout and bring your special someone to our “Thai Takeout” event. Call 970-491-8615 to register or sign up online.

- Cost: $50 per couple

Classes fill up fast, so sign up online or call soon to reserve your spot!

**Resting Metabolic Rate**

State of the art equipment determines your basic calorie needs in a 30-minute appointment. We then provide recommendations based on your activity or weight goals.

- Cost: $100 ($50 for CSU students and employees).
Pumpkin Lager Chili

Warm up from the cool fall days and use up those extra Halloween pumpkins with this chili that is loaded with tasty and nutritious vegetables!

**Ingredients**
- 2 pounds boneless pork shoulder, trimmed and cut into 1/2-inch cubes
- 1 12-ounce bottle Mexican lager
- 3 cups water
- 2 teaspoons Kosher salt, divided
- 2 to 3 chipotle peppers in adobo sauce, finely chopped
- 3 teaspoons dried oregano, divided, preferably Mexican
- 1 15-ounce can pure pumpkin (about 1 3/4 cups)
- 1/2 cup Greek yogurt
- 3 tablespoons olive oil, divided
- 2 medium tomatoes, roughly chopped
- 1 16-ounce can black beans, no salt added
- 1 16-ounce can kidney beans, no salt added
- 1 Poblano pepper, seeded and chopped
- 2 medium white onions, chopped
- 1/4 cup chili powder
- 4 cloves garlic, finely chopped
- 1 bunch mustard greens, stems removed, leaves roughly chopped
- Lime wedges, for serving

**Directions**
1. In a large pot, heat 1 tablespoon olive oil over medium heat; add pork and sear on all sides. Add beer, 3 cups water and 1 teaspoon salt; bring to a simmer, skimming the foam off the surface. Add the chipotles and 1 1/2 teaspoons oregano; cover and cook 30 minutes.

2. In a small bowl, mix 3 tablespoons pumpkin and the Greek yogurt; cover and chill.

3. Heat the remaining 2 tablespoons olive oil in a skillet over medium heat. Add the tomatoes, beans, Poblano peppers, onions and remaining 1 teaspoon salt; cook until soft, about 15 minutes. Add remaining 1 1/2 teaspoons oregano, chili powder and garlic; cook 5 minutes. Add the remaining pumpkin and cook 5 minutes.

4. Add the tomato mixture to the pork mixture and simmer until the meat is tender, about 30 minutes. Add the greens and cook 10 more minutes. Ladle the chili into bowls; top with the pumpkin-yogurt cream, and serve with lime wedges. Sprinkle with more chili powder, if desired.

**Serving Size:** 1 Cup  
**Number of Servings:** 10

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>439</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>169</td>
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<tr>
<td>Total Fat</td>
<td>17.7g</td>
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<tr>
<td>Satuated Fat</td>
<td>5.1g</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
<td>90.7mg</td>
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<tr>
<td>Sodium</td>
<td>608.3mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
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<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
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**Kendall Anderson Nutrition Center**

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