

HOW TO PAIR FOOD WITH BEER

When we 'taste', our palate picks up three different sensations:

FLAVOUR AROMA MOUTH-FEEL

This combination allows our brain to decide what the food tastes like, and categorises it into these 7 taste sensations...

SWEET SOUR SALTY BITTER PUNGENT FATTY UMAMI

We use these taste sensations as our starting point to identify which Guinness beers should be paired with which dishes on your menu.

When a beer is paired with a particular taste sensation, it gives you an enhanced experience. This enhanced experience is described by experts such as beer sommeliers, as **Complementing**, **Cutting** or **Contrasting**, or the "3Cs"



Taste Sensation of key dishes served	Bitter	Salty	Sour	Fatty	Sweet	Pungent	Umami
Classic examples of this taste sensation	Coffee Chicory Spinach Sprouts Olives	Oysters Shellfish Parmesan Feta Salt Fish	Lemon Yoghurt Pickles	Cheese Cream Butter	Chocolate Caramel Milk	Chilli Garlic Jerk spice Horseradish	Roast meat/game Burgers Soy sauce Tomato Mushroom
Emergent examples of this taste sensation	Kale Aubergine Raw fruit & veg Beans & peas	Samphire Seaweed	Kimchi Ferments	Tempura Lardo	Almond milk Coconut	Buckwheat Spelt	Vegan burger
Beers that COMPLEMENT this taste sensation	Guinness Draught IPA	IPA Pilsener or lager Guinness Extra Stout	Hop House 13 IPA	Guinness Draught IPA West Indies Porter	Guinness Draught	Hop House 13 IPA	Guinness Draught West Indies Porter
Beers that CUT this taste sensation	Pilsener or lager Guinness Extra Stout	Hop House 13	Pilsener or lager Guinness Extra Stout	Pilsener or lager	Guinness Extra Stout	West Indies Porter Foreign Extra Stout	IPA Hop House 13 Guinness Extra Stout
Beers that CONTRAST with this taste sensation	Hop House 13	West Indies Porter Guinness Draught Foreign Extra Stout	Guinness Draught West Indies Porter	Guinness Extra Stout Hop House 13	Hop House 13 IPA Pilsener or lager Foreign Extra Stout	Guinness Draught Pilsener or lager	Pilsener or lager Foreign Extra Stout