

British Guild Of Beer Writers

Newsletter October 2014



BEER IT'S GOOD FOR YOU! And now for the good news: beer and health was the topic of a one-day seminar held in Brussels and organised by the Brewers of Europe. In essence, drinking a pint of beer a day helps you live longer and sipping on a beer also cuts the chance of a heart attack by a third — making it as beneficial as wine.

It is the seventh time that some of the world's leading doctors and epidemiologists have got together to discuss the health benefits of moderate beer consumption. For a start, the myth of the beer belly was firmly sent to the dustbin of history. Studies from the UK and Romania showed that moderate beer consumption can be part of a healthy diet and lifestyle and does not lead to weight gain or abdominal fatness and the perception that drinking beer results in a beer belly is not supported by science.

And while the perception might be that adherents of a traditional Mediterranean diet only drank wine new research found that a moderate beer intake is associated with higher adherence to the traditional Mediterranean diet in Sicily. A daily amount of 25 grams of beer appeared to provide protection from the risk of suffering a cardiovascular event. And another paper showed that the polyphenols in beer lowered the risk of cardiovascular disease, while with the increasing rise in diabetes worldwide moderate alcohol consumption may improve insulin sensitivity and reduce fasting insulin levels among women.

In addition, a preview of research currently underway showed that moderate beer drinking reduced glycated haemoglobin (HbA1c) concentrations. This is important for people with diabetes as the higher the HbA1c, the greater the risk of developing diabetes-related complications.

According to the doctors the level of coeliac disease was on the rise and might affect at least 1% of the population, and a call was made for research into gluten free beers and the development of new strains of gluten free grains that would be more suitable for brewers. If you're looking for further details the website of the symposium is on-line at www.beerandhealth.eu/site/index.php

New books on the block It's always good to see new beer books published. So congratulations to Adrian Tierney-Jones and Sylvia Kopp for their latest publications. *World Bottled Beers* is written by Adrian and published by Jacqui Small for £9.99. It features 50 crafted mini-essays on some of the best beers in the world: highly hopped America IPAs, robust British stouts, and ground breaking Danish brews can all be found along with Belgian classics and Australian pales (Adrian's been busy, he's also co-written *Britain's Beer Revolution* with Roger Protz, which is out later in the month).

Barley & Hops: The Craft Beer Book is written by Sylvia Kopp, published by Gestalten and available in English and German for €35/£30/\$49.95. According to

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Sylvia, beer is establishing itself as the drink of choice among a hipper, cultured audience and what began over 30 years ago with hobby brewers in the United States has today become an international movement with beer-loving adherents from Europe to South Africa. *Barley & Hops* takes a behind-the-kettles look at some of the world's greatest new wave of brewers who share their personal stories of how they came to brew beer and, in the process, gives an insight into how beer is changing our attitudes to taste and beer and food pairings. Tim Hampson

News

• **Guild stalwarts** Adrian Tierney-Jones and Roger Protz have pooled their knowledge and passion for the juice of the barley and the hop to co-write *Britain's Beer Revolution* (CAMRA Books, £14.99), which will be published on 28 October. The book traces the remarkable rise of independent brewers in recent years and the vast range of beer styles now available. The book also includes potted biographies of some of the key players in British brewing, the return of 'the brewster', beer and food matching, tasting notes and some of the finest pubs and bars throughout the country.

Roger says: 'it was a daunting and challenging assignment. With close to 1400 breweries operating in Britain, we had to find a choice that struck a balance between some of the longer-standing breweries such as Fuller's, Shepherd Neame and Marston's and the new breed of smaller breweries while attempting to tip-toe unscathed through the mine field of 'craft' and cask beer.' Adrian adds: 'I've always maintained that beer is as much about people as it is about the liquid in the glass and this was a great chance to hear brewers' stories about how they came to create some of the greatest beers around at the moment.'

The duo will launch the book at Waterstone's in Piccadilly, London, on 29 October with a talk, tasting and book signing.

• **Dea Latis Beer & Cheese tasting — CHANGE OF DATE** The Beer & Cheese tasting hosted by beer and women group Dea Latis has been moved to Wednesday 8 October. Details below, all Guild members and their guests are warmly invited.

Date: Wednesday 8 October

Time: 3-5pm

Venue: The Bishops Finger, 9-10 West Smithfield, London EC1A 9JR (with thanks

to Shepherd Neame for their hospitality).

Tasting will involve at least five different cheeses each matched to a different beer designed to enhance the taste of both. It promises to be an entertaining and educational evening and we hope you can join us. Tickets, including beers, cheeses and tea/coffee, cost £17 per person. Please visit our Eventbrite page to buy tickets: <http://www.eventbrite.co.uk/e/dea-latis-beer-and-cheese-tasting-tickets-12781994289?aff=es2>.

Or, if you are a Dea Latis corporate member, discounted entry is available; please email lisa@lisaharlow.co.uk for details.

• **The Dark Star Foundation**, which has been created by Partridge Green based brewer Dark Star, is seeking worthy causes to apply for funding. Created to 'support and inspire' by working alongside, and helping, good causes, the Foundation aims to give a helping hand to local charities and organisations, with funds raised through the brewery shop, donations from those attending brewery tours, and a series of fundraising events including 'Spin Up in a Brewery' and 'Hopfest'. In 2013, the Foundation supported Chestnut Tree House, Dame Vera Lynn Trust, Ashurst Village Hall, Age UK Horsham, 4Sight, Sussex Sailability and the Sussex Association for Spina Bifida and Hydrocephalus. Commenting, James Cuthbertson of Dark Star (and Guild member) said: 'We are very proud to have supported so many worthy local causes last year, we just hope that more organisations will hear about what we do and will apply.' For more information contact james@darkstarbrewing.co.uk

• **Tuesday 21 October 6.30pm** Guild members are invited to a preview tasting of new Islington beers brewed at the first Brewhouse & Kitchen to open in London.

CALENDAR 2014

- Wetherspoon International Beer Festival
Oct 17 -Nov 2
- SIBA Beer Festival October 24-25, National Brewery Centre, Burton upon Trent
- British Guild of Beer Writers dinner and awards,
London, December 4

Please send details of any relevant events to Adrian Tierney-Jones

Like the first Brewhouse & Kitchen outlets in Portsmouth and Dorchester this new Islington branch will be stylishly designed to reflect its additional offering of quality food, which will also be sampled on the night. At the helm are Simon Bunn and Kris Gumbrell, who have been behind a number of successful brewpubs. To rsvp for 21 October and for the press release, please contact Guild member Su-Lin Ong, UK +44 (0)20 8747 4843 or email sulinong@slo-london.co.uk.

• **Hobgoblin**, the Unofficial Beer of Halloween, is at the ready to unleash mischief during the most spooktacular season of them all. As part of its aptly named 'Season of Mischief', Hobgoblin will be giving fans the chance to have a spin on its 'Wheel of Misfortune' to win prizes throughout the spooky season. For more information or supplementary images please contact Guild member Kimberley Owen on 07920 582 444 or kimberley@thevitalagency.co.uk.

• Online search for Britain's Best Beer 2014 This year's search is well underway. Now in its fifth year, the organisers say that the competition is unique in that 100% of beers brewed in the UK are automatically entered. All styles are eligible; the only condition is that the beer must be genuinely brewed in the UK. aletalk.co.uk's registered users can vote on their favourite beers in two categories: draught (cask or keg) and packaged (bottled or canned). The winners will be crowned aletalk's Best British Beer 2014 (draught) and aletalk's Best British Beer 2014 (packaged). The competition runs until the end of November 2014, with the winners announced in early December 2014. For more details go to aletalk.co.uk.

Quietly does it

GUILD MEMBER Simon Jenkins is the latest to enjoy the hospitality of Brains Brewery and try his hand at creating his own beer.

I've never been very good at hiding my ignorance, which is a shame, because I have plenty of it. Much of it was revealed to Bill Dobson and his team at Brains who were kind enough to give me the 'Janet and John' guide to the brewing process, while patiently indulging my desire to create a traditional dark, strong, English ale.

It was a great day, even if I did start it with a

rather heavy head after a comprehensive tour of Brains' Cardiff estate the night before in the company of Bill and colleague Danny Champken. And despite me having the potential to wreck the brew altogether, they did allow me to be very hands-on throughout the whole process — checking temperatures, testing the original gravity, choosing the hop varieties and adding ingredients to the brew.

Mind you, I didn't get any help to clear the spent grains from the mash tun. I understand that when the saintly Marverine Cole was creating her own beer here a few months back, the brewers were falling over themselves to give her a helping hand with the shovel. Funny that.

The final step was to pump the beer into the fermentation tank — and as I headed for home, the yeast was beginning to work its alchemic magic on the brew.

The result of our labours is a 5.5% ale, though as I write this I have yet to try any. One of the hardest jobs was choosing a name. We'd hoped to call it Gentle Giant, which recalls the affectionate nickname given to John Charles, arguably the greatest player ever to wear the white of Leeds United and the blood red of Wales. Trouble is, some other upstart brewer has already registered the name, dammit.

So in the end, we plumped for the evocative That Quiet Earth, which is both an obscure Genesis instrumental and the last three words of *Wuthering Heights*. So there you go.

Thanks again to Brains for a very memorable and enjoyable experience, my first day of making beer after more than 20 years of writing about it. And if you see That Quiet Earth in your local beer shop, please try it and let me know what you think! **SJ**

Beer Academy news

October 13-14 Two-day Advanced Course, IBD, London

October 14 How to judge beer, Sheffield

October 20 Foundation Course, Hawkshead Brewery

For details on venue, time and cost plus on other events visit www.beeracademy.co.uk