



Cooking with Beer

Hosted by Chef Eileen Quinn

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**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Beer Braised Short Ribs

Ingredients

5 lbs English-style beef short ribs (6 to 8 ribs), trimmed
Kosher salt and ground black pepper
2 tablespoons vegetable oil
2 tablespoons unsalted Butter
3 lbs yellow onions, thinly sliced
2 tablespoon tomato paste
2 12oz bottles dark beer (like Newcastle Brown)
2 tablespoon Minute Tapioca
2 bay leaves
2 teaspoons minced fresh thyme * 2 tablespoons soy sauce
2 pitted prunes
3 tablespoon Dijon mustard
2 tablespoon minced fresh parsley leaves

Instructions

1. Season ribs with salt and pepper. Heat oil in 12-inch skillet over medium-high heat until just smoking. Add half of ribs, meaty side down, and cook until well browned, about 5 minutes. Turn each rib on one side and cook until well browned, about 1 minute. Repeat with remaining sides. Transfer ribs to slow-cooker insert, arranging them meaty side down. Repeat with remaining ribs.

2. Pour off all but 1 teaspoon fat from skillet. Add butter and reduce heat to medium. When butter has melted, add onions and cook, stirring occasionally, until well browned, 25 to 30 minutes. Stir in tomato paste and cook, coating onions with tomato paste, until paste begins to brown, about 5 minutes. Stir in beer, bring to simmer, and cook, scraping browned bits from pan bottom with wooden spoon, until foaming subsides, about 5 minutes. Remove skillet from heat and stir in tapioca, bay leaves, 1 teaspoon thyme, soy sauce, and prunes. Transfer to slow-cooker.

Set slow cooker on low, cover, and cook until ribs are fork-tender, 10 to 11 hours. (Alternately, cook on high for 4 to 5 hours.)

4. Transfer ribs to serving platter. Whisk mustard and remaining teaspoon thyme into sauce and season with salt and pepper. Pour 1 cup sauce over ribs. Sprinkle with parsley and serve, passing remaining sauce separately.

Tips for Preparing Short Ribs

Time and gentle heat are the secrets to turning tough short ribs into a blue-ribbon dinner. Cooked long enough at a slow enough temperature, the meaty ribs turn fork tender and deeply beefy. The demands of short ribs seem perfectly addressed by a slow cooker, but few of the slow cooker recipes we have tried measure up. The meat has tasted bland and looked pale, and so has the sauce. We wanted to find a way to coax out the best of short ribs in a slow cooker. Here's what we discovered:

Test Kitchen Discoveries

- * Fully brown the ribs for the deepest flavor and best color.
- * Prunes are the secret ingredient in this stew, lending a mysterious depth and deep flavor.
- * Braise the ribs in a dark, sweet beer like Newcastle brown ale. The bitterness of hoppy beers can affect the stew's flavor.
- * Add soy sauce to deepen the flavor and color of the stew.
- * Use tapioca to thicken the stew rather than flour or cornstarch, which will make the sauce taste starchy.
- * When time allows, prepare the dish ahead of time and refrigerate ribs and sauce separately to easily remove the fat.

Beer Can Chicken Recipe Notes from a Blogger

Just like any other American who has numerous Thanksgiving feast experiences under the belt, I am a huge fan of the roast turkey. But the idea that we have to wait all year to have a roasted bird is just absurd. However, the commitment of brining and roasting the beast is more than just a quick chore. As a kid growing up in another country, the roaster of the choice for my family was chicken. Although it may not sound as grand, never underestimate the power of a perfectly roasted chicken.

Roast chicken can be comforting, satisfying, and impressive if well executed. I try to buy my chicken when it is on sale for under \$1.00/pound. I grab a couple birds, cook one of them immediately and usually freeze the other for later use. But don't forget that roasting two chickens is just as easy as roasting one, and the leftover chicken could be used throughout the week for sandwiches, salad, quesadillas, soups, pasta, and etc. Broiler chickens you see at most grocery stores are about 12 weeks in age, making them extremely juicy and tender. I typically go for ones that weigh in around 4~5 lbs.

For those of you scared of roasting a chicken, wanting to wow your dining guest, or even just looking for an escape from grilling yet another burger; behold, the beer can chicken!

Beer Can Chicken Recipe

Ingredients

Olive Oil
Whole Chicken
Kosher Salt
Fresh Pepper
Can of beer

Instructions

1. Preheat the oven to 375 degrees; make sure that it is heated all the way, don't throw the bird in to the cold oven. Check the temperature using an oven. Open the can of beer, take a good swig, and enjoy the cold refreshing drink.
2. If you take small drinks take another sip leaving just over half the liquid in the can. Resist the temptation of finishing what is left, you need this for the roasting. The beer will make the chicken exceptionally juicy and moist.
3. Set chicken on can, inserting can into the cavity of the chicken. The chicken should be standing on its legs supported by the beer can inserted in the cavity, hence the name of beer butt chicken. Lightly oil, using enough to make the entire surface of the meat glisten, but not so much that you leave a puddle.
4. Season the chicken well. Kosher salt and freshly ground peppers are all the seasonings you need. Most people go too easy on them, I say don't be shy. See below for other seasoning variations.
5. Place baking sheet with beer and chicken in the pre-heated oven. Word of advice: two sets of hands here are better than one! The chicken is done when the internal temperature reaches 180 degrees. For a 4~5lbs bird, you are looking at any where from an hour to an hour and half, at the most. But don't let the time decide the fate of your dinner guests; stick an instant read thermometer to make sure that you don't undercook, or even worse overcook.
6. Once the chicken is done, let the bird rest for 10~15 minutes so that your guests have time to view and wow over it :) Okay, so this is to allow the juices to settle back into the meat, but there's nothing wrong with impressing. Remove the chicken from the beer can using oven mitts and spring-loaded tongs. Be very careful, the can is still very hot. Again, two sets of hands are best.

The end result, is roasted chicken without the usual hassle. Brown and crusty all over, juicy and flavorful inside; and some argue, superior to the standard oven roasted bird.

Try adding the spice/herb listed below to your classic salt and pepper seasoning.

- * 1/4 cup of minced rosemary and crushed and minced garlic
- * 1/4 teaspoon each of cayenne pepper, paprika, garlic powder, onion powder, dried oregano
- * Ground coriander, cumin, and cayenne pepper equal portions

Wisconsin Shrimp Boil

According to Howard Mitcham in Creole Gumbo and All That Jazz: A New Orleans Seafood Cookbook (Addison-Wesley, 1978), whose recipe we've adapted, "the best of all ways to eat shrimp is to boil them, peel them yourself, plop them down your gullet, and wash them down with plenty of good cold beer".

The key to creating an authentic and delicious shrimp boil is to concoct a spicy brew in which to cook the shrimp.

Put 1 cup salt, 1/4 cup Worcestershire sauce, 1 to 2 tsp. cayenne, 6 coarsely chopped ribs celery (with any leaves), two 3-oz. packages Zatarain's crab or shrimp boil seasoning, 2 chopped large yellow onions, 1 head garlic halved crosswise, 1 sliced lemon, and 2 gallons water into a large stockpot and bring to a boil. Reduce heat to medium and boil gently for 30 minutes.

Add 5 lbs. raw, shell-on large shrimp, such as Gulf of Mexico white, stir well, and cook until firm, 5–7 minutes. Drain contents of pot through a large colander, discarding the liquid, then transfer shrimp and any of the remaining aromatics to a large platter. Peel and eat the shrimp, along with Cocktail Sauce, if you like. Serves 6–8.

Brats in Beer

6 to 8 servings

Ingredients

1 dozen brats
Beer, to cover
1 medium large sweet onion
2 ounces (1/2 stick) butter
Hot sauce

Instructions

Place brats in a Dutch oven with onions and butter, cover the brats with beer. Bring to a boil and reduce to simmer until brats are cooked. Remove brats and set aside beer mixture. Grill brats until golden brown and return to beer mixture until ready to serve. Serve brats on fresh baked brat buns with sauerkraut, onions, green peppers, ketchup, and/or mustard.