

Match food to your favorite brews

The rise of craft and home brewing has created more beer flavor profiles than ever before. In fact, there's likely a beer for everyone, whether you're a novice or connoisseur.

The Brewer's Association, a trade association that represents small and independent American craft brewers, reports that, in 2018, small and independent brewers collectively produced 25.9 million barrels and experienced a 4 percent total market growth. The BBA also states that these small brewers achieved a collective retail dollar take-in of \$27.6 billion.

While wine will always have its enthusiasts, beer is fast on its heels as a popular mealtime beverage. Much in the way wines are paired with certain foods, it has become the natural course of action to pair certain foods with particular styles of beer.

"Beer is a great match for food because of the complexity of its flavors, its ability to provide refreshment and to interact with many food flavors," says Marc Stroobandt, a master beer sommelier for the Food and Beer Consultancy, UK.



Although each person has his or her preferences, here is a brief listing of generalized pairings, courtesy of the Brewer's Association and CraftBeer.com.

- American Amber Lager: Creamy risotto, wild rice, polenta
- American Pale Ale: Game birds, such as duck and quail
- Belgian-style Dubbel: Pork chops, sausage, tenderloin
- Belgian-style Flanders: Grilled ribeye, root vegetables
- Blonde Ale: Chicken, salads, salmon, nutty cheese
- Dark Lager: Barbecue, sausage, roasted meat
- Hefeweizen: Weisswurst, seafood, sushi
- Imperial Stout: Smoked goose, foie gras, strong cheeses

- IPA: Spicy foods, curries
- Porter: Roasted or smoked foods, blackened fish

The Brewer's Association recommends matching delicate dishes with delicate beers and strong dishes with assertive beers.

Commonalities, like aromas and sub-flavors, also work together. A beer with roasted notes may pair well with chocolate, for example. Opposites also attract, in that a spicy food may taste best when paired with a sweet beer.

Pairing might once have been limited to matching wines with certain foods. But the booming craft beer business has popularized pairing flavorful beers with foods to make meals even tastier. — Metro

What makes a brewer a craft brewer?

Craft beer has never been more popular or lucrative.

According to The Brewers Association, the retail dollar value of small and independent craft brewers was estimated at \$27.6 billion, proving that craft beer is not just flavorful but also a great way for people with a passion for brewing to share that passion while earning a pretty penny.

As popular as craft beer has become over the last decade, even the most ardent craft beer enthusiasts might not know just what

qualifies a brewery as a craft brewery.

The Brewers Association issues a seal that certifies a brewery as a craft brewery. Breweries that earn the seal annually produce six million barrels of beer or less, which equates to roughly 3 percent of annual beer sales in the United States. In addition, a brewery must be deemed "independent" to earn the seal. That means less than 25 percent of the craft brewer can be owned or controlled by a beverage alcohol industry member that is not itself a craft

brewer. Finally, to earn the seal, a brewer must have his or her Brewer's Notice, which is issued by the Alcohol and Tobacco Tax and Trade Bureau, a division of the U.S. Department of the Treasury.

Many craft brewers started out as hobbyists brewing beer in their garages or sheds. Those who take that passion to the next level and end up sharing that passion and their finished product with others may one day earn the right to be deemed an official craft brewer. — Metro

Vegetarian-friendly foods high in protein

People choose a vegetarian lifestyle for a number of reasons. Some individuals have an aversion to eating meat because they're concerned about animal welfare, while others find that a low-calorie, vegetarian diet promotes long-term health.

Vegetarianism can certainly be a healthy option, but those who eschew meat and sometimes eggs often have to find alternative sources of protein to meet dietary needs.

According to the Dietary Reference Intakes, the average sedentary man should have 56 grams of protein per day, while an

are the building blocks of protein, as well as they did when they were younger.

Those adhering to vegetarian diets will find there are plenty of non-meat protein sources. Meatless protein sources that offer the biggest health bang for

of beans contain a high amount of protein per serving.

- Nutritional yeast: This is a strain of yeast that has a cheesy flavor. It can be sprinkled on foods to add a protein punch.
- Ancient grains: Ancient grains include spelt, teff, barley, sorghum, farro, and einkorn. These ancient grains are higher in protein than common grains.
- Hemp seeds: These seeds come from hemp, which is in the same family as marijuana. However, hemp will not cause a high because it only has trace amounts of the



one's buck are "complete proteins," which have the essential amino acids the body requires.

Some complete proteins include eggs, milk, cheese, soy and quinoa.

Some other great protein sources may not have all of the amino acids, but they can be paired with other foods to get a fuller nutrient package.

- Seitan: This is a meat alternative made from wheat gluten.
- Lentils: Lentils pack 18 grams of protein per cooked cup.
- Beans: Many forms

THC compound that produces that effect. Hemp seeds contain 50 percent more protein than chia seeds and flax seeds, offers Healthline.

In addition to these foods, peanuts and other legumes, almonds, peas, oatmeal, spirulina, broccoli, Brussel sprouts and sweet corn also are good protein sources for vegetarians.

Even though it may seem like skipping meat products would leave vegetarians lacking for protein, there really are quite a number of alternative protein sources out there. — Metro

Ichiban Restaurant brings Szechuan-style to Florence's food scene

STORY & PHOTO
BY NED HICKSON
SIUSLAW NEWS



While Florence is home to more than two dozen restaurants offering a plethora of flavors and ethnic specialties, there was one style of cuisine that Ichiban Chinese Restaurant & Lounge owner Richard Zhen felt was missing.

"In larger towns like Portland and Seattle, Szechuan-style food is getting very popular," said Zhen, who decided to introduce the more complex flavor palate to his Florence guests — and the Ichiban menu — last month. "We started by running the dishes as lunch specials so that people could try them out. That way, our customers got to help choose what items we were going to have on our new menu."

Until then, Ichiban's offerings were primarily traditional Chinese dishes, along with sushi and bento. The restaurant's new menu, while still keeping some of Florence's favorites, highlights the more distinctive Szechuan-style of cooking. "It takes more work to prepare because of what goes in, and how it is made," said Zhen.

Szechuan, a style of Chinese cuisine originating in the Szechuan Province, is known for its very bold flavors.

The style's signature pungency and spiciness is anchored in the liberal use of garlic and chili peppers — and, of course, the unique flavor of Szechuan peppercorn, which has an intense and fragrant, citrus-like taste.

In the weeks leading up to the menu change, Zhen began transitioning what had previously been basic Chinese-style pork, vegetable, beef and seafood dishes to the more distinctive and flavorful Szechuan style of cooking, spicing up favorites such as Kung Pao Chicken, Chow Suey, Mongolian beef and chicken, and also changing all of the restaurant's Chow Mein dishes to include a soft noodle rather than the previous fried noodles.

In addition, Chow Suey is now the more traditional style featuring the distinctive texture of dry noodles.

Ichiban has also introduced new items, like Chung King Spicy Chicken, a hot and spicy dish featuring succulent chicken marinated in spicy soy and garlic sauce. Another newly featured offering is Salty Pepper Squid or Prawns, Mandarin Beef and a host of new lunch specials, appetizers and dinner combinations.

Zhen admits he wasn't sure how his regular customers would feel about the change at first, but felt they would come to enjoy the more complex flavors — and he was right.

"Our regular guests really like the new Szechuan style, and new guests like it too," Zhen said of the change.

More than 30 menu items were either added or re-styled, while also maintaining the restaurant's traditional bento items, soups and signature sushi items Fridays, Saturdays and Sundays from 11:30 a.m. to 7 p.m. As before, there is no MSG in any recipes and food is fried in 100 percent vegetable oil.

Zhen said the change was hard work but well worth bringing the Szechuan-style of cuisine to Florence's foodies.

"Feedback has been very good, which makes it worth it," said Zhen.

Ichiban Restaurant & Lounge, 1179 Highway 101 in Florence, is open daily from 11 a.m. to 9 p.m.

For more information or to make a reservation, call 541-997-8868 or visit www.ichiban-restaurant.com.

ICHIBAN RESTAURANT

JAPANESE & CHINESE CUISINE
SERVING AUTHENTIC SZECHUAN STYLE FOOD

\$10.00 BENTO BOX SPECIAL
General Tao's Chicken, Tempura Shrimp, Gyoza(pot Sticker), Pork Fried Rice, serve with a cup of Soup (soup dine in only)

THIS IS A GREAT WAY TO TRY DIFFERENT FOOD AT A GREAT PRICE!

Chopped Pepper Chicken	\$12.50	
Mandarin Crispy Chicken	\$12.50	
Toss Fried Beef with Cilantro	\$13.95	
Spicy Orange Beef	\$14.95	
Beef with Hot Garlic Sauce	\$14.50	
Dry Sauteed String Beans	\$12.25	
Mandarin Crispy Beef	\$15.25	
Beef Chow Mai Fun (Big Flat Rice Noodle)	\$13.50	
Sesame Beef	\$14.95	

and More!

Our Full Menu is at: www.ichiban-restaurant.com

Open 7 Days a week 11:00 am to 9:00 pm.
541-997-8868
1179 HIGHWAY 101, FLORENCE