



Females

THE LADIES GUIDE & TASTING NOTES

Why drink ale? Why not!

Whether you need refreshment, to relax, as a drink on its own, or, increasingly, to enjoy with food you need no specialist knowledge to enjoy beer.

Healthier than you might think

Beer has suffered from a poor image when it comes to health, but, in reality ale offers a number of positive health benefits when drunk in moderation.

Is ale fattening?

NO! This has now been exposed as a myth as nutritionalists agree that it is caused less by the ale itself than by the calorific snacks or takeaways that we often eat with a few drinks in the pub. In fact, wait for it...ale contains LESS CALORIES than wine, measure for measure. A typical 250ml serving of beer contains 102 calories, compared to 192 calories in the same size measure of wine. And beer contains no fat or cholesterol.

There's also evidence that a sensible intake of ale can be GOOD FOR YOU. Moderate ale drinkers have a substantially reduced risk of coronary heart disease, compared to teetotalers or heavy drinkers. They have a lower risk of developing gallstones or late onset diabetes. And beer is a source of dietary silicon, which protects against osteoporosis.

So, don't shun ale for health reasons – but also be sure to drink it in moderation.

Lasting Notes

Ale & food

Wine has seized the 'with food' occasion over recent decades and sadly many of us now reach automatically for a bottle of wine when dining. However, ale is increasingly finding a place at the nation's dining tables, as more people, including chefs, discover what a delicious, and versatile, partner it is. Thanks to ale's diverse tastes and flavours, there's a style to match any food you care to name. More than that, ale's lack of pretension, low alcohol content and affordability make it ideal for the informal, relaxed eating that is now so popular, in and out of the home. So next time you are about to reach for a bottle of red, white or Rose, why not try something different!

Beer is a fantastic match to all sorts of food



Ale Ingredients

Nothing, but good natural stuff

Ale is an entirely natural drink, made from four basic ingredients. A beer's flavour is a testament to the brewer's skill in choosing and blending the perfect combination of malt and hops and yeast.

Barley is the main ingredient in ale. Rich in starch, it is malted before brewing to start the process of releasing sugars, which ferment during brewing to produce alcohol.

Hops are used in small quantities in beer making, rather like a spice. They contain resins and essential oils that give beer its distinctive flavour. Brewers use different hops to produce different styles, and add them at different times of the brewing process: early on for bitterness, late for citrus or spicy notes.

Yeast converts the sugars from the barley into alcohol and carbon dioxide during fermentation. It also produces an array of flavour compounds, which affect the flavour of the ale. Brewers use their own specially selected yeast strains to produce the distinctive flavours of their own beers.

Water is an essential component in the brewing process. Brewing centres grew up in areas with excellent local water, for example the water in Burton and Tadcaster is particularly good for brewing ales, while the water of London and Dublin is ideal for stouts and porters.



Discover the world of ales and enjoy our own Channel Island specialities, such as the award winning Liberation Ale. Available in pubs across the islands and at the following outlets:-

GUERNSEY

Thomas Bucktrout, Flagship Stores,
Admiral Park, St. Peter Port, Guernsey, Tel: 727208

JERSEY

Victor Hugo Wines, Longueville Road, St Saviour, Tel: 764044

