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Private Practice

Beer and Food Pairing

Many of us enjoy a glass or two during our leisure times, and wine and food pairing has become increasingly popular and some of us might have joined similar workshops or courses before. And the knowledge about wine – be it red, white, bubbly or whisky – is so vast that it has earned itself an independent qualification.

This time we focused on a different alcoholic beverage – beer, and moreover, local-brew beer. It is often an innocent and misunderstood entity. Misnomer says it is so calorific that we should avoid it, as it gives us ‘beer bellies’. However some dietitian actually confirmed that beer is nowhere near as fattening as whiskeys (so rest assure and enjoy your beer with your hotpots!).

The Women's Chapter organised the Beer and Food Pairing workshop on 29 July 2018 at the HK Brewcraft in Central. HK Brewcraft is a home-brewing supplies store in Hong Kong which carries high-quality home-brewing ingredients and equipment, as well as other craft beers. Our instructor arranged six types of local beers for the participants to taste, and the most interesting kind being one with Chinese chilli paste as one of the ingredients during the brewing process. A type of local delicacy was prepared to pair with each beer, including vegetarian tofu skin roll, Chinese noodles spring roll, fish balls with fermented clam sauce, roast goose, barbeque pork, and egg tarts. Snacking is fun, and it is even more so when the food and beer bring out the best tastes in each other.

We had a total of 19 participants, including female surgeons, spouses, and friends from other specialties such as oncology, anaesthesiology, and emergency medicine etc. After the workshop some of us also made purchases at the store to continue the fun at home. These beers are all available for sale both at HK Brewcraft and some local supermarkets, and some are even available overseas. And bring home message – beers definitely can go extremely well with many other foods apart from hotpot! Cheers!



