

Matthew May's

TEACHING KITCHEN

“Hale to the Ale”

April 12, 2025

BEER & CHEESE FONDUE

8-ounces sharp cheddar cheese, shredded (not store-bought pre-shredded)

8-ounces Swiss, Gruyere, Monterey, Colby, or Jack cheese, shredded (not store bought pre-shredded)

2 TBSP. corn starch

½-tsp. salt

¼-tsp. ground black pepper

1 clove garlic, halved

12-ounces beer

dash hot pepper sauce

Combine shredded cheese, corn starch, salt, and pepper in a bowl, stir. Rub cut side of garlic clove around the sides and bottom of the saucepan. Save garlic clove for another recipe. Pour beer into saucepan and slowly bring to a simmer over medium-low heat. Gradually stir cheese mixture into beer, adding small amounts at a time, until cheese is melted and well blended. Stir hot pepper sauce into cheese fondue. Serve with bread, potatoes, soft baked pretzels, vegetables or sliced sausages and meats.

SOUS VIDE BEER-BRAISED BEEF SHORT RIBS

5-6-pounds beef short ribs (flanken or English cut)

2-TBSP. “BBQ’s Best” sea salt (from matthewmay.org)

½-cup your favorite beer or lager (optional)

***this recipe takes 2-3 days to complete**

Rub short ribs with BBQ’s Best sea salt blend until ribs are evenly coated. Transfer ribs to your sous vide bag. (I use gallon-size zip lock storage bags.) Seal bags and refrigerate for 24 hours. After 24 hours, transfer the bags of ribs to your sous vide container and for 140°F for 24-36 hours. After 24-36 hours, remove the bags from the hot water, and cut them into your desired portions. Transfer the juice to a small saucepan and skim off any excess fat that floats to the top. I like adding some bourbon, brown sugar, and ketchup (sometimes I also add Sriracha if you want a little spicy heat). Bring sauce to a slight bowl. Transfer ribs to your serving plate or platter, and spoon sauce over ribs and enjoy!

BEER-BRAISED BRATWURST W/ CABBAGE & ONIONS

2-pounds bratwurst links (about 8 links)

2-tsp. salt

1/8-tsp. black pepper

1 head green cabbage (about 1.5-2-pounds), cut into small wedges

1 large white onion, sliced pole-to-pole

2-cups your favorite beer or lager

In large soup or stock pot, add beer, salt, and pepper; bring to a low simmer. On large cutting board, carefully cut heads of cabbage in half, through the core. Cut each half in half again, through the core. Holding the wedge of cabbage with the curved part on the bottom, and the point of wedge facing up, cut out the cores of the 8 wedges. Lay the cabbage wedge flat side down and cut into thick slices (about ¾-inch). Add cut cabbage to the pot. Add sliced onion on top of the cabbage. Meanwhile, I like to char the bratwurst in a cast iron pan or on a hot grill. Do not cook them, just char them slightly, as this will add a lot of flavor to the finished dish. Place charred bratwurst on top of onions, cover and cook/steam about 20 minutes. Uncover and stir cabbage a bit to allow the dish to sink down into the pot. Cover and cook another 10 minutes, or until cabbage is fork tender and bratwurst reaches 160°F. Do not strain, but rather serve right out of the pot. Place cooked cabbage and onions on your plate or serving platter, and serve the brats on top with a little bit of spicy whole-grain mustard on the side.

BEER BROWNIES

1 ½-cups unbleached all-purpose flour
½-cup unsweetened cocoa
1-tsp. espresso powder or instant coffee
½-tsp. salt
3 large eggs, room temperature
1 ½-cups sugar
1-tsp. pure vanilla extract
½-cup canola oil
4 TBSP. unsalted butter, melted
½-cup (4-ounces) beer (I like to use a coffee stout)
1-cup (8-ounces) semi-sweet or dark chocolate chips

ICING

3-cups powdered sugar
¼-cup beer
1-TBSP cocoa
3 sticks unsalted butter (room temperature)

Preheat oven to 350°F. Spray a 9X9 baking pan with non-stick cooking spray, then line with parchment paper. Make sure the paper goes up over the sides. This will help when removing them from the pan. Spray the parchment with non-stick cooking spray as well. Whisk the flour, cocoa, espresso powder, and salt in a large mixing bowl. In a separate bowl, whisk the eggs, sugar, vanilla, and oil. Add the dry ingredients to the egg mixture and stir until just combined. Mix in the melted butter and beer. Stir until just combined. Stir in the chocolate chips. Pour the batter into the prepared pan and bake for 35 minutes. After 35 minutes, turn the oven off and leave the brownies in the oven for an additional 10 minutes. Remove from oven. An inserted toothpick should come out clean with just a few crumbs on it, and maybe some melted chocolate from the chocolate chips. Cool for 30 minutes before removing from pan. Allow to cool completely before cutting and serving.

ICING:

Using a stand mixer or hand-held mixing, add all ingredients to a mixing bowl. Starting on low speed, begin mixing the icing. Allow the beer to get incorporated before turning the mixing on high. Whip the icing at high speed until smooth and fluffy. You can either use a piping bag and top each brownie, or spread the icing over the entire pan of brownies. Enjoy!