



# Hop to it

## A QUIZ TO QUENCH YOUR BEER CURIOSITY

Are you a beer fan wondering what to try next? Or does beer leave you baffled? From sharp and fruity to dark and toasty, there's a beer to suit you. Expert **Jonny Garrett** is on hand to help you pick your perfect match

**A** pint of the good stuff is one of the nation's favourite drinks, but there are lots of us who still aren't convinced – and plenty will choose to avoid beer altogether.

"The misconception is that all beer is bitter," says Jonny Garrett. Combine this with the fact that, in evolutionary terms, we're genetically predisposed to avoid bitter flavours, and

it's unsurprising that some of us naturally steer clear of beer.

The human body has 25 bitter taste receptors, which once helped our ancestors detect poisonous plants and spit them out. Now it's thought that each one of us is born with different tolerance levels towards bitter foods and drinks, which is why some of us love to sip Campari, or snack on 90 per cent dark chocolate or radicchio salad, while others are a lot less keen. But, Jonny

## What's your brew?

assures us, "If you don't like beer, it's because you haven't found the right one." With more than 100 different varieties (including sub-categories) of beer brewed in Britain, at some 3,000 breweries, there's a huge range to explore; and with more than 400 beer products available at Ocado, there's something to suit all tastes.

"If you like coffee, try a stout," Jonny suggests, going on to explain that it's the toasty flavour of roasted barley that will likely strike a chord with coffee-drinkers.

"There has never been a better time in history to be drinking beer," he continues, "not just in terms of variety but also in terms of the quality brewed in Britain right now. It's just a matter of working out what suits your taste."

It's time to tickle your taste buds with a whole new world of beer. Take our quiz then turn the page to find the best brew for you...



### ...AND FOR DESSERT?

- A** Apricot tart
- B** Honeycomb ice cream
- C** Chocolate torte, deliciously bitter-sweet
- D** Blackberry and apple crumble
- E** Lemon meringue pie

### FINALLY, WHAT'S YOUR IDEAL BEER-DRINKING SCENARIO?

- A** Hitting up a gastropub for a long pint over a leisurely lunch
- B** Savouring something cold and thirst-quenching on a hot summer's day
- C** Pulling up a stool and relishing a slow pint in an old British boozier
- D** Taking a country walk to a beer garden for a rewarding pint
- E** Having a sociable sundowner with friends

### TURN THE PAGE TO FIND THE BEST BEER FOR YOU



Named Beer Writer of the Year in 2019, Jonny Garrett is a London-based writer, author, filmmaker and founder of The Craft Beer Channel on YouTube, where he discovers craft beers from around the world and learns what foods to match with them.

### WHAT'S YOUR IDEAL BREAKFAST?

- A** Tropical fruit salad – papaya, mango, banana
- B** A big bowl of honey-flavoured cereal loops with cold milk
- C** Dark toast with melted butter and Marmite
- D** A buttery bacon bap with lashings of brown sauce
- E** Grapefruit, yoghurt and honey granola

### YOUR PREFERRED STYLE OF COFFEE?

- A** Dripper coffee – the darker and fruitier, the better
- B** A tall glass of smooth cold-brew coffee
- C** A thick black Italian espresso – something you can practically stand a spoon in
- D** A mug of coffee straight from the cafetière, with a splash of milk
- E** Acidic, fruity filter coffee

### PUTTING BEER ASIDE, WHAT'S YOUR GO-TO DRINK ORDER?

- A** Gin and tonic with a twist of grapefruit
- B** Crisp white wine
- C** A bloody mary, with a good few shakes of worcestershire sauce
- D** Juicy red wine – perhaps something from South America
- E** Dry English cider, like Aspall Draught Cyder

### SANDWICH OF CHOICE?

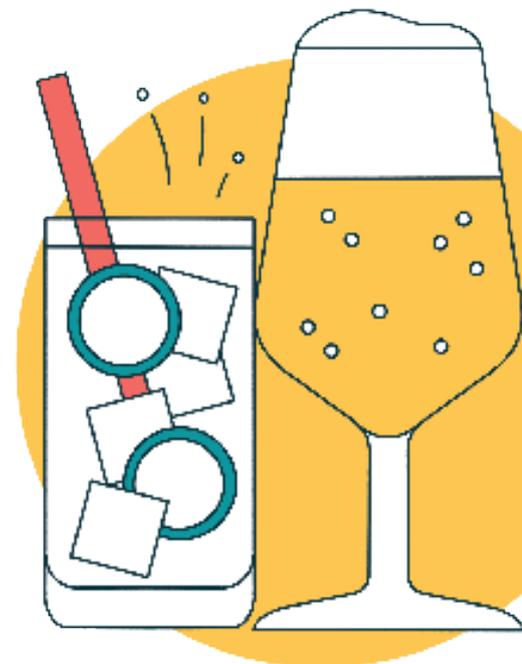
- A** Blue cheese with bitter radicchio leaves
- B** Classic club sandwich
- C** Bubbling, browned Welsh rarebit
- D** Tangy, mature cheddar with lashings of plum chutney
- E** Prawn and avocado with mayonnaise

### WHAT'S YOUR FAVOURITE FLAVOUR OF CRISPS?

- A** Salt and vinegar
- B** Ready-salted
- C** BBQ
- D** Smoky bacon
- E** Prawn cocktail

### YOU'RE AT A GASTROPUB – WHAT DO YOU PICK OFF THE MENU?

- A** Butter chicken with bhajis on the side
- B** Fish and chips – hot and salty, with crisp batter
- C** Venison burger
- D** Suet pastry pie – the glossier the gravy, the better
- E** Crispy duck pancakes with plum sauce



# THE RESULTS

# MEET YOUR PERFECT PINT

There's a beer just for you, so tot up your quiz answers to discover which style suits you best



## MAINLY As... TRY IPA

Generally hoppier and more bitter than most British ales, India Pale Ale (IPA) has grown in popularity over the past 20 years thanks to the increased use of American hops. It'll appeal to those who like 'grown-up'

flavours like dark coffee and olives. Depending on the hops used, look out for biscuit and honey notes, pine, grapefruit and even exotic fruit like mango and passion fruit. This style is popular within the craft beer movement and there's lots of experimentation. A good place to start is **St Austell Proper Job IPA** 500ml **£1.49** (30p/100ml) or **Goose Island Midway Session IPA** 330ml **£1.80** (55p/100ml).



## MAINLY Bs... TRY PALE LAGER

Some beer drinkers are dismissive about lager because they think it lacks flavour. Lagers might be less complex than other styles but there's an appreciation for balanced flavours and a reluctance

to mess with perfection. A short, clean, almost mineral finish makes lagers particularly drinkable – and while they have a light, honey maltiness, they're distinguished by a grassy, lemon crispness. A cold can of **Brixton Brewery Coldharbour Lager** 330ml **£2.20** (66p/100ml) or **Camden Hells Lager** 660ml **£2** (30p/100ml) will slip down a treat on a hot summer's day.



## MAINLY Cs... TRY PORTER AND STOUT

These are dark and fruity, and loyalty to this style is often passed from generation to generation. Though first brewed in 18th-century London, the flavour profile – roasted

coffee, red berries and dark chocolate – is very current. Those who joined the single-origin chocolate and coffee revolution will appreciate the complex flavours. Although it divides opinion, if you like Marmite, then you're likely to enjoy a thick black pint too. Try **Timothy Taylor's Poulter's Porter** 330ml **£1.99** (60p/100ml) or **Hook Norton Double Stout** 500ml **£1.79** (36p/100ml).



## MAINLY Ds... TRY BRITISH BITTERS

The name might be a turn-off to anyone wary of bitter flavours, but in comparison to modern IPAs, this style of beer is relatively sweet (they first became popular in the mid-20th century when they were bitter in relation to

porters and stouts). British bitters have a gentle hoppiness, with honey-biscuit notes mellowed by hedgerow flavours such as bramble and even plum in darker bitters. They will appeal to fans of classic British cuisine and are well suited to Sunday roasts. Check out **Whitstable Bay Pale Ale** 500ml **£1.70** (34p/100ml) and **Mister Chubb's Bitter Ale** 500ml **£1.99** (40p/100ml).



## MAINLY Es... TRY FRUIT BEER

Unlike super-sweet fruit ciders, increasingly popular fruit beers have a gentle bitterness and acidity. They often contain real fruit juice, which creates varying degrees of sharpness and will appeal

to anyone who loves the sourness of a lemon tart. Much like shandies, fruit beers are a good introduction for anyone who's not a seasoned beer drinker but is looking for something long and refreshing on a summer afternoon. Try **BrewDog Clockwork Tangerine** 330ml **£1.80** (55p/100ml) or **M&S Belgian Cherry Wheat Beer** 330ml **£2.50** (76p/100ml).