

# West Coaster

SERVING THE SAN DIEGO CRAFT BEER COMMUNITY



## TABLE OF CONTENTS

Brews in the News	2
Letter from the Editor	3
Shepherd's Pie	4
Plates & Pints – Desserts	6-8
Ladies of Local Beer	10-11
Beer and Now – Sour Power	12
In Line for Beer	15
Into the Brew – German bocks	16
Craft Beer Directory & Map	18-19

**KnB**  
Wine Cellars

**SATURDAY 3/10, 5PM - CLOSE**

**UPRIGHT NIGHT**  
AMAZIN' BEERS FROM ONE OF PORTLAND'S NEW STARS!

**SATURDAY 3/31, NOON-5PM**

**BREWERY OMMEGANG**  
OMMEGANG BeerBQ  
10 BELGIAN-STYLE BREWS ON TAP, GLASSWARE GIVEAWAY, AND BELGIAN GRUB ON THE GRILL

About KnB Wine Cellars  
32 awesome taps, outdoor patio, massive bottle selection, and delicious food to match!  
6380 Del Cerro Blvd, San Diego, Ca 92120  
(619)286-0321 knbwinecellars.com



Rough Draft Brewing Company's polished system. Photo by Brandon Hernández

## Power to the People

*Rough Draft Brewing Company plans to let their customers be their guides*

By Brandon Hernández

**R**ough Draft Brewing Company is the latest addition to Mira Mesa's burgeoning beer scene. The brewery with a fitting name is set to open in March with a slate of beers that are just that: rough drafts.

"We're going to be the opposite of a brewery that opens up and says, 'I'm gonna make what I'm gonna make.' That's just not me," said Jeff Silver, a homebrewer with 18 years of experience

who decided to leave a career in the finance and insurance arena to pursue the thing in life he most enjoyed: crafting and sharing good beer.

"Things are going to change as we go, as people have a chance to try our beers and help shape them. To that end, comments on Facebook and Yelp are encouraged," Silver added.

While the beer is a work-in-progress, Rough Draft's tasting room is not. The

spacious, polished venue is a whopping 1,500 square feet and features a long granite bar with a metal foot railing and comfortable leather stools. Two large flat-screen televisions sandwich the beer board, but the best view is of the abutting 2,000 square foot brewhouse equipped with a 15-barrel system that Silver is already planning to expand with additional fermentors and several barrels.

Brews in-the-works for Rough Draft's opening include Writer's Bock, What the Ale?, Eraser IPA, and an American strong ale called Frontal Labottleme. The company's first beer that will be infused with oak is a tripel called Emboozelment that, post-aging, will go by the name Freudian Sip. Both amber and rye ales may also be worked into the mix, though they haven't been named yet.

As far as distributing his product, Silver again points to the power of the people. "At first, it'll be like throwing spaghetti on the wall and finding out what people think. The beers that prove to be winners in the tasting room are the ones we will put into distribution," said Silver.

Rough Draft's official grand opening is slated for Saturday, March 10th. Tickets are available online at [www.roughdraftbrew.com](http://www.roughdraftbrew.com) for \$20 (per person) and include a tasting of each beer and a 64-ounce growler with an initial fill. An invitation-only soft launch is scheduled for Friday, March 9th, and interested parties can "like" Rough Draft on Facebook ([roughdraftbrew](http://roughdraftbrew)) and follow their updates to win an exclusive invite.

more BREWS IN THE NEWS on Page 2

## Third Year's a Charm

*Mega food and beer fest for charity returns April 1st*

By Amy T. Granite

**T**here were 1,000 people too many at last year's Mission Valley Craft Beer Festival, which was a good thing for Fresh Start Surgical Gifts—the local non-profit that benefitted \$6,500 from ticket sales—but not-so-much for cramped festival-goers whose \$40 admission saw diminishing food and drink supplies less than halfway through the six hour event. The selection of outstanding dishes and beers went fast and waiting in lines seemed to take forever, but the charitable fest certainly wasn't lacking in substance. This year, organizers at the Handlery Hotel and Resort have responded to criticisms by promising to refine the experience for everyone — guests to vendors.

A number of improvements are planned for the festival's third installment coming up on April 1st, including the addition of a VIP hour (1-2 p.m.) and a pool-side, meet-the-brewers after party ('til 8 p.m.) with live music by Riffide, each \$10 more on top of the \$40 general admission price. This year, regular party hours have been cut in half (2-5 p.m.), there's five to 10 more food and drink vendors than last



Festival-goers at 2011's rendition

year; picnic tables, additional seating, water stations and two areas for bathrooms have all been added so that guests can get the most out of the all-you-can-eat/drink fest, and this year's ticket proceeds will go to another charity near and dear to San Diegan's hearts—Wounded Warriors Homes.

Founded by Steve and Mia Roseberry in Vista, California, their mission is to provide medically discharged single men and women of the armed forces with affordable housing and additional resources to ease the transition from active duty military to living independently as

Continued on page 15

## Chicks for Beer is Back

**T**he popular beer pairing educational event "Chicks for Beer" will return to Bay Park's The High Dive bar on March 27th, hosted by Laura Ulrich of Stone Brewing Co. Two beers brewed to benefit breast cancer research — Ballast Point/Coronado collaboration Ingrid's 1 in 8 and Green Flash Treasure Chest — will make appearances alongside specialty treats from Stone Brewing Co. and The Lost Abbey/Port Brewing. For \$25 ladies in attendance receive five tasters with food pairings, a pint of their choosing, and of course, fun beer 101 from Ulrich. More information will be posted on the *West Coaster* event calendar when it becomes available.

The High Dive is set to host many more events in the spring, having recently undergone changes to the bar and menu. Every Thursday night is keep-the-pint night from now on, with March's schedule already set: Sierra Nevada on the 8th, O'Hara's on the 15th, New Belgium — featuring La Folie — on the 22nd, and locals Lightning Brewing on the 29th.

more EVENTS on Page 4

# Beer Buzz

News from around the San Diego Beer Community

### Latitude 33 Sets Course

Named for the 33rd parallel that runs through San Diego County, the brewing company is set to have a grand opening party, fittingly, on Saturday March 3rd (12-9pm). Former Alpine brewer and Back Street Brewing's brewmaster Kevin Buckley calls Green Flash's old Vista facility home, and each of the brewery's inaugural beers tells a unique story that relates to the 33rd parallel where beer was invented thousands of years ago. Buckley's brews will also be flowing at the Oceanside Museum of Art quarterly event Art After Dark on March 30, in case you can't make it to the brewery's grand opening. Harney Sushi and BCDC Restaurant will serve light appetizers, and Bitchin' Burgers and Goody Van food trucks will provide food for purchase. The event's theme is "pirates ashore"—wear your best swashbuckling gear for the "photo cove." Tickets are \$30 for non-OMA members at oma-online.org.

### Stumblefoot Open for Business

New local brewing company Stumblefoot held their soft opening Wednesday, February 22 with five beers on tap: IPA, Schwarzbier, Belgian Dubbel, American Stout and their flagship Chipotle Stout. Run by local award-winning homebrewers Bill Randolph and Pat Horton, Stumblefoot's current tasting room hours are Friday 4-7pm, and

Saturday 1-7pm, but are subject to change for the first few weeks of business. Learn more at [stumblefoot.com](http://stumblefoot.com).

### Forbes Spotlights Stone

National coverage of San Diego's beer continues with Forbes naming Stone Brewing Co. #4 in their *Top Ten American Breweries Worth a Visit* online article on February 16th. Others on the list include Deschutes in Oregon and Colorado's New Belgium. Curiously, the article suggests staying at the US Grant in downtown San Diego if you're headed to town for a visit to Stone Brewing Co. in Escondido, which is some 32 miles north of the hotel. Pack a car, or money for a rental if you decide to stay at the famous hotel. The article can be viewed @ <http://tinyurl.com/82mqwoa>

### San Diegans Rock RateBeer Awards

The Northern California-based beer review website RateBeer.com recently named the best beers of last year with more than 3.5 million reviews of 140,000+ beers from 12,000+ breweries worldwide. In the "Best Beers of the United States" category, five San Diego beers ranked in the top 50 and include: AleSmith Speedway Stout (#6), AleSmith Barrel Aged Speedway Stout (#15), Stone Imperial Russian Stout (#19), AleSmith Kopi Lukwak Speedway Stout (#28), and Port Brewing Older Viscosity

(#42). In the top 50 world rankings, AleSmith Speedway Stout placed ninth, Stone Imperial Russian Stout twentieth and Port Brewing Older Viscosity forty-fourth. Not surprisingly, San Diegan beers took five places out of ten in the IPA/Black IPA style competition: AleSmith IPA (#2), Stone Sublimely Self-Righteous Ale (#3), Ballast Point Sculpin IPA (#6), Alpine Nelson IPA (#7), and Stone India Pale Ale (#10). Six San Diego brewers made the cut in the "Best Brewers in the World" category out of 100 spots: AleSmith (#4), Stone (#7), Alpine (#17), Green Flash (#21), Ballast Point (#29), and Port Brewing/Lost Abbey (#69). In the "Best Beer Bars" list of worldwide entries, Toronado in North Park and Hamilton's in South Park both made the cut. The "Best Brewpubs" included Stone Brewing World Bistro & Gardens, Alpine Beer Company, and Pizza Port Carlsbad. In the "Best Breweries to Visit" section, Port Brewing/Lost Abbey, AleSmith, Ballast Point (Old Grove location), and Green Flash all received mentions.

### White Labs Tasting Room Opening Soon

Construction on the experimental tasting room at White Labs' production facility is scheduled for completion on March 16, with a soft opening following soon after. Here, patrons will be able to sample beers fermented with

*Continued on Page 14*

## A STEAKHOUSE WITH EXCELLENT CRAFT BEER!

32 taps with an emphasis on small SD craft breweries

**\$9.95**

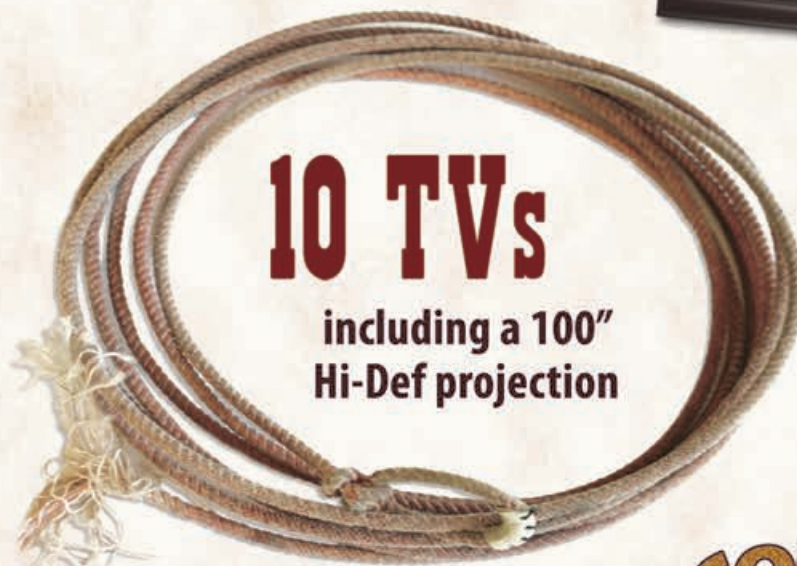
HAPPY HOUR SPECIAL

Any \$6 Appetizer & Beer



**10 TVs**

including a 100" Hi-Def projection



**\$30 FOR 100oz BEER TUBE**

(7.5% ABV or lower only)



**SAN DIEGO'S FINEST FLIGHT** (featuring local World Beer Cup and GABF winners)  
**NORTH COUNTY FLIGHT or build your own!**



110 Knoll Rd.  
San Marcos, CA

**(760)752-3152**

**[www.coolhandlukes.com](http://www.coolhandlukes.com)**

## LETTER FROM THE EDITOR



John Webster, all smiles at Aztec Brewing Company

This issue is dedicated to all the ladies that push our local beer culture to new heights. Enjoy this month's submissions for, and by, the women of beer in San Diego, and send your nominations for next year's feature to [ryan@westcoastersd.com](mailto:ryan@westcoastersd.com).

Salud,

Ryan Lamb  
Executive Editor  
West Coaster

### West Coaster, The Publication

#### FOUNDERS

**Ryan Lamb & Mike Shess**

#### PUBLISHER

**Mike Shess**

[mike@westcoastersd.com](mailto:mike@westcoastersd.com)

#### EXECUTIVE EDITOR

**Ryan Lamb**

[ryan@westcoastersd.com](mailto:ryan@westcoastersd.com)

#### ART DIRECTOR

**Brittany Everett**

[brittany@westcoastersd.com](mailto:brittany@westcoastersd.com)

#### STAFF PHOTOGRAPHER

**Kristina Yamamoto**

[kristina@westcoastersd.com](mailto:kristina@westcoastersd.com)



On the cover:  
Laurie Delk from  
[100beers30days.com](http://100beers30days.com) pours  
herself some Lost Abbey Avant  
Garde. Photo by Tim Stahl,  
[StahlPhotoGraphics.com](http://StahlPhotoGraphics.com)

#### STAFF WRITERS

**Sam Tierney** [sam@westcoastersd.com](mailto:sam@westcoastersd.com)

**Jeff Hammett** [jeff@westcoastersd.com](mailto:jeff@westcoastersd.com)

**Brandon Hernández** [brandon@westcoastersd.com](mailto:brandon@westcoastersd.com)

#### COPY EDITOR

**Amy T. Granite** [amy@westcoastersd.com](mailto:amy@westcoastersd.com)

#### MEDIA CONSULTANT

**Tom Shess**

[Thomas.Shess@gmail.com](mailto:Thomas.Shess@gmail.com)

#### STUDENT INTERN

**Nickie Peña**

[nickie@westcoastersd.com](mailto:nickie@westcoastersd.com)

### West Coaster, The Website

[westcoastersd.com](http://westcoastersd.com)

#### WEB MANAGER

**Mike Shess**

[mike@westcoastersd.com](mailto:mike@westcoastersd.com)

#### WEB EDITOR

**Ryan Lamb**

[ryan@westcoastersd.com](mailto:ryan@westcoastersd.com)

#### WEBMASTER

**Josh Everett**

Fresh Cut

#### WEB CONTRIBUTORS

**Ryan Reschan**

**Brandon Hernández**

West Coaster is published monthly by West Coaster Publishing Co., and distributed free at key locations throughout Greater San Diego. For complete distribution list - [westcoastersd.com/distribution](http://westcoastersd.com/distribution). Email us if you wish to be a distribution location.

#### FEEDBACK

Send letters to the Editor to  
[ryan@westcoastersd.com](mailto:ryan@westcoastersd.com)

Letters may be edited for space. Anonymous letters are published at the discretion of the Editor.

© 2012 West Coaster Publishing Co. All rights reserved.

"No beer was wasted in the making of this publication."

8 BEERS ON TAP STARTING IN MARCH



Open 5-10PM Monday - Thursday, 5PM-12AM Friday - Saturday.  
Open for Sunday Brunch 10AM-2PM

2123 Adams Avenue, San Diego, CA 92116

<http://www.cuevabar.com/>

## UPCOMING EVENTS

1PM EVERY FRIDAY

CASUAL FRIDAY CASKS (HOUSE OR GUEST BEER)

3PM SATURDAY 3/3

JACK DANIELS TASTING - \$20 FOR A TASTE OF JD'S ENTIRE LINEUP

5PM TUESDAY 3/13

MARCH MADNESS KICKOFF - BEER SPECIALS ALL NIGHT

5PM WEDNESDAY 3/14

KEEP THE GLASS NIGHT FEAT. TOTAL IMPORTS

ALL DAY SATURDAY 3/17

ST. PADDY'S DAY W/ IRISH FOOD + BEER SPECIALS

5PM WEDNESDAY 3/22

SIERRA NEVADA TAP TAKEOVER + KEEP THE PINT NIGHT

5PM WEDNESDAY 3/28

KEEP THE GLASS FEAT. WETTON IMPORT

5PM SATURDAY 3/31

JACK DANIELS 5 COURSE MEAL

(CALL FOR INFO)

HOUSE MADE BEER  
& OUTSTANDING FOOD  
IN THE HEART OF  
SAN DIEGO

602 BROADWAY  
SAN DIEGO, CA  
THEBEERCO.NET  
619.398.0707



BEER.

FIRST RULE OF FLIGHT CLUB...

TELL EVERYONE ABOUT FLIGHT CLUB.



**\$6 FLIGHTS**  
(6 TASTERS)

**\$10 MUNCHIE FEASTS**  
**MONDAY NIGHTS 6pm - CLOSE**

**RAGLAN PUBLIC HOUSE**

1851 BACON ST. - 619.794.2304

# Eat Like a Shepherd

Enjoy this traditional comfort food in your own home

By Karen Blair

Every March, millions of us do the same thing: go to the grocery store and pick out what we think “looks” like the best corned beef, already brined and ready to pop into the crockpot. A pseudo-Irish “set-it-and-forget-it” dish. Delicious, and predictable. Instead, roll up your sleeves and spend a couple hours in the kitchen on a classic dinner – Shepherd’s Pie. Hearty and comforting, this family-style, one-dish-supper is made all over the world with varying ingredients. I can’t confirm or deny that its origin is Irish, but it sure looks like something that would pair beautifully on a big wooden dinner table in a small cottage, against the backdrop of a dreary sky, green hillside covered in sheep, and of course alongside a nice, dry stout. No, I’ve never been to Ireland but I can’t be that far off, can I?! My version usually depends on what ingredients I have fresh or on hand, which, coincidentally, seem to always make for the best soups and stews.



Cheers to delicious Shepherd's Pie!



Not a bad way to spend an afternoon at Hamilton's Tavern

## Shepherd's Pie

2 pounds Idaho potatoes, peeled and cut into chunks	1 cup of corn (shucked fresh or frozen)	1 egg yolk
1 tablespoon extra-virgin olive oil	3 tablespoons butter	¼ cup heavy cream
2 pounds ground sirloin	½ cup Avery Ellie's Brown	¼ cup chopped chives
1 yellow onion, diced	3 tablespoons flour	kosher salt
½ pound button mushrooms	1 cup beef stock	fresh ground pepper
1 carrot, peeled and diced	1 tablespoon Worcestershire	paprika
1 cup English peas (if using)		

Drop the potatoes into a large pot and cover with just enough water so that the line is approx. 2" over the potatoes. Add a pinch of kosher salt and bring the pot to a boil. Approx. 10-13 mins, or until potatoes are fork tender. Drain potatoes, reserving 1 cup of the potato water to be used later, and keep them covered in the pot you boiled them in.

Heat a large skillet over medium high heat and add the olive oil. Once warmed, add the beef and cook until browned. Break the meat up as it cooks to ensure even cooking. Once browned, add the onion, mushrooms, carrots, peas and corn. Cook until vegetables are tender. Salt & pepper, to taste.

In another pot, melt the butter over medium heat. Whisk the flour into the butter, whisking constantly for approx. 1 min. Slowly whisk in the beer, beef stock, and Worcestershire. Add gravy to the skillet of meat & vegetables. Stir to combine and transfer to a glass baking dish (some prefer to broil the entire dish in the skillet but I like to see my gravy bubbling under the potatoes through the glass sides – food porn, if you will).

Next up is the glorious mashed potatoes topping. To prevent the egg yolk from curdling as it is added to warm food, beat it with ½ cup of the reserved potato water. Add yolk mixture

to the potatoes along with the heavy cream and chives. Season with salt and pepper. Remember, you can taste everything before you put it into the oven – so season the gravy and potatoes to your liking before going on to the next step.

Turn on your oven's broiler. Spread the potatoes in an even layer across the top of your meat & vegetables. If you want to get fancy, use a dinner fork to create a cross-hatch design on top of your potatoes and lightly sprinkle paprika over the top. Place the dish under the broiler to brown the potatoes (this ranges from 2-7mins depending on how brown or crispy you want the top of your potatoes).

There are so many delicious variations you can make with this recipe – add a cup of cheese to the potatoes; top with bacon after broiling; use steak bits or a leaner meat such as bison; be creative with the beer (you'd be surprised what works!); even omit meat and dairy altogether for a vegan option (use vegan margarine with vegetable base, 'Better Than Bouillon' for the gravy and Egg Replacer with vegan sour cream in your potatoes). So this month, don't be afraid to step away from the pre-packaged St. Patrick's Day-in-a-crockpot and warm your belly with home cooked love! And beer. Don't forget the beer.

—Recipe courtesy of Karen Blair



View many more and submit your own at [westcoastersd.com/event-calendar](http://westcoastersd.com/event-calendar)

March 3rd

### Pugs and Chugs @ Mission Brewery

One dollar from each pint sold at the event (4 - 8pm) directly benefits the Pug Rescue of San Diego County. There will also be raffle prizes and food from Bitchin' Burgers Food Truck. Bring your pug, or any friendly dog for that matter, and drink a few beers while supporting a great cause.

March 9th

### Truffles and Beer @ Eclipse Chocolat

BeerNerdz is known for its blind tasting events, but something new is in the works

this month at Eclipse Chocolat, where five truffles — one of which infused with Scotch Ale from The Beer Company — will be paired with five beers. Two seatings are available; 6pm, and the other at 7:30. Tickets are \$25 at BeerNerdz.com

March 10th

### Second Saturday w/ Sierra Nevada @ Hamilton's Tavern

Enjoy a free St. Patrick's Day-style feast of smoked corned beef brisket, hearty vegetable soup, rye rolls and more, while sipping from a long list of Sierra Nevada beers. A cask of Torpedo Extra IPA dry-hopped with Chinook goes on at 5pm and won't last long. See the full beer and food lineup at [hamiltonstavern.com](http://hamiltonstavern.com).

March 19th

### Beer 101: Intro to Beer @ Stone Brewing World Bistro & Gardens

Join Stone Minister of Evangelism and Indoctrination Ken Wright (yes, that is his full title) for a crash course on how brewers combine water, barley, hops and yeast to

create our favorite beverage. Tickets are available at [StoneBrew.com](http://StoneBrew.com) or at the Stone Company Store for \$31.94, and include nine beer tasters spanning a wide range of styles.

March 21st

### DrinkAbout

Every third Wednesday of the month, buses from Brewery Tours of San Diego shuttle beer drinkers to ten different crafty bars in the uptown neighborhoods — for free! Hop on and off at your leisure and visit Blind Lady Ale House, Small Bar, Live Wire, Toronado, Sea Rocket Bistro, Station Tavern, Hamilton's Tavern, Ritual Tavern, Tiger!Tiger! and Bar Eleven. To view the route's schedule, visit [sddrinkabout.blogspot.com](http://sddrinkabout.blogspot.com).

March 24th

### Baja Beer Fest

Explore the best beer Mexico has to offer at the 2012 Baja Beer Fest in Ensenada. Tickets are only \$20 until March 17th, and include a four-ounce taster glass and unlimited pours from 2 - 6 pm. More information (in Spanish) is available at [hbe.mx](http://hbe.mx)

March 27th

### Brewmaster's Dinner w/ Pizza Port Carlsbad @ Local Habit

Pizza Port Carlsbad head brewer Ignacio "Nacho" Cervantes and Chef Nick Brune have teamed up to create a five-course beer pairing menu that showcases their most sought-after beers, including special versions of Knight Rider and Poor Vato. Reservations for either the 6 pm or 7 pm seatings cost \$50 before tax and gratuity at [mylocalhabit.com](http://mylocalhabit.com).

April 2nd

### Brewmaster's Dinner w/ The Lost Abbey @ The Pearl Hotel

Join brewmaster Tomme Arthur for a three-course beer and food pairing at Point Loma's retro-sleek The Pearl Hotel. Tickets are \$40 and you can secure your seat by calling 619-226-6100. If you can't make it on Monday the 2nd, don't forget that "Dive-In Theatre" flicks are shown poolside every Wednesday, and the hotel bar has ten total taps — all local.



## MARCH'S #1 PLEASANT SURPRISE

Our "You-Have-To-See-It-To-Believe-It" Beer Selection

We've got everything from Guinness, Harp, Smithwicks to California faves like Stone Old Guardian, Port Brewing Wipeout IPA and Sierra Nevada Bigfoot. We're sure you'll get lucky and find your favorite.

BLISS FOR ANY OCCASION

# Barons market

Point Loma | Rancho Bernardo | Temecula | Wildomar  
Open Everyday 8am - 9pm Except Holidays

baronsmarket.com

The most craft beers on tap in San Diego County.



More than 100 beers on tap.  
Happy Hour specials  
Monday - Friday, 3 - 7 p.m.  
Late Night Happy Hour  
7 days a week 10 p.m. - 2 a.m.  
Full menu served until 2 a.m.  
Lunch, dinner and late night.

In Liberty Station. Follow signs to Ace Hardware.  
[www.slaters5050.com](http://www.slaters5050.com)



**20% OFF!**

MENTION THIS AD AND RECEIVE 20% OFF YOUR TAB (SOME RESTRICTIONS APPLY)

**DOWNTOWN'S BEST WEEKLY CRAFT BEER EVENT**

**TAP THAT CASK** featuring THE BEER EXCHANGE

**NOW EVERY TUESDAY!**

SERVING CLASSIC SAN DIEGAN CHARACTER, FUN WEEKLY EVENTS, AND A GREAT CRAFT BEER LIST IN THE HEART OF GASLAMP.

Drink	Price	Change	Previous Price	Daily High	Daily Low	Sold
LEMON DROP	\$6.25	25 (+.40%)	\$6.00	\$7.00	\$1.00	429
LUO-YO	\$5.00	nc (0.0%)	\$5.00	\$5.00	\$5.00	55
BUDWEISER	\$5.50	25 (+.45%)	\$5.25	\$7.00	\$2.00	266
COORS LITE	\$3.00	25 (+.09%)	\$2.75	\$7.00	\$2.00	247
BUD LIGHT	\$2.00	nc (0.0%)	\$2.00	\$6.00	\$2.00	218
HEINEKEN	\$4.00	25 (+.06%)	\$3.75	\$7.00	\$2.00	248
BUNNERS	\$2.00	nc (0.0%)	\$2.00	\$5.25	\$2.00	217
TEQUILA	\$2.00	nc (0.0%)	\$2.00	\$4.00	\$2.00	302
RUM WELL	\$2.00	nc (0.0%)	\$2.00	\$7.00	\$3.00	181
RUM TOP	\$5.00	25 (+.07%)	\$4.75	\$5.75	\$3.00	132
VODKA WELL	\$4.75	25 (+.54%)	\$4.50	\$6.00	\$2.00	178

BEER EXCHANGE

**EVERY TUESDAY AT 7PM**



770 5TH AVENUE  
SAN DIEGO 92101  
THETIPSYCROW.COM  
619-338-9300 Ext. 2

The Topsy Crow



**BEWARE THE BEERS OF MARCH**

3/5 DOGFISH HEAD 120 MINUTE IPA @ 4PM  
3/6 RUSSIAN RIVER PLINY THE YOUNGER @ 4PM



The Lost Abbey

**KEEP THE PINT NIGHT**

3/29 TAKE-HOME GLASS W/ LOST ABBEY @ 5PM

URGE AMERICAN GASTROPUB  
16761 BERNARDO CENTER DR.  
SAN DIEGO, CA 92128  
[URGEGASTROPUB.COM](http://URGEGASTROPUB.COM)



Photo: Kristina Blake

**Brandon Hernández** hated beer and had never even heard the term “craft beer” until his first trip to O’Brien’s Pub in 1999. There, in a dark yet friendly space rife with the foreign smell of cascade and centennial hops, he fell into line with the new school of brew enthusiasts courtesy of a pint-sized one-two punch of Sierra Nevada Bigfoot and Stone Arrogant Bastard Ale. Those quaffs changed his perception of all beer could and should be and he’s spent the past decade-plus immersing himself in the local beer culture -- living, learning, loving and, of course, drinking craft suds. He’s since taken up homebrewing and specializes in the creation of beer-centric cuisine. A native San Diegan, Brandon is proud to be contributing to a publication that serves a positive purpose for his hometown and its beer loving inhabitants. In addition to West Coaster, he is the San Diego correspondent for Celebrator Beer News and contributes articles on beer, food, restaurants and other such killer topics to national publications including The Beer Connoisseur, Beer Magazine and Wine Enthusiast as well as local outlets including The San Diego Union-Tribune, San Diego Magazine, The Reader, Riviera Magazine, Pacific San Diego, Edible San Diego, Dining Out San Diego, Rancho Magazine, North County Times and SanDiego.com.

## Sugar, Spice and Everything Nice . . . ...that’s what these beer dessert mavens are made of!

By Brandon Hernández

When beer and food pairings first started showing up on foodie radars, an early trend was the use of stouts, porters, and other dark, malty brews in desserts; with the rise in popularity of coffee and chocolate in rich, malty beers, it was bound to happen. Intermingling sweets and suds has come a long way, from using dried fruits to pick up Belgian ale notes, bright fruits with zingy sour ales, and caramel and vanilla with oak-aged beers. When the end of the meal rolls around, beer has as much a place in your cake and ice cream as it did alongside your juicy steak dinner. Enjoy the sweet recipes at the bottom of the page, contributed by some skilled ladies in the local craft beer and food scene.

I got to help chef Amy DiBiase find both the brew, and the perfect impetus for infusing it into a dessert. It was the summer of 2009 after I discovered the dynamic group of local chefs, Cooks Confab. The group was making waves in San Diego’s dining scene by putting on collaborative pop-up dinners, and food events based around a central ingredient, theme and charitable cause.

Rather than imagine what incredible things this group could do with craft beer, I went ahead and suggested that they make it the centerpiece of their next event. To my great pleasure, they picked up the keg and ran with it, and Ballast Point Brewery was where DiBiase had her “aha” moment over a draft-pull of Navigator Doppelbock.

I remember her excitement over how delicious the beer tasted, and later at the sold out event, that she and the 300-plus attendees were thrilled with the finished product. A creamy, beer ice cream served over slices of brown butter cake with macerated cherries was the first to run out of the dozen-plus dishes on-hand.

DiBiase later recreated the dish during a special Shipyard Brewing dinner prior to her current post at The Shores Restaurant in La Jolla. That time around, the Maine transplant used Shipyard’s Pugsley’s Signature Series Barley Wine from her home state. The result was a slightly hoppier and more alcoholic ice cream that was every bit as scrumptious.

Our other dessert contributor, Misty Birchall, has always had a passion for beer drinking and baking. One day she put the two together, infusing beer into confections that she’d later name Pub-Cakes. After some encouragement, she took the plunge and went into business and has made a success of it with equal parts beer, sugar, smarts and tenacity.

I remember first meeting Birchall. I’d just interviewed her for an article about her new business, and suggested that she accompany me to a San Diego Brewers Guild meeting so I could get her in front of some of the artisans whose products



Beer ice cream with brown butter cake and macerated cherries

### Beer Ice Cream

12 ounces malty beer (preferably doppelbock or barleywine)	2 ounces orange-flavored liqueur
1 cup granulated sugar	1 large egg
½ cup whole milk	2 egg yolks
	1 cup heavy crème
	1 cup crème fraîche

Whisk the beer, sugar, milk, liqueur, egg and yolks together until smooth in the top of a double boiler or a metal bowl fitted atop a saucepan filled ¼ full of water and brought to a simmer over medium heat. Simmer the mixture, whisking constantly, until it thickens to the point where it coats the back of a spoon. Remove from the heat and let cool. Mix in the cream and crème fraîche. Strain the mixture into a non-reactive bowl, cover with plastic wrap and refrigerate for at least 1 hour. Pour the mixture into an ice cream machine and process per the manufacturer’s instructions. Transfer the churned mixture into a non-reactive container and set in the freezer until it hardens. Serve.

—Recipe courtesy Amy DiBiase



Amy DiBiase. Photo courtesy of The Shores Restaurant

Continued on Page 8

**West Coaster**  
ADVERTISING

THIS ADSPACE COSTS

1 MONTH \$150  
3 MONTHS \$144/mo.  
6 MONTHS \$120/mo.  
12 MONTHS \$100/mo.

PRICES ARE FULL COLOR!

**FREE DESIGN!**  
Inexpensive, targeted marketing solutions for your craft beer related business!

**CONTACT**  
(619) 796-5719  
ADS@WESTCOASTERSD.COM

Purest  
Ingredients

Finest  
Quality

SIERRA NEVADA®



CAN CONDITIONED

# PALE ALE

In 1980, we created a beer highlighting the bold flavors and piney-citrus aromas of whole-cone Cascade hops. Today, our all-natural, can-conditioned Pale Ale offers opportunities to taste craft in a new way—with the same quality and flavor you've come to expect.

Where will you and your Pale Ale go?


*www.PaleAleCan.com*

SIERRA NEVADA BREWING CO.

Chico, California

[www.SierraNevada.com](http://www.SierraNevada.com)

 [Facebook.com/SierraNevadaBeer](https://www.facebook.com/SierraNevadaBeer)

 [@SierraNevada](https://twitter.com/SierraNevada)

Plates & Pints  
Continued from Page 6

she was doing such delectable honor. To my surprise, when we got there, no introduction was needed. It felt like half the room already knew her. “You’re the cupcake lady!” they exclaimed, their faces alive with happiness as they recalled sampling her Stoned Portzilla (Stone Smoked Porter-infused cakes with coffee ganache and caramelized coconut) or Cup O’ Hefen (Ballast Point Wahoo Wheat cakes with coriander and citrus Buttercream).

Fast forward a year-and-a-half and she’s got a storefront that she shares with Treehouse Coffee Co. (7229 El Cajon Boulevard), a rotating assortment of well over a dozen PubCakes, numerous accounts and a new partner in crime, Kaitlin Jaime. “I think the real magic happened when Kaitlin came into the picture,” said Birchall. “The two of us contrast each other perfectly, which has really brought out some more unique cupcake creations.”

The latest of those outside-the-pretty-pink-bakery-box flavors is a PubCake they were commissioned to craft by Karl Strauss Brewing Company. Uncle Karl’s crew was looking to commemorate their 23rd year in business by funneling this year’s anniversary beer, an old ale aged in oak barrels for 12 months, into a dessert befitting of its milestone.

The result is a cake studded with buttery toffee bits, filled to the brim with butterscotch pudding, topped with blackberry buttercream and a thin shortbread cookie button. “When you bite into it, the cookie crumbles and squishes the frosting, but it somehow all holds together for the next bite,” said Birchall, who’s quite



23rd Anniversary PubCakes and the beer that inspired them. Photo courtesy of Karl Strauss Brewing Company

proud of this architecturally-sound ‘cake.

Just this past month, PubCakes held the one-year anniversary party of the La Mesa storefront, complete with a beer garden featuring eight local breweries, a photo booth and vendors from local farmers markets. Further down the road, they hope to have their own storefront—one with an alcohol license. Can you say, world’s best bakery idea?

**Karl Strauss 23rd Anniversary PubCake**

Yield: 12 cupcakes

1 cup Karl Strauss 23rd Anniversary Old Ale	1 Tbsp vanilla extract	6 cups Blackberry Buttercream (recipe follows)
½ cup unsalted butter, softened	1½ cups all-purpose flour	¾ cup butterscotch pudding *
1 cup brown sugar	1 tsp baking powder	12 shortbread cookies **
1 egg	½ tsp baking soda	6 blackberries, sliced in half
	¼ tsp salt	
	6 ounces toffee bits	

Preheat oven to 350° F. Bring the beer to a boil, remove from the heat and let cool to room temperature. While the beer is cooling, place cupcake liners into a standard 12-cavity muffin pan.

Cream the brown sugar and butter together using an electric mixer. When the mixture has lightened and increases in volume, add the egg and mix until fully incorporated. Add a third of the dry ingredients and mix on low speed until it is fully incorporated. Add a third of the beer and mix until fully incorporated. Repeat the last two steps until the dry ingredients and beer have been used. Add the toffee and mix thoroughly.

Using an ice cream scoop or a large spoon, fill the cupcake liners about ¾ full. Place in

the oven and bake for 15 minutes, or until a toothpick inserted in the center of the cake comes out clean, rotating the pan 180 degrees halfway through. Remove cupcakes from the pan as soon as they are cool enough to handle to prevent the bottoms of the cakes from steaming.

When the cupcakes have cooled to room temperature, use the back end of a wooden spoon to make a hole in the middle of each cupcake. Place the pudding into a Ziploc bag and cut off the bottom corner of the bag. Press the pudding toward the hole in the bag and pipe it into the holes. Frost the cupcake in a circular motion, from the center to the outer edge. Place a cookie atop the cupcake, top with a blackberry half and serve.

**Blackberry Buttercream**

Yield: 6 cups

1½ cups unsalted butter, softened
½ cup fresh blackberries
zest of 1 lemon
16 ounces powdered sugar

Beat the butter, blackberries and lemon zest together in the bowl of an electric mixer set to medium speed until the mixture is smooth and creamy. Add ¼ cup of the powdered sugar, beating at low speed until it is fully incorporated. Repeat, ¼ cup at a time, with the remaining sugar.



Kaitlin Jaime (left) and Misty Birchall at the 23rd Anniversary bash

—Recipes courtesy PubCakes

\* Misty recommends using David Lebovitz’s butterscotch pudding recipe, available at [www.davidlebovitz.com](http://www.davidlebovitz.com)

\*\* Misty recommends using Ina Garten’s shortbread cookie recipe, available at [www.foodnetwork.com](http://www.foodnetwork.com)

NOTE: When preparing, roll the dough to ¼-inch thickness and cut the cookies into 1½-inch rounds.

EST. 2010 - SAN DIEGO, CALIFORNIA

≡ SESSIONS ≡  
PUBLIC

4204 VOLTAIRE STREET  
619-756-7715

JOIN THE CONVERSATION [www.sessionspublic.com](http://www.sessionspublic.com)

*Drink. Eat.*

*Thursday, Mar. 1*  
Sour Night! A night of face puckering beers! Featuring beers from Telegraph, Jolly Pumpkin, and Rodenbach. Try the beers individually or as a flight

*Saturday, Mar. 10*  
Keep the copper mule mug night! Everyone wants one...tonight is your night to get one of your own legally!

*Saturday, Mar. 17*  
St. Patrick's Day. Food and drink specials. Call restaurant for details.

*Thursday, Mar. 22*  
AleSmith Night. A lineup of five killer beers from one of our favorite San Diego breweries.

Sessions Social Everyday  
From Open til 6:19 PM  
2 For One Local Drafts & \$5 Moscow Mules

TRADITIONAL ENGLISH ALES BREWED WITH A SAN DIEGO TWIST

Tasting Room Now Open!  
(THU & FRI 4-7P, SAT 2-6P)

11545 SORRENTO VALLEY RD #305  
SAN DIEGO, CA 92121  
[NewEnglishBrewing.com](http://NewEnglishBrewing.com)



THE BEST OF BOTH WORLDS

Together at last...

# FUGU VODKA & BLOODY MARY MIX



www.BallastPoint.com



## Now Available!

Handcrafted and Bottled in San Diego

WHITE LABS PRESENTS

## YEAST ESSENTIALS WORKSHOP



LIMITED SEATING AVAILABLE!

**COST \$300**  
FOR MORE INFORMATION,  
VISIT [WHITELABS.COM](http://WHITELABS.COM)

Registration includes:  
Workshop & Seminar Luncheon

**SIGN UP! 888.593.2785**

**SATURDAY, MARCH 24th, 2012**

- Yeast Metabolism and Nutrition
- Cell Counts Viability and Pitch Rates
- Yeast Handling and Storage
- Yeast Propagation
- Controlling Flavor Compounds
- Implementing a Brewery Yeast QC Program
- With Hands On Micro Laboratory Instruction

- HOMEBREWERS WELCOME! -



TRAINING &  
CONSULTING  
WHITE LABS

[WWW.WHITELABS.COM](http://WWW.WHITELABS.COM) • [WWW.YEASTMAN.COM](http://WWW.YEASTMAN.COM)

## Ladies of Local Beer

By Ryan Lamb, Mike Shess & Nickie Peña



Laurie

**Laurie Delk** is the beverage director for the Lumberyard Tavern and Grill in Encinitas, and founder of the popular blog 100 beers 30 days. Here, Delk chronicles her quest to taste the world's best beers while raising money for charities through beer dinners and other events. She compared porters and stouts for her first project in November 2009, and is set to tackle barrel and oak-influenced beers from April 20th to May 19th of this year; luckily, Stone's Oakquinox festival is on April 22nd, so there should be plenty of material to review. Delk also plans on hosting a benefit beer dinner in May at Toronado. Her answer to palate fatigue? Acai bowls and smoothies. Delk also has an extensive background in wine, and has served as the go-to girl for a winery in Italy run by the great-grandson of a former Italian president, and she was also the general manager at a popular wine and beer shop in New Orleans twice-over. In addition to hosting beer classes the last Tuesday of every month at the Lumberyard, Delk is excited that the bar

is considering an additional 10 taps, which would increase her ability to pair beer with food for loyal patrons and newcomers alike. A curious person by nature, Delk enjoys when someone asks her a question about alcohol that she doesn't know the answer to, and loves taking the time to gauge peoples' taste buds. Learn more about Delk, and see her popular "Beer Minute" reviews online at 100beers30days.com. **Photo by Tim Stahl, StahlPhotoGraphics.com**

**For your reading pleasure, here's a spotlight on rye beers from the lady herself:** I am known for my obsessions: Beer. Wine. Beer. Music. Beer. Shoes. Beer. Old Movies. Beer. Beer is the natural punctuation mark to my every desire, and when I first discovered rye beers a few years back, I was conflicted. Quite simply, I deplore rye bread — solely because of those fiendish little caraway seeds embedded in perfectly good loaves — but luckily rye beer has nothing to do with those distasteful devils. While the Beer Judge Certification Program (BJCP) has yet to designate rye beer as its own style (it's currently lumped in with American wheat beers) the Brewers Association is more definitive, stating that a "Rye Beer" should be brewed with at least 20% rye malt, with "noticeable rye character" and "spicy, fruity-estery aroma and flavor." Here are five local (and I'm including the state of California) rye-influenced brews that I recommend exploring:

**Bear Republic Hop Rod Rye** (8% ABV) My first-ever foray into rye beers, and truly one of the classic go-to beers in this style with wonderful layers of citrus, flowers and spice. Thank you, Bear Republic, for sparking my fixation.

**Alpine Nelson IPA** (7% ABV) Already on my Top 10 IPAs in the U.S., Nelson remains one of the best examples of the style. Vibrant notes of citrus (grapefruit and orange), grass, and pine mingles with hints of malty grain and bread, lending the IPA a roundness and complexity that is jaw-dropping and addictive. I have yet to meet a beer lover that doesn't obsess over this beer just like me.

**Hess Ex Umbris Rye Imperial Stout** (9.8% ABV) On a recent field trip to the Hess brewery, this quickly became my favorite of the afternoon's lot. A wonderfully balanced stout with notes of roasted coffee, dark chocolate, vanilla, pumpkin bread and spice, if you haven't already, make it a point to get there and drink this beer.

**Sierra Nevada Ruthless Rye IPA** (6.6%) A delicious and approachable nod to the Rye IPA style, dry-hopped with Citra and "experimental hops." Ruthless a balanced blend of citrus and tropical fruit with a bread, grainy malt backbone, and a hint of spice. Both IPA veterans and newbies alike give this offering a hoppy thumbs up.

**Ballast Reef Rye Brown Ale** (5.6% ABV) A pleasant nutty brown ale with spicy rye, toast, citrus, caramel, and chocolate malt. Served at the brewery, this makes for a great cloudy-day session. If you know someone still stuck on Newcastle, do your craft beer duty and have them drink this instead.

**Still curious?** Here are a few other ryes to try: The Bruery Rugbrod, Founders Red's Rye Ale, Surly Surlyfest, and Great Lakes Rye of the Tiger.



Virginia

**Virginia Morrison**, in addition to being the fiancée of San Diego Brewers Guild President Marty Mendiola, is the leading lady for the Taste of San Diego Craft Brews event that's been held at the San Diego History Center in Balboa Park for the past three years. Morrison estimates that the annual event raised more than \$35,000 for the SDHC K-12 education outreach program in its first two years, and that more than \$27,000 in donated goods (auction items, beer and food) made up 2012's event on February 18th, which took more than four months of planning. Morrison says that plans are in the works for an exhibit featuring San Diego craft beer history and memorabilia to become part of the San Diego History Center's collection in time for Balboa Park's Centennial Celebration in 2015. **Photo by Kristina Yamamoto, KristinaMoto.com**

**Elena Rivellino** says it's the people that keep her going. As a co-owner and Jill-of-all-trades behind Sea Rocket Bistro, she's referring to the numerous local vendors that provide food for the North Park sustainable seafood restaurant and the customers who support the fight for better ingredients with each meal. Aside from feeding patrons high quality fare, the 30th Street restaurant is known for hosting stellar craft beer events. So far, the 'Rocket has hosted events like LoveLikeBeer's Assembly during San Diego Beer Week, and the Stone Ages Blackout Dinner. If you missed those two events, Sea Rocket's food will be dished out at the Mission Valley Craft Beer and Food Festival on April 1st. On April 5th, a three-course Urban Agriculture beer pairing dinner will benefit the urban farming program at San Diego City College while featuring seasonal, spring-time brews. Two of Sea Rocket's delectable jams, including the bacon jam and the tomato jalapeño varieties, will be available at the new SOL Market in Liberty Station starting March 1st.



Elena



Melissa

**Melissa Dombo** is the Creative Project Manager for Karl Strauss Brewing Company. She has been with the team for 10 years and works in all things creative. Dombo has many roles, from building the website to hand-sketching the beer labels and designing the brewery restaurant interiors. She's currently designing and managing the company's new tourable facility project and working in conjunction with Public Architecture and Planning to oversee a \$1 million renovation to the main brewery that will be open to the public for tours, onsite beer tastings, group events/meetings, and merchandise/beer purchases. Some of her favorite, new features include the semi-private "Growler Room" made entirely of amber glass to let partial light in, a custom bar made by Public Architecture with a 20-tap system, outdoor beer garden, private "Barrel-Aging Room" with views of the bottling line at work, and a bocce ball court. Dombo describes the space as "edgy but comfortable," utilizing a lot of brick, open-beam ceilings, and stainless steel to create a metro, loft vibe. "We're also incorporating a lot of concrete and wood, and Public Architecture is handcrafting several pieces of furniture from reclaimed and found materials. We want this space to be warm, inviting, and somewhere you'll want to stay and have a few pints at," says Dombo. The facility is scheduled for completion in September 2012.

ONCE AGAIN, BLIND LADY IS ONE OF  
DRAFT MAGAZINES  
AMERICA'S  
100 BEST  
BEER BARS  
[CONGRATS TO HAMILTON'S & O'BRIEN'S]  
TUE-THUR 5PM-12AM MIDNITE  
FRI-SUN 11:30AM-12AM MIDNITE  
CLOSED ON MONDAY  
3416 ADAMS AVE ★ NORMAL HEIGHTS, CA  
BLINDLADYALEHOUSE.COM

**DRAUGHT BEER & SANDWICHES**  
TUES-THUR 5PM-12AM  
FRI-SAT 11:30AM-1AM  
SUN 11:30AM-12AM  
CLOSED MONDAY  
3025 EL CAJON BLVD  
TigerTigerTavern.com



**Barbara Harnish** is the bar manager at both Local Habit restaurant in Hillcrest and downtown's Mission Brewery, and she was part of the team that opened (and then re-opened) Main Tap Tavern in El Cajon. "Beer has shaped my entire adult life," said Harnish, who decided to leave the automotive industry to pursue beer after drinking a Wasatch Polygamy Porter in Salt Lake City's airport. "I liked seeing a locally-brewed beer on tap at the airport, and I wanted to get involved in the San Diego scene." Now Harnish is very much in the mix, coordinating the beer dinners at Local Habit for example, with a Slow Food event featuring local farmers and local beer coming up on March 13th. Down at Mission, Harnish is excited that the brewery will soon be packaging their first pilsner, tentatively scheduled for release by St. Patrick's Day. More developments include the newly-functional grain silo and cold storage, Mission glassware and growlers in the works, the upcoming retrofitting of their bottling line, and nine more 90 barrel fermentors coming in the next few months to keep up with production demands. Group tours of the Mission Brewery facility, which used to house the Wonder Bread factory, are available Fridays and Saturdays hourly from 12-8pm with advance notice.



**Rachelle Smith** co-founded Steadfast Hop Farm with her boyfriend Clint Wilkerson in March 2011. The farm lies on a quarter acre lot in Valley Center, and has an 18-foot trellis system with around 500 plants spanning eight varieties: Cascade, Centennial, Chinook, Columbus, Glacier, Nugget, Magnum and Willamette, all of which are tested for alpha-acid percentage by the Organic Chemistry Department at CSU San Marcos. Steadfast's hops are available for homebrewers at Mother Earth Brew Co. and Smokin Beaver in 2 oz. vacuum-sealed packages they call "hop grenades." Never one to shy away from experimentation, Smith is currently refining a dry-hopped Belgian-wit recipe for a friend's wedding in May, and she was one of the brewers that processed sixty pounds of Pasilla Negra peppers over four hours for Deschutes Black Butte XXIII.

**Claudia Faulk** is one member of the small team that makes Vista's Aztec Brewing Company and Seven Nations Brewing Company. A homebrewer and web developer, Faulk is responsible for Aztec's popular Chipotle IPA recipe, accounting, and the coding of the ABC website, a joint effort with her graphic designer husband John Webster (also involved with ABC / 7N). An artist, she believes that brewing should be both creative and imaginative, and has enjoyed reinventing the Aztec brand. Recently, an art show in the brewery called "Paints and Pints" highlighted an eclectic selection of artists, including a live painting by local artist David Lozeau; Faulk hopes to host art shows quarterly to start, at least ideally on a monthly basis. Currently, Faulk is completing her masters in Educational Technology and working on developing a website for the newly-founded Vista Brewers Guild; Webster will design the guild's logo. Look for changes to the tasting room when the bar moves to the next-door suite they purchased in October where a new tap system will debut.



**Errin Love**, a career teacher, mother to Kamron Khannakhjavani and wife to Dan Love, watched a home brewing hobby snowball into a professional obsession. Kamron was the first to get bitten by the brewing bug, and soon he infected his step-father, Dan. The duo started off innocently enough with a few pieces of equipment, but brewing paraphernalia began to take over the family home soon thereafter. Dan and Kamron convinced Errin that opening a brewery would be a viable business. After an unsuccessful attempt to license the family home with Alcoholic Beverage Control, Mother Earth Brew Co. was born as a homebrew shop and tasting room for contract-brewed beers in 2010, and in 2011 they purchased their own brewhouse. Although initially skeptical of the idea, Errin is now fully committed to the operation and serves as business accountant, cashier, bartender and loving mother. **Joelle Khannakhjavani** recalls the first date she ever had with Kamron. "He told me that he'd be quitting his job in two weeks to start working on a brewery." Impressed with his drive to chase a dream, the couple have been together ever since and were married in September of 2011. Khannakhjavani is slated to work full time to help keep Mother Earth's growing line of apparel and merchandise stocked, along with working the register and serving suds. Coming up for the crew is the arrival of a new 22 oz bottling line, and the possibility of a satellite tasting room and homebrew supply store in downtown Vista.



**Staci Wilkins** of Ritual Tavern has watched North Park bloom perched on the corner of Polk and 30th, a place she says was "no man's land" just a few years back. Now, the neighborhood has changed, and so has the pub, growing from four taps to the current 11. Wilkins still remembers the first four beers she and husband Mike Flores had on tap in 2007: AleSmith Lil' Devil, AleSmith Speedway Stout, Ballast Point Pale Ale (formerly Yellowtail Pale Ale), and Stone Smoked Porter. A native San Diegan, Wilkins has strong ties with the local beer industry – her older brother played in a band with Sam Chammas, Live Wire publican, and it was at the legendary El Cajon Boulevard bar that she and Flores, kitchen manager at The Linkery for their opening, had their first date. Coming up, Wilkins plans to expand the music program in the back beer garden where hops are sprouting, with Miss Erika Davies as the next scheduled artist playing March 11th. A few days later on everyone's favorite Irish holiday, Wilkins plans to continue the tavern's tradition of cooking up corned beef and hash, cabbage, potatoes and soda bread.



**Diane Hennelly** represents the group of beer lovers that push the industry forward: the creative homebrewer. One of her more recent creations, a "Mounds Bar Porter" with toasted coconut and cocoa nibs, was brewed with the help of friend Kate McDevitt (pictured left); she can take credit for getting Hennelly hooked on the hobby at a Slow Food "Green Drinks" event they both attended where she won a free homebrewing class at Home Brews & Gardens in North Park. Since then, she's brewed more than 15 different beers, including a habanero IPA, a "Kitchen Sink" IPA with a variety of hops, a "Midlife Pliny" IPA, a chocolate amaretto stout, an oakey, smokey bourbon stout using barrels from a local furniture maker, and beer made with prickly pears from the canyons near UCSD. She's even crafted a strawberry, ginger and lavender mead sourced from her home garden.

- CORONADO GOLDEN
- ORANGE AVENUE WIT
- MERMAIDS RED
- ISLANDER IPA
- IDIOT IPA

CORONADO BREWING CO.  
CORONADO, CA

**NEW CBC  
BREWERY  
AND  
TASTING  
ROOM  
OPENING  
IN 2012**

1205 KNOXVILLE ST  
SAN DIEGO 92110

170 Orange Avenue | Coronado, CA 92118 | 619.437.4452 | coronadobrewingcompany.com

## MAIN TAP TAVERN

**MARCH CASK EVENTS:**

BLACKOUT THURSDAY \$3. 50 LIGHTNING FAIR WEATHER CASK MARCH 1ST

BALLAST POINT SEA MONSTER MARCH 7TH

FIRESTONE WALKER DBA MARCH 14TH

PIZZA PORT NIGHT RIDER MARCH 21ST

GREEN FLASH BEER/FOOD PAIRING @ 1PM MARCH 25TH

OCEANSIDE ALE WORKS SCOTTYS OATMEAL STOUT MARCH 28TH

ALL CASK EVENTS START AT 3PM

518 MAIN STREET, EL CAJON

WWW.MAINTAPTAVERN.COM



**Jeff Hammett** first noticed craft beer early in college when a friend introduced him to Stone Brewing Co.'s Pale Ale. After graduating from UCSD with a degree in Philosophy, he moved to Santa Cruz where he frequented Santa Cruz Mountain Brewing and Seabright Brewery. Jeff would journey up to San Francisco to visit Magnolia and Toronado every chance he got. He started blogging about beer in early 2009 while living in Durango, Colorado. For a town of only 20,000 people, Durango boasts an impressive four breweries. Jeff quickly became a part of the brewing scene, and in January 2010 was invited to work with Ska Brewing Co.'s Head Brewer Thomas Larsen to formulate a recipe and brew on Ska's pilot system. In addition to his love of craft beer, Mr. Hammett is an avid cyclist and can be seen riding on the road or trails most weekends.

## Sour to the People

### *A glance at the wild world of sour beers*

By Jeff Hammett

Though it's often said that "women like sour beers," I don't think it's that simple. A lot of women do like sours (my wife won't touch anything else), but plenty don't, and the same goes for men.

"Sour beer" isn't a proper style; instead, it's a loose designation for a handful of beer styles that share one characteristic: the fact that they're sour, or tart. While the details surrounding what qualifies beer as being a "sour" could be debated ad nauseum, they almost always have wild yeast and bacteria acting as souring agents. *Brettanomyces* (a wild yeast), *Lactobacillus* (the "active cultures" in yogurt) and *Pediococcus* are three of the most common souring agents, sometimes referred to as "bugs". The sourness of a beer will vary greatly depending upon the style, age, brewers' intentions and even how active the bugs are.

There are a couple of great sours coming out soon — in addition to plenty of others that are available more regularly — but if you're not already a fan of the style you might not know where to start.

#### The Lost Abbey

The Lost Abbey makes some of the best American sours, and lucky for us they're right here in San Diego. One of my favorites, Red Poppy, is slated for release on March 10th at the brewery, and it will reach Lost Abbey's full distribution. If you're new to the world of sour beers this Flanders Red Ale might not be the best introduction, but if you've already got the bug, chances are you're a fan of the tart, oak-aged beer that's full of sour cherry flavor.

A more approachable sour is the Framboise de Amorosa released on April 7th. Made with raspberries, this ale is plenty tart but has some sweetness to balance out the flavors. In the past, Red Poppy and Framboise de Amorosa were sold in 375ml corked bottles (\$15) at the brewery. Both of these can be found at local bottle shops, although Red Poppy is more readily available than Framboise de Amorosa, but if you're set on getting a bottle or two, head up to The Lost Abbey on release day.

#### Duchesse de Bourgogne

Due to its wide availability, this is often considered a "starter" sour. It's relatively inexpensive compared to other sours and fairly



Stone's sixth annual sour beer festival takes place on July 8th this year ([stoneworldbistro.com/sourfest](http://stoneworldbistro.com/sourfest)). Photo courtesy of Stone Brewing Co.

easy to find in bottle shops around town. While it is a Flanders Red Ale, it's quite different than the hybrid wild-ale, Red Poppy. It has a deeper, darker body with balsamic vinegar and cherries off the nose, making it more sweet. This is one of those beers that sour beer drinkers seem to love or hate; try it for yourself, because the low cost makes it a no-brainer if you're adventuring with the sour beer-style.

#### Cantillon

Cantillon, a Belgian Lambic producer, makes some of the most coveted beers in the world. Their beers are spontaneously fermented, meaning they don't add commercial yeast, and are produced in relatively small quantities. Because of this, they're a rarity here on the west coast; one local bottle shop revealed that they sent out an email to their mailing list and the entire case of Cantillon Classic Gueuze was spoken for within 20 minutes. Rose De Gambrinus (a Framboise, meaning its made with raspberries) and Kriek (made with cherries) are my top choices from this brewery.

#### Drie Fonteinen

Don't be discouraged if you can't find any Cantillon, because Drie Fon-

teinen, a Belgian lambic blender (they don't brew their own wort, they get it from other breweries) is pretty darn good. Relatively available and not too pricey, the Oude Geuze is sour, musty and funky, while the Kriek pours a deep red with cherry notes and a dry mouthfeel.

#### Russian River

Russian River is widely known for their Pliny the Elder Double IPA and, in February and March, their Pliny the Younger Triple IPA, but their sours are also sought-after styles. Look out for Consecration — a big American Wild Ale at 10% ABV — aged in Cabernet barrels. There is a distinctive, red wine backdrop to drinkable sour that's funky thanks to multiple souring agents. Supplication and Temptation are also sour beers that Russian River ages in wine barrels. Aged in Pinot barrels, Supplication comes in at 7% ABV, and Temptation comes to fruition in Chardonnay barrels. Without a doubt, this Santa Rosa brewery's beers are influenced by their region's wine production and their sours taste it.

Aside from West Coaster, Jeff also writes for San Diego Beer Blog at [sandiegobeerblog.com](http://sandiegobeerblog.com), and you can follow him on twitter @SDBeer

**SCAVENGERS**  
BEER AND ADVENTURE TOURS

SAN DIEGO, CALIFORNIA  
GUIDED BREWERY TOURS  
AND TASTINGS IN  
A SWISS MILITARY 6X6!  
FOR GROUPS OF 2-18

SDSCAVENGERS.COM  
760-717-2551

TOURS STARTING  
AT \$89/PERSON

PUBLIC TOUR: PICKUP IN CARLSBAD & ESCONDIDO  
PRIVATE TOUR: PICKUP ANYWHERE IN SD

U.S. SOCCER BAR OF THE YEAR  
DRAFT MAGAZINE TOP 100 BEER BAR

NEW!  
EXPANDED BOTTLE LIST

4646 CONVOY ST  
OBRIENSPUB.NET

**O'BRIEN'S**

## INTERVIEW

# Seeing Green

An interview with Green Flash's Melodee Mario

By Ryan Lamb

**When did you join Green Flash, and what is your role with the company?**

I've been with Green Flash since November 2009. I started out working in the tasting room as a server and my role has evolved into what it is now – a national Marketing & Sales position. I currently focus on managing event coordination across the country, overseeing our local San Diego sales for on and off premise, managing the activity on our social media communities as well as managing the e-newsletter. I also get the opportunity to travel and participate in Beer Weeks around the US when necessary too. This is definitely my dream job!

**What's an example of a beer pairing you do at home?**

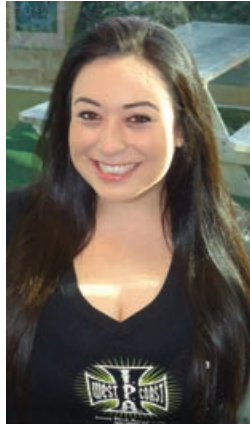
I love spicy food, and heat pairs perfectly with my favorite IPAs: West Coast, Imperial and Palate Wrecker! And, of course, our Double Stout is the perfect complement to whiskey.

**What seasonal releases do you have coming up?**

Green Flash will soon be launching a San Diego local line within the next few months and we named each beer after a San Diego neighborhood that we felt represented the beer style. We wanted to pay tribute to areas that support craft beer, and we decided to rename Fizzy Yellow "East Village Pilsner" as a part of the series. The other beers include Park West Porter and 30th Street Pale Ale. All will be available in 12 ounce bottles for case-only sales out of the brewery's tasting room. Our big spring seasonal release is Palate Wrecker, one of my all-time favorite Green Flash beers. I am thrilled that we will now be selling Palate Wrecker on draft, in 12 ounce 4-packs, and in 22 ounce bottles. The beer will be available nationally.

**How is construction on the second cellar coming along?**

Construction on the second cellar is happening so fast and it is fantastic! If all goes well, we'll be pouring concrete by late February, and installing fermentors and bright tanks by September 2012. It's amazing how much progress is made every day.



Melodee Mario, photo courtesy of Green Flash Brewing Co.



Green Flash CEO Mike Hinkley (right) gives Mayor Jerry Sanders and company a tour of the facility

**Big upcoming events in the next few months?**

We have a bunch of great events coming up. On Tuesday, March 14th we'll have an official Palate Wrecker Release Party in the tasting room from 3pm – 9pm. Then on the 25th we'll be putting on a five-course beer dinner at Main Tap Tavern in El Cajon. Another awesome upcoming event is our state-side collaboration with St. Feuillien! Alexi, their Brewmaster, will be coming to our facility to brew with Chuck on our system. We are also participating in a lot of fun festivals over the next few months, like the Mission Valley Craft Beer and Food Festival at The Handlery in Mission Valley on April 1st, and the Junior League Island Divine in La Jolla on May 5th.

**PINTA PALE ALE**

**KARL STRAUSS BREWING COMPANY**

2011 California State Fair GOLD MEDAL

An American Pale Ale dry-hopped with Motueka hops giving it a floral, grapefruit hoppiness and a clean dry finish.

ON TAP. IN BOTTLES. SHARE IT. CHEERS. KARLSTRAUSS.COM

# Local Habit

ORGANIC FOOD & CRAFT BEER



## Brew Masters Dinner

featuring Pizza Port

March 27 - Cost \$50

Join us for a 5 course beer pairing dinner. More information and tickets: <http://mylocalhabit.com/events>

## Progressive Casks

Every Thursday & Friday

\$2 from 4:30PM till 5:30PM. Price increases by \$1 every hour starting at 5:30PM.



3827 5th Ave., San Diego, CA 92103  
[mylocalhabit.com](http://mylocalhabit.com) - 619.795.4770

## Olive Tree Marketplace



**"More than just a Great Beer Store..."**

- Boar's Head Deli Provisions
  - Artisan Cheeses ● Bread & Cie
  - Certified Angus Beef ● Julian Pies
  - Beer/Wine Tasting Room
- ...And much more!

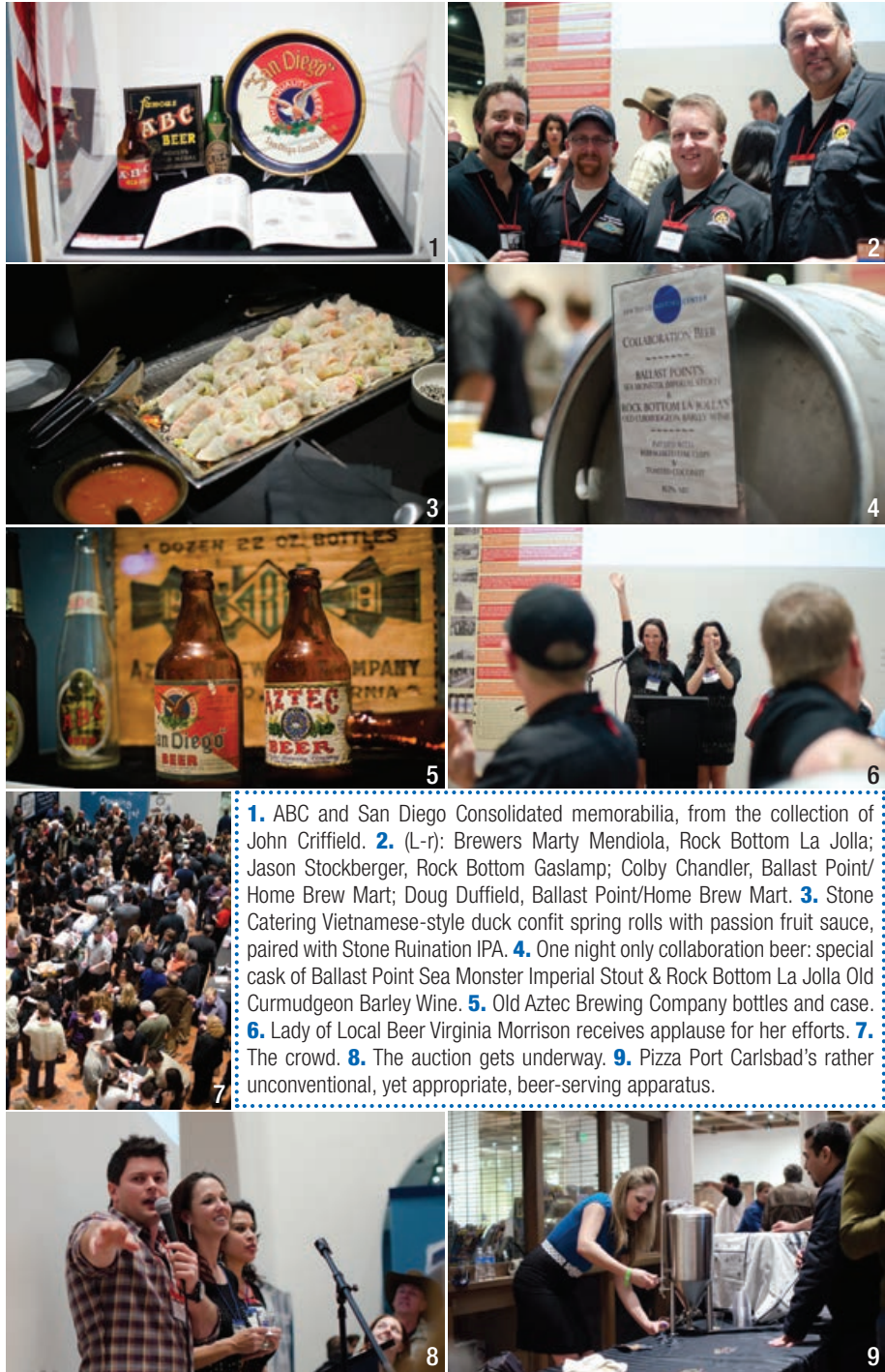


4805 Narragansett Avenue  
Ocean Beach, CA. 92107  
Follow our BEER BLOG Online [olivetreemarket.com](http://olivetreemarket.com) 619.224.0443

# Taste of San Diego Craft Brews

February 18, 2012 @ San Diego History Center, Balboa Park

Photos by Kristina Yamamoto, KristinaMoto.com



1. ABC and San Diego Consolidated memorabilia, from the collection of John Criffield. 2. (L-r): Brewers Marty Mendiola, Rock Bottom La Jolla; Jason Stockberger, Rock Bottom Gaslamp; Colby Chandler, Ballast Point/Home Brew Mart; Doug Duffield, Ballast Point/Home Brew Mart. 3. Stone Catering Vietnamese-style duck confit spring rolls with passion fruit sauce, paired with Stone Rination IPA. 4. One night only collaboration beer: special cask of Ballast Point Sea Monster Imperial Stout & Rock Bottom La Jolla Old Curmudgeon Barley Wine. 5. Old Aztec Brewing Company bottles and case. 6. Lady of Local Beer Virginia Morrison receives applause for her efforts. 7. The crowd. 8. The auction gets underway. 9. Pizza Port Carlsbad's rather unconventional, yet appropriate, beer-serving apparatus.

## Brews in the News

Continued from Page 2

varying yeast strains, at various temperatures, or whatever else the mad scientists create to demonstrate the impact of what's arguably considered the most vital ingredient in beer. A grand opening party is set for June 15th, which Mayor Jerry Sanders declared "White Labs Day" in San Diego.

### Julian Brewing Co. Fires Up Kettle

Tom Nickel of O'Brien's Pub and The Bailey BBQ has brewed his first batch of beer in the gold rush mountain town, Julian. Nickel, formerly a head brewer at the storied Pizza Port Carlsbad, brewed Bailey Pale Ale on February 24th using Nugget and Cascade hops from Star B Ranch in Santa Ysabel. The target date for the beer's release is March 9th. Also look for Nickel's beers at the annual Taste of Julian event on April 14th.

### Airdale Closes

Airdale Brewing Company shuttered its doors on January 31, 2012. Co-founder and Brewmaster Dave Lusk spoke with *West Coaster*, informing us that he, along with two salesmen, an accountant, and a delivery driver were all fired in late January. According to Lusk, the contract brewery started experiencing troubles in the fall, and was in decline since. While an Airdale office was located in Miramar, the beer was actually brewed in Irvine on a contract basis. Lusk suspects that the contract brewing model Airdale followed was too expensive and cut deeply into profits. There were plans for the brewery to relocate to San Diego. The brewery's biggest seller was by far Dark & Stormy, a mean, roasty 9.5% American Imperial Stout. Rumors that co-founder Tony Clarke may attempt to soldier on with the Airdale Brand are unconfirmed as of time of press. Clarke has declined to comment. We at *West Coaster* maintain a high level of respect for the Airdale brand and the people that were behind it, and we hope to see them elsewhere in the local brewing community.

### Last Chance for Fried Chicken @ Toronado?

Avid homebrewer and local chef Colin Murray made a reputation for himself at the Cowboy Star in East Village, and last week, was named the right-hand man to executive chef Tyler Thrasher at the anticipated Brooklyn Girl eatery in Mission Hills. The new restaurant — which was supposed to debut in fall of 2011 — will finally open this spring and promises to use local ingredients in the kitchen and offer a crafty mix of beers on tap. In between projects, Murray has teamed up with pal Nate Soroko at Toronado to reproduce the fried chicken dinners that garnered a cult-following of sorts at his previous gig, and what could be the last chance to eat this incredible riff on the southern-specialty is taking place March 11 at the North Park beer bar. We hope the dish finds a permanent home on Brooklyn Girl's menu; load up on it later this month at Toro just in case.

### Happy Birthday to...

Belated: The Topsy Crow turned two on 2/21, celebrating with casks of Sculpin IPA from Ballast Point and Hop Head Red from Green Flash. The Linkery turned seven in late February, and to celebrate featured seven sour ales on draft for each of four nights of the celebration. Upcoming: Pacific Beach's TapRoom is throwing a birthday bash on Saturday, March 3rd. Last year was packed, and this should be even crazier with a keg of Pliny the Younger on tap. Churchill's is celebrating the third anniversary of their tap expansion with the annual Renaissance party on March 3rd that will feature 50 rare and barrel aged beers, along with a special commemorative beer: Churchill's Finest Hour 2012, brewed by The Lost Abbey.

EAST COUNTY'S BEST BEER SELECTION

# IRON FIST BREWING CO.

IRON FIST BEER TASTING  
MARCH 8TH - PRICE: \$30  
MEET THE BREWER!  
FEATURING I.F. SPECIALTIES SUCH AS  
MARTIAL LAW BELGIAN STRONG DARK

\$3 FOR ALL CRAFT BEER  
EVERY SUNDAY ALL DAY

**PRESS BOX**  
SPORTS LOUNGE

2990 JAMACHA ROAD EL CAJON, CA  
(619) 713-6990 PRESSBOXSPORTSLOUNGE.COM

## CRAFT BEER INSURANCE PROGRAM

SPECIALIZING IN A WIDE VARIETY OF COMMERCIAL INSURANCE FOR

**MICROBREWERIES**

**PUBS**

**GASTROPUBS**

**RESTAURANTS**

GENERAL/PRODUCT LIABILITY, AUTO, WORK COMP, PROPERTY, AND MORE!

**CONTACT**  
**ALBERT CLARK-CASTANEDA**  
619.849.3735  
SBS@ALLIANTINSURANCE.COM

## Mission Valley Craft Beer Fest

Continued from Page 1

veterans of war. The program is targeted specifically at those with Traumatic Brain Injuries (TBI) and Post-Traumatic Stress Disorder (PTSD); affordable housing is available to eligible persons for up to two and a half years, allowing savings for cars, deposits for renting or down payments for homes. Before the Roseberrys founded Wounded Warriors Homes, every weekend they transformed theirs into a sanctuary for the very people they help now, sating the importance of calm and stability that a comforting environment provides. This cause is truly noble, and pairs perfectly with San Diego's military and craft beer backgrounds.



Safety Orange returns to this year's fest. Photo: Mike Soto

The Mission Valley Craft Beer (and food) Festival is bringing together the region's best grub and grog for the charitable celebration. Last year's highlights included the Cajun spice and catering company Shaker Bake Foods, whose fragrant piles of peel-and-eat shrimp caused quite the feeding frenzy; they'll be back again, and this time with a half of a cow. Other anticipated food vendors include the pork-guru behind Carnitas Snack Shack, Chef Hanis Cavin, R-Gang Eatery's Chef Rich Sweeney, A.K.A. The Gourmet Tater Tot King, and Anthony Friscia of downtown's first yakitori and ramen joint, Gaijin, that opened in February. Chef Jeff Rossman, known most for La Mesa's Terra American Bistro, will also be on hand representing his latest venture, Bunz, preparing Three Li'l Pig sliders with bacon, ham, pulled pork and beer thyme mustard. Look forward to even more good eats from Sea Rocket Bistro, Stone World Bistro and Gardens, The Bailey BBQ and of course Executive Chef Karl Prohaska from The Handlery. There will also be vegetarian and vegan options. For more on the culinary participants, check out the Facebook page (Mission Valley Craft Beer and Food Festival).

As for the beer, selections are under wraps but expect the best — especially during the VIP hour — from Ballast Point, Green Flash, Stone Brewing Co., Karl Strauss, Hangar 24 Brewery, On the Tracks, and Monkey Paw. Organizers are still finalizing the complete list that will include around 25 breweries, as well as live music performed on the West Coaster stage.

Discounted tickets are available for designated drivers and The Handlery Hotel is offering special-event room rates. The after-party is a must, and was added to the event roster so brewers could enjoy themselves after a hard day of festival work. Tickets are on sale now through TicketDerby.com; there is a link on the Facebook page that leads to the ticketing site.

*Publisher's note: West Coaster is helping promote MVCBF as part of a media trade. We're not seeing any money from ticket sales.*

The Mission Valley Craft Beer (and food) Festival is bringing together the region's best grub and grog for the charitable celebration. Last year's highlights included the Cajun spice and catering company Shaker Bake Foods, whose fragrant piles of peel-and-eat shrimp caused quite the feeding frenzy; they'll be back again, and this time with a half of a cow. Other anticipated food vendors include the pork-guru



Shrimp galore from Shaker Bake Foods. Photo: Amy T. Granite

## Standing in line — for beer?

What the wait will teach you

By Carol Cascade

I never thought I would admit this, but I actually stood in line for a beer. Back at the Stone Sour Fest in June, I could accept waiting in lines of varying lengths, especially since I was able to try so many amazing beers that day. And at the San Diego Brewers Guild Festival this past November, I went from one really long line to the next, getting a pour of something yummy from one table only to have to shuffle quickly into the next line, all in the hopes of tasting that next something special. Some of the beer I tasted that day was uninspired, and I was disappointed after waiting nearly 20 minutes for my cup to be filled! But, I persevered and kept jumping back in line, the anticipation of tasty creations my impetus.

Recently, I found myself third in line at Toronado in North Park on a Sunday morning at 10 a.m. to try the latest seasonal craze: Pliny the Younger Triple IPA. This is no ordinary beer; sure, I've enjoyed Pliny the Elder Double IPA many times in the bottle, but the Younger was fresh from the brewery, and



Thirsty, patient beer drinkers mingle outside O'Brien's Pub. Photo: Tim Stahl, StahlPhotoGraphics.com

I was intrigued by all the hype. In the end, I was not disappointed — what lovely nectar. I liked it so much, in fact, that I waited another 30 minutes outside of O'Brien's Pub for another taste. It was here that I began to wonder: why am I doing this? Why are we all waiting for the chance to have a beer?

What I discovered was that the wait is not about the line itself, or the beer at the end of it really, but the amazing people you have the opportunity to meet while you're there. What happens is that you start talking about something you have in common: beer. You share your experiences and stories about this lovely beverage. You learn things from complete strangers in a way that would never happen if the setting were the torturous DMV.

Interestingly, I met a guy who was waiting with his two year old son, and it was his first time tasting Pliny the Younger — the dad, not the two year old! He was excited, and we talked about Russian River and other breweries up and down the coast. I also talked with a couple that was visiting from North Carolina. Before this, they couldn't have imagined themselves ever standing in line for a beer, but they were curious what all the fuss was about. They filled me in on the craft beer scene in North Carolina, and went on about how impressed they were with what's been going on here in San Diego. I must say: that was the quickest half hour I've ever spent; I met new people, discussed beer, and shared ideas. And isn't that what the beer community is really all about?

**RITUAL TAVERN**  
For Lovers of Quality Food and Beer with Character

**3/10 - 11 PM**  
Live Music:  
Miss Erika Davies & Her Fellas

**3/17 - Starting at Noon**  
Happy St. Patrick's Day!  
featuring House Corned Beef

4095 30th Street  
San Diego, CA 92104  
619.283.1618  
ritualtavern.com

WHEN NORTH PARK  
HAD ONE GREAT  
BEER BAR ...

COLD BEER  
LIVE WIRE  
WARM FRIENDS

SAVE THE MONTH!  
OCTOBER 2012  
20 YEAR ANNIVERSARY  
(YEAH, IT'S GONNA BE THAT GOOD, YOU NOW HAVE PLENTY OF TIME TO PREPARE!)

2103 EL CAJON BLVD. SD CA 92104, 619-291-7450



Photo: Kayla Coleman

Sam Tierney began his love affair with great beer while studying and traveling abroad in Europe during his junior year at UC Santa Barbara. He began homebrewing shortly after, and has since won multiple awards. Sam is a graduate of the Siebel Institute, a professional brewing school in Chicago, and he is now a brewer at Firestone Walker in Paso Robles, California.

## Bocking the Trend

*Historic, springtime Bavarian lager styles can be found in San Diego*

By Sam Tierney

Spring approaches, and with it comes two related lager beer styles: doppelbock and maibock. Doppelbock is the strongest of lager styles and a traditional German Lent drink, once consumed as the only source of sustenance for monks while they fasted in preparation for Easter. Maibock (*Mai* for the month of May in German) is brewed for the short Bavarian spring as a paler, lighter bock meant to be consumed before the warm summer months when even lighter lagers such as helles and kellerbier take over as the drink of choice. While both styles are Bavarian in origin, they are also commonly brewed by American brewers.

Lager brewing slowly evolved in Bavaria over hundreds of years, where cold-tolerant yeast strains came to dominate thanks to the practice of fermenting and aging beer in cool caves and cellars. Over time, a hybrid species formed that was a mix of *Saccharomyces cerevisiae*, the species used to make ales, and *Saccharomyces bayanus*, another species that has been traced to the forests of Patagonia. Brewers and scientists now call this yeast *Saccharomyces pastorianus* but it was formerly named *Saccharomyces carlsbergensis* because it was first identified and isolated in the late 19th Century at the Carlsberg brewery in Denmark.

Lager yeast was the first yeast isolated and used as a pure culture for fermentation, versus most ale yeasts that were mixed with other wild yeasts and bacteria as the result of serial re-use and the absence of modern sanitary practices. The colder temperatures of lager fermentation and storage also inhibited the growth of wild yeasts and other spoilage organisms. Lager was probably the first “clean” tasting beer that many drinkers ever had, which is one of the reasons for its rise to immense popularity throughout the world.

Yet to fully appreciate the evolution of lagers, we have to look directly east of Bavaria to Bohemia. Both regions made dark beers, but the Bohemians (then part of the German-speaking Austro-Hungarian Empire, now part of the Czech Republic) continued to make ales into the 19th century, while the Bavarians had by this time firmly switched to lager brewing. In 1842, Bavarian brewmaster Josef Groll used new malting technology from England and oversaw the construction of malt kilns at a new brewery in the Bohemian city of Pilsen, which allowed the production of pale malts.

These pale malts, mashed with the soft water of Pilsen, made it possible to brew lighter colored beers than ever before. Combined with imported Bavarian lager yeast and a large amount of local Saaz hops, the Pilsner style of beer was born. After awhile, this new



Enjoying a few beers at Kloster Andechs, Bavaria

style of pale lager made its way back to Germany and Denmark, where lager yeast was finally isolated, beginning the revolution in single-culture fermentation that has come to define modern beer.

Today, pilsner-style beers (or watery, loose interpretations of the style) dominate beer sales the world over, Germany included; however, many diverse styles are still brewed, from the pale, refreshing helles lagers of Munich, to the dark and smoky rauchbiers of Bamberg.

Bocks, however, are the big, bold players of the lager world, often displaying rich, intense malt flavors and elegant hop counterpoints. Traditional bocks are dark in color, but newer versions, owing inspiration to the original golden beers of Pilsen, are commonly brewed for spring. These beers, often called “maibocks,” reflect the lighter weather of the season and are typically gold-to-amber in color and brewed to the regular bock strength of 16-18 degrees plato. Malt character is lighter than you find in doppelbocks, and focuses more on the lightly-toasty, bready side than dark bread crust or dried fruit. Some maibocks have significant hop aroma and bitterness, exhibiting the refined, spicy character of noble hops. Locals Mission Brewery and Karl Strauss Brewing Company have both created seasonal maibock beers in the past, and Karl Strauss is set to release the Minden Maibock again at their brewpubs in April. Gordon Biersch brews an annual maibock at its brewpubs and packaging brewery, and its year-round Blonde Bock also falls in the style, though it is a particularly pale take on it.

The “double” version of the bock, doppelbocks, are a legal classification in Germany, and must have an original wort strength of at least 18 degrees plato. Doppelbocks are typically amber to dark brown with a low hop bitterness and

flavor. They may show a light herbaceous spice character from noble German hop varieties. Flavors of intense bready malts, toffee, dried fruit, and bread crust are dominant, with the long lagging periods contributing to a smooth, mellow profile — think big, chewy malt-bombs that could stand in as liquid bread for fasting monks. Paulaner Salvator is the original beer of this style and comes in at a healthy 7.9% ABV, though some doppelbocks come in at significantly higher strengths, such as the 14% ABV behemoth Samichlaus from Schloss Eggenberg in Austria. Salvator actually used to be the name of the style, with many versions brewed in Munich, until the brewery successfully defended a trademark claim. Since then, other doppelbocks have been typically named with

the “-ator” suffix to denote their style. Spaten Optimator, Ayinger Celebrator, and Andechser Doppelbock are other popular German examples of the style. The Fulminator Lager from Poway’s Lightning Brewery is an interesting twist on the style, using malted dark and white wheat for added flavor and body; the beer is scheduled for release in late March. Also, Ballast Point’s Home Brew Mart location often sees the Navigator Doppelbock on tap, and Karl Strauss is set to release the Conquistador Doppelbock at their brewpubs in April.



**PLEASE HELP US IMPROVE WEST COASTER!**  
 WE KINDLY ASK THAT YOU COMPLETE OUR **READER SURVEY**  
 WE CAN'T DO THIS ALONE. WEST COASTER IS INTERESTED IN HEARING YOUR OPINION.  
 VISIT **WESTCOASTERSD.COM/RS**  
 AND TELL US HOW WE ARE DOING. WE PROMISE TO KEEP YOUR DATA ANONYMOUS + SPAM FREE.  
 THANK YOU. **WC**

**West Coaster ADVERTISING**

**THIS ADSPACE COSTS**

1 MONTH	\$150
3 MONTHS	\$144/mo.
6 MONTHS	\$120/mo.
12 MONTHS	\$100/mo.

PRICES ARE FULL COLOR!

**FREE DESIGN!**  
 Inexpensive, targeted marketing solutions for your craft beer related business!

**CONTACT**  
 (619) 796-5719  
 ADS@WESTCOASTERSD.COM

**WC**



**20% OFF WITH THIS AD**

EXCLUDES STARTER KITS. EXPIRES 3/31/12. ONE PER CUSTOMER.



We have 54 varieties of grain, fresh hops, White Labs yeast, malt extracts, great starter kits, experienced staff, and more! Centrally located, we cater to beginning and experienced homebrewers alike.

**LOCATED INSIDE DOWNTOWN'S BEST BOTTLE SHOP!**

We are now the Best Damn solution for all of your craft beer and home brewing needs.

1036 7th Avenue, San Diego, CA 92101  
(located inside Super Jr. Market)

[bestdamnbeershop.com](http://bestdamnbeershop.com)

7AM - 9PM MONDAY - FRIDAY

8AM-8PM SAT & SUN

OPEN SUN-WED 1130AM-12AM, THURS-SAT 1130AM-2AM

50 TAPS

300+ BOTTLES



4026 30TH STREET

TORONADOSD.COM - 619.282.0456



**April 7, 2012**  
VIP 1PM - 5:30PM | GENERAL ADMISSION 2PM - 5:30PM

**BEER TASTINGS FROM  
OVER 40 BREWERS  
SAMPLING 90+ BEERS**

**LIVE MUSIC**

**ON THE BAR PINK STAGE FEATURING  
NICO VEGA • THE HEAVY GUILT • HYENA**

**IN NORTH PARK ON EL CAJON  
BLVD IN FRONT OF THE  
HISTORIC LAFAYETTE HOTEL!**

**TICKETS ON SALE NOW!**  
[www.citybeatbeerfest.com](http://www.citybeatbeerfest.com)



**Proceeds benefit the San Diego Music Foundation**  
Brewers subject to change without notice. This is a rain or shine event.

## Hessperience.

*Noun: The knowledge or practical wisdom gained from what one has observed, encountered, or undergone while drinking a fresh craft-brewed beer from Hess Brewing.*

Hessperience results in a greater appreciation for beautifully balanced beer, a love of hops, malt and barley, and a bonhomie that desires to share a pint with friends. Are you Hessperienced? Then share the love.

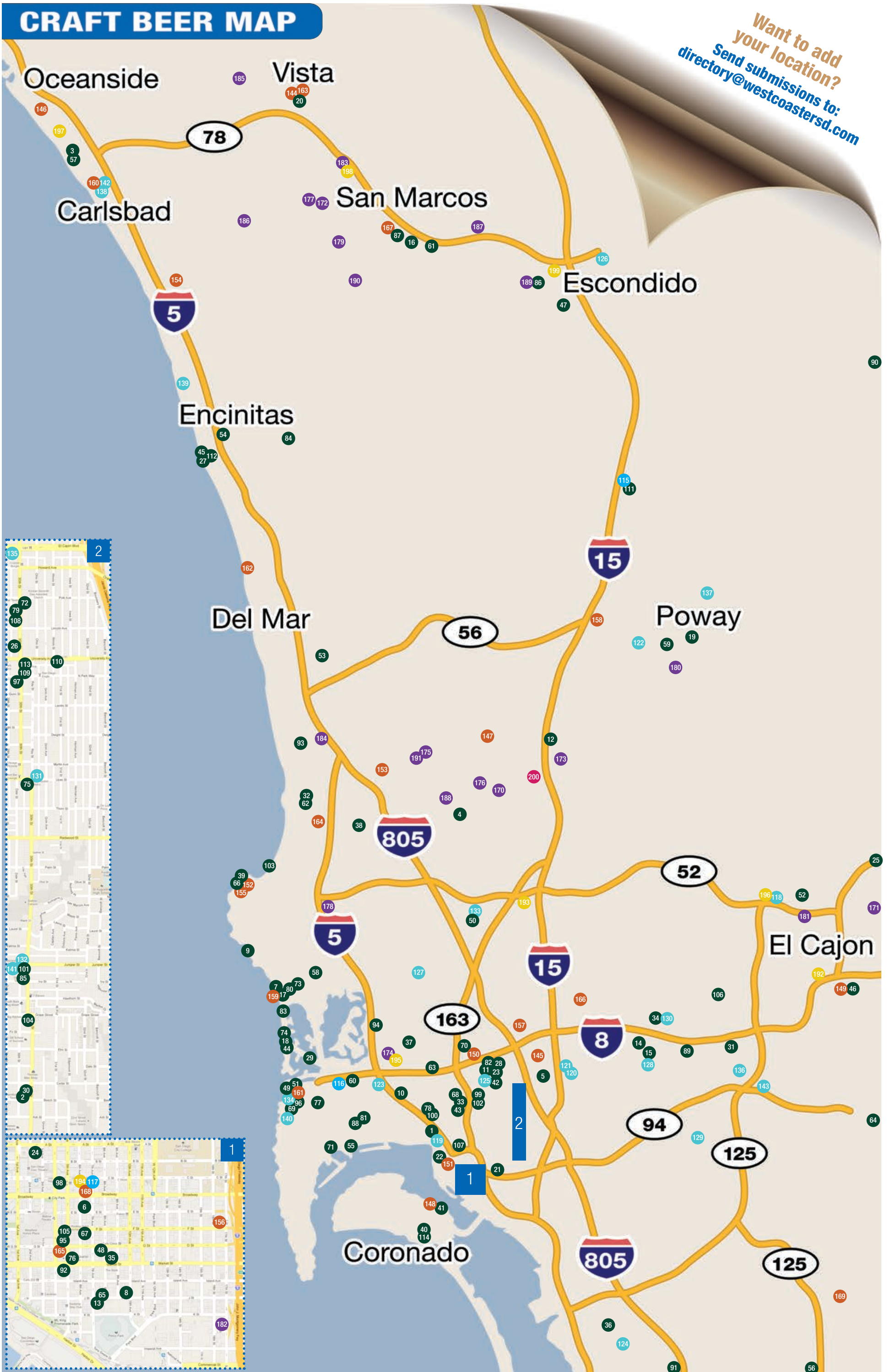
7955 Silvertown Ave. #1201 • San Diego, CA (Off Miramar Road)  
[hessbrewing.com](http://hessbrewing.com)





# CRAFT BEER MAP

Want to add your location?  
Send submissions to:  
[directory@westcoastersd.com](mailto:directory@westcoastersd.com)



- BEER BARS & RESTAURANTS
- BOTTLE SHOPS
- BREW PUBS
- BREWERIES
- HOME BREW SUPPLY
- OTHER

[WESTCOASTERSD.COM/DIRECTORY](http://WESTCOASTERSD.COM/DIRECTORY)



3<sup>RD</sup> ANNUAL  
**MISSION VALLEY**  
 CRAFT BEER & FOOD FESTIVAL

**APRIL 1<sup>ST</sup>, 2012**

LARGE EVENT SPACE WITH SEATING AREA

**20<sup>+</sup> + 20<sup>+</sup> + 3**

BREWERIES CHEFS LIVE BANDS  
ON THE *West Coaster* STAGE

UNLIMITED BEER AND FOOD TASTINGS!

**\$40 \$50**

GENERAL ADMISSION | 2PM - 5PM VIP ADMISSION | 1PM - 5PM

BUY TICKETS ONLINE [WWW.MISSIONVALLEYBEERFEST.COM](http://WWW.MISSIONVALLEYBEERFEST.COM)

USE PROMO CODE  
**WESTCOASTER** & SAVE \$5!



HANDLERY HOTEL  
 & RESORT

*West Coaster*



*West Coaster*

MARCH 2012 SERVING THE SAN DIEGO CRAFT BEER COMMUNITY Vol. 2 No. 4

*The*  
**Ladies of**  
**Local Beer**  
*Issue*



Laurie Delk of the  
 Lumberyard Tavern and  
[100beers30days.com](http://100beers30days.com)

*An Interview with*  
**Green Flash's**  
*Melodee Mario*

*With recipes from*  
**Karen Blair**  
*Hamilton's Tavern*  
**Amy DiBiase**  
*The Shores Restaurant*  
**Misty Birchall & Kaitlin Jaime**  
*PubCakes*

PLUS:  
 Sour Beers  
 Bavarian Lagers



FREE COPY