



# Chicago Section IFT the First Section



## December 10 Holiday Meeting – “Beer and Cheese are Better Together”

Chicago Section IFT will be holding their holiday meeting at, with presentation focused on the **Artistry of Making and Aging Cheese and Beer** along with a cheese and beer pairing. Speakers giving this presentation and demo are Research and Development Chefs Thomas Talbert, and Lauren DeMaria from Culinary Sales Support, Inc. (CSSI)

### Beer and Cheese

It is no wonder that beer and cheese make such a good match, they practically grew up together on the farm and both originate from the same thing, grass. The key component of cheese making is milk, milk is a by-product of a cow eating grass, and barley, a cereal grass, is used in making beer. Because of the similarity in origin, cheese and beer share many of the same aroma and flavor characteristics; such as earthy, yeasty, fruity, rich, and floral. This makes for an ideal gastronomic twosome.

Beer is one of the oldest beverages humans have produced, and the most popular alcoholic beverage on earth. The art of beer making is known as brewing. Brewing commonly starts with barley or wheat, which is fermented to turn it into alcohol and flavored with such things as hops. The addition of hops gives the beer bitterness, aroma, and helps with the preservation of the beer. Cheese can be eaten from its earliest stages as a curd and intermittently as it ages for months and years. The development of the cheeses flavors and aroma, as time passes, is due to fermentation and drying. This significantly changes the flavor and texture of the cheese as it matures.

Join the Chicago Section IFT on December 11, 2012 in learning about beer making, the aging process of cheese, and how to pair beer and cheese to complement each other. You can look forward to an interactive presentation with many delicious samples to taste.

### About The Speakers

#### Thomas Talbert, Senior Director, Culinary R&D



Thomas heads up the culinary team at CSSI, leading a team of chefs and dietitians in both retail and foodservice development. With his unique background in culinary arts, product development and dietetics, Thomas knows how to approach culinary innovation from many angles. He's a graduate of Johnson & Wales University (Bachelor of Science in Culinary Nutrition) as well as the University of Alabama at Birmingham's dietetics program.

As a Registered Dietitian, Thomas has taken a special interest in healthy menuing across foodservice channels. Some of his achievements include redesigning the patient and cafeteria menus for the University of South Alabama Hospital and



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developing a healthy pizza program for a leading national food account. Today, Thomas works on behalf of a variety of manufacturers, presenting new menu concepts and trends to many of the "Top 200" US restaurant chains.

### Lauren DeMaria, R&D Chef



From an early age, Lauren knew she wanted to work with food. As part of the National Restaurant Association's ProStart program, she was able to participate in culinary competitions throughout her high school career. She graduated cum laude with an associate degree in Culinary Arts from the Culinary Institute of America and summa cum laude with a bachelor's degree in Food Service Management from Johnson & Wales University.

Lauren's cooking experience spans various channels: country clubs, hotels and restaurants, working on the line at such New York City hotspots as Buddakan and Morimoto. She also spent three years as a private chef for a family in Denver and took the opportunity to expand her business, founding her own catering company. Today, Lauren's responsibilities at CSSI include creating new menu concepts

for top restaurant chains and presenting them on behalf of our manufacturer clients. She is a member of the Institute of Food Technologists, Research Chefs Association and American Culinary Federation.

Culinary Sales Support is located downtown in the West Loop of Chicago. CSSI functions as both as a culinary consulting firm as well as a full service marketing and agency. With a team of expert culinarians and registered dietitians, CSSI provides culinary support to leading manufacturers and the top 250 National Restaurant Chains.