BUILDING A BETTER GLUTEN-FREE BEER

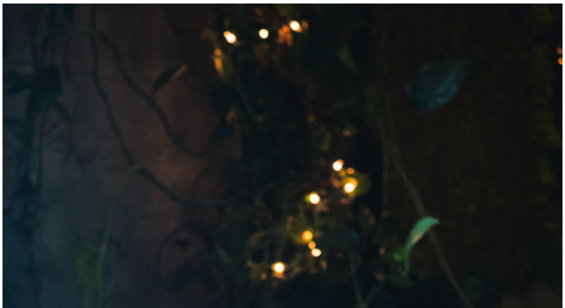
October 2, 2019 | By *Momentum* |

As much as we love a night out, going to most bars can be… challenging. There are the painfully long lines to get inside, and the exhausting pickup scene once you make it through the doors. If you're lucky, there's at least a decent beer selection. And if you're gluten-free? You're left with ordering pricey cocktails, "well" wine (shudder), or maybe the single, bland, gluten-free beer option.

Which is why when a brand commits to making really great, and really gluten-free – not just gluten-removed – craft brews, that's something you'll actually want to pick up (and even take home).

Canadian brewers Glutenberg aim to be more than your one-night stand; the kind of suds you'd introduce to your Coors Light-loving dad. In addition to being legitimately delicious, Glutenberg's brews will also impress your environmentally-conscious friends, with their commitment to using locally-produced grains, composting grain leftover in the brewing process, and shirking classic glass bottles for cans.

We talked to Brand Ambassador Easton Van Sant to learn more.



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IFROM A SUSTAINABILITY PERSPECTIVE, HOW IMPORTANT IS IT TO YOU THAT 90% OF YOUR GRAIN IS PRODUCED IN QUEBEC?

It's very important to us to use grains produced in Quebec, because not only does reducing transportation help the environment but we also want to give back to our community and support local farms. The quality of the grains we use is the heart of our beer, so keeping it close to home and having a long-term relationship with our supplier is crucial for us.

WE LOVE THAT IN YOUR BREWING PROCESS, YOU USE THE REMAINING GRAIN FOR COMPOST IN THE FIELDS THAT SUPPLY YOUR BREWERY, CREATING A SUSTAINABLE CIRCLE. CAN YOU SPEAK TO THAT PROCESS IN A BIT MORE DETAIL AS WELL AS TELLING US WHY THAT'S IMPORTANT TO THE COMPANY?

Rather than disposing of the remaining grain, we send it back to the farm where it is used as compost in the millet and buckwheat fields that supply our brewery. This sustainable circle is important to us, because nothing is lost and everything is transformed!

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IWHY CANS OVER GLASS BOTTLES?

The reason we use cans over glass bottles is because cans are significantly lighter than glass, resulting in reduced fuel usage during distribution. Cans also keep the beer inside fresh and flavourful for longer, because the exposure to both light and oxygen is limited.

YOU MAKE A POINT OF INDICATING THAT YOUR BEERS ARE GLUTEN-FREE AND NOT GLUTEN-REMOVED. CAN YOU EXPLAIN THE DIFFERENCE (ESPECIALLY FOR SOMEONE WITH CELIAC DISEASE) AND WHY YOU CHOSE TO USE THE FORMER PRACTICE INSTEAD OF THE LATTER?

We are committed to brewing the safest product for our community. Unfortunately gluten-removed beer is not 100% gluten free. Celiacs can have reactions to these "gluten-removed" beers because there are still traces of the gluten remaining in the product.

We take a different approach to our brewing process by using high quality gluten-free grains instead of wheat and/or barley. Even though our brewery is a gluten free zone, we still test each batch to ensure it is 0.00 PPM. That's our commitment to the celiac community!

WHAT'S SOMETHING YOU PARTICULARLY LOVE ABOUT THE MICRO-BREWING SCENE IN CANADA RIGHT NOW?

There are so many options and innovations for consumers in the craft beer scene right now. Between the ever-changing selection at LCBO, local beer bars, and new microbreweries popping up, indie breweries have really become mainstream, which is great. Consumers are willing to experiment and try new things and the good news for us is that it's starting to become the norm to offer a gluten free option at restaurants and bars. Not everyone loves cider and having to order a tequila soda while all your friends enjoy a beer isn't fair in our books!

AT IMPACT KITCHEN, WE CARRY YOUR IPA AND BLONDE. LOOKING AT OUR MENU, WHAT ARE SOME OF YOUR PAIRING SUGGESTIONS FOR EACH?

Glutenberg Blonde pairs well with just about anything. It's a really easy-drinking beer with some nice lemony notes. Our personal go-to is the Impact Grass-Fed Burger, washed down with our Blonde Ale.

Glutenberg IPA is citrus forward with grapefruit and apricot notes, and a well-balanced hoppy finish. It pairs best with pronounced flavours such as the African Chicken Stew or anything spicy!

Try a selection of Glutenberg's brews at Impact Kitchen's Adelaide Street location. We carry the brewer's IPA, Blonde, and APA in rotation.

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