

At the Summit

the e-zine of Summits Wayside Tavern



4 October, 2004

PINT NIGHTS

Oktoberfest Pint Nights are held every night at all Locations. Drink a pint and keep the glass! 7-9 pm (while supplies last!) Don't Miss IT!

Oktoberfest

- 10/2 McEwans
- 10/3 Blue Moon
- 10/4 LaBatts
- 10/5 Thomas Creek
- 10/6 Paulaner
- 10/7 Rolling Rock
- 10/8 Grolsch
- 10/9 Sam Adams

Beer Tastings...

One week left to sign up for our October Beer Tasting!

Here's our featured beers:

- Wychwood Hobgoblin
- Grotten Brune
- Hebrew Messiah
- Hebrew Genesis
- Moonshot
- Edison Light

Snellville 10/11 - 6:30p

Sandy Springs 10/12 - 7:30 p

Cumming 10/13 -7:30 p

Please call the store of your choice directly to inquire about openings! Seats are limited and go quickly! We hope to see you there!

Last Pig Roast!!!

Last chance to enjoy the Summits Wayside Tavern Pig Roast!

Our third and final Pig Roast will take place this Saturday, October 9th from 1:00 pm till 7:00 pm at our Snellville Location! The cost is \$16.99 for ALL YOU CAN EAT pulled pork, Brunswick stew, corn and veggies.

A View from the Summit

"Short Ribs to Die For"

John Stambaugh - Summits Customer

John Stambaugh, a frequent customer at the bar and at Summits beer tastings says: "I thought I would send you my favorite recipe for using beer. Keep up the good work!"

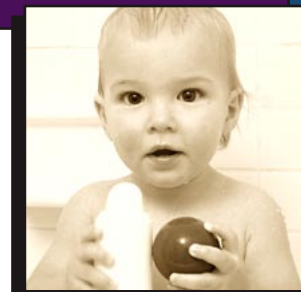
Short Ribs Braised In Chimay Ale

To serve 4, you'll need about 2-1/2 lbs. of short ribs not "flanken" the thin cut version but the thick meaty ones....Season well with kosher salt and fresh ground pepper...Allow meat to stand for awhile at room temperature.....

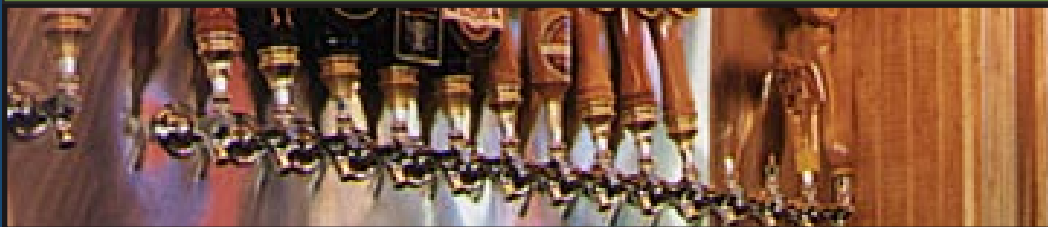
Heat one or two tablespoons of extra virgin olive oil in a 3 quart brazing pan or saute pan with a lid.... Brown the ribs evenly and pour off excess fat.... Arrange the meat bone side down add one medium onion sliced thick and a couple of bay leaves. Add a few white (if you got them) or black (if you do not) peppercorns. Add a few oz. of sliced dried wild mushrooms that have been reconstituted in warm water and up to 1 cup beef or chicken broth plus up to 1 cup Chimay ale or similar Belgium style ale (or even your favorite stout or porter) You want the liquid to be about 3/4 inches deep.

Bring to a simmer. Place in a 300 degree oven and cook covered for 2 hours. Check every so often to make sure liquid is barley simmering.

When meat is done turn on broiler and take meat (...continued on page 2)



Summit's Beer Offerings



Snellville

- Maredsous
- Highland Oatm'l Porter
- Highland Heather Ale
- Highland Gaelic Ale
- Flying Dog Oktoberfest
- Warsteiner Oktoberfest
- Chimay Belgium Ale
- Sweetw. Happy Ending

Sandy Springs

- Sam Adams Oktoberfest
- Warsteiner Oktoberfest
- Highland Gaelic Ale
- Highland Heather Ale
- Hebrew Messiah Ale
- Hebr. Genesis Ale Deus
- Maredsous Dubbel

Cumming

- Sam Adams Oktoberfest
- Sam Adams Hefeweizen
- Sierra Nevada Stout
- Sierra Nevada Brown
- Highland Oatmeal Porter
- Highland Heather Ale
- Highland Gaelic Ale
- Highland Kashmir IPA

Visit us on the web at www.summits-online.com



"At the Summit - the e-zine of Summits Wayside Tavern" is published weekly by Summits Wayside Tavern®, a restaurant chain in the southeastern US, head-quartered in Snellville, Georgia serving quality food and beverages.

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"Short Ribs to Die For" (cont. from page 1)

out of oven. Tilt pan and skim off accumulated fat. Taste liquid, adjust seasonings. Make sure every piece of meat is bone side down. Smear the top of the ribs with about 1/4 cup dijon mustard. Set the pan under the broiler, about 5 in. from the element to glaze and brown the mustard. Serve very hot with some of the syrupy sauce and onions. Accompany the ribs with the Farro or perhaps chive and cream cheese Smashed potatoes. Drink, of course, the same beer you used as a braising liquid.

Editor's Note: Each week, we'll bring you a column featuring a thought, story, or even prose by your favorite people at Summits! And don't forget, you too can be published! Contact snellville@summitsonline.com for details!

Where in the World Are YOU?



Ann and Cathy took their Summits Passport shirts to Key West and had a terrific time at Hog's Breath. Don't know Hog's Breath? Check it out here:

<http://hogsbreath.com/>

Ann and Cathy are Snellville regulars.

So, where in the world are you? Are you ready to earn some Condors? Get a photo of yourself or a loved one wearing some of our fabulously stylish Summits gear and send it in. Yup. Ya gotta share it right here! Email Jan: snellville@summitsonline.com

Beer Spotlight

Kirin

Kirin Ichiban uses a special single-press brewing process to extract only the truest, most flavorful portion of brewing's finest ingredients. By contrast, most other beers "press" or extract the liquid from their ingredients two to three times during the brewing process, which is like using coffee grounds over again. This unique brewing process makes Kirin Ichiban a distinctively smooth, full-bodied beer – yet with none of the bitter aftertaste one would expect from a beer with this much flavor.

Characteristics: Prominent wort. Finest barley malt, premium hops, smooth finish, no bitter aftertaste. 4.95% alcohol by volume.

<http://www.kirin.com>



Cooking With Beer

Beer Batter Softshell Crabs Recipe

Ingredients

- 12 crabs, soft
- 12 oz beer, warm
- 1 1/4 cup flour
- 2 tsp salt
- 1 tsp paprika
- 1/2 tsp baking powder

Directions

Pour beer in mixing bowl, add flour then remainder of ingredients. Mix well. Prepare batter at least 1-1/2 hours before use as it will thicken standing. Dust crabs lightly in flour; dip singly in batter.

Deep-fry at 360 degrees for 2-5 minutes depending on size. Crabs should be golden brown. Drain and serve.

Servings: 6 servings

<http://www.recipe-ideas.co.uk/recipes-4/Beer%20Batter%20Softshell%20Crabs.htm>



The Beer Connoisseur

Summits Offers 'Living' Beers

'Living' beer means that after primary fermentation in the keg, the beer continues to evolve during the second fermentation in the bottle or in the keg after packaging.

One of these 'living' beers is Piraat, with 10.5% alcohol by volume. Another 'living' beer that Summits carries is Gulden Draak. Gulden Draak is a dark heavy beer also with 10.5% alcohol by volume.

Try a bottle today!



You Can Win And Be Famous!

Have you reached your own personal Summit?

Are you on the track of getting there? We want to hear about it! Let us share in your victories. Write us an article for the Summit E-Zine about...anything! If chosen, your article will be published in our weekly newsletter and you will receive \$20 in Condors! We look forward to hearing from you!

Submit all photos and articles to attn.: Jan at: snellville@summitsonline.com All articles submitted become property of Summits Wayside Tavern.

Industry News: A few beers lower cholesterol!

A few beers lower cholesterol

TORONTO, Sep 15, 2004 (United Press International via COMTEX) -- Downing a beer or two can lower bad cholesterol, a Canadian study has found.

One beer offers the same antioxidant benefit as drinking a glass of red wine because of polyphenols in the barley used to make beer, according to researchers at the University of Western Ontario.

Polyphenols help curb oxidative stress in the body, which kills cells and can contribute to cancer, diabetes, heart disease and cataracts, said biochemistry professor John Trevithick.

"Over the years everybody has looked down at (beer drinkers)," Trevithick, one of the lead researchers in the study, told the Toronto Sun. "We didn't think the question of wine versus beer had been addressed."

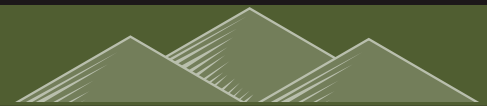
Thirty minutes after having a glass of stout or beer, drinkers' blood contained less oxidized LDL, or bad cho-

lesterol, which can lead to hardening of the arteries, said the study to be published in the December issue of Nonlinearity in Biology, Toxicology and Medicine.

But any more than three beers and one's blood becomes pro-oxidant and can increase the risk of disease, Trevithick said.

http://www.nlm.nih.gov/medlineplus/news/fullstory_20110.html





Did you know?

Yeast turns fermentable sugars into two by-products. What are they?

A: Alcohol and CO2

What is reinheitsgebot?

A: German purity law. beer can only contain the four basic ingredients: H2O, barley, hops and yeast. The law was later amended to include wheat.

What is a lambic beer, and in what country is it brewed?

A: Spontaneously fermented beer brewed in Belgium.



<http://www.widmer.com/games/trivia.html>

Spotlight on Food

It's that time again for our Oktoberfest potato pancakes! They are a perfect start before any of our delicious meals. Our potato pancakes are served with our own Dusseldorf sauce. It wouldn't be Oktoberfest at Summit's without these potato pancakes!

For a full look at our menu, click on www.summits-online.com and let your food adventure begin.



Quote of the Week

"Beer needs baseball, and baseball needs beer - it has always been thus."
-Peter Richmond

Your Weekly Summits Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct. 3	4	5	6	7	8	7-9p 9
Blue Moon	LaBatts	Thomas Creek	Paulaner	Rolling Rock	Grolsch	Sam Adams
					C Karaoke 10p SN Trivia 10p SS Trivia 10p	Pig Roast 1pm Snellville! SS Trivia 9p
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!			
10	11	12	13	14	ROGUE 15!	7-9p 16
DAB	Moretti	Fosters	Hacker-Pschorr	Boddington	Molson	Kirin
	Tasting Snell 6:30 pm	Tasting Sandy Sp 7:30 pm	Tasting Cumming 7:30 pm		C Karaoke 10p SN Trivia 10p SS Trivia 10p	
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!			SS Trivia 9p
17	18	19	20	21	22	7-9p 23
Grolsch	PBR	Miller Lite	Warsteiner	Lowenbrau	Coors	Spaten
					C Karaoke 10p SN Trivia 10p SS Trivia 10p	
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!			SS Trivia 9p
24	25	26	27	28	29	7-9p 30
Rolling Rock	Mike's Lemon.	Warst. Oktob'r	Warst. Dunkel	Stella Artois	Dogwood Wint	Rogue Dead Guy
					C Karaoke 10p SN Trivia 10p SS Trivia 10p	
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!			SS Trivia 9p