



**Mmm, this  
dry-hopped  
double IPA  
really hits  
the spot**

**Raise a glass to the  
female brewers shaking  
up the male-dominated  
beer industry**

WORDS: JENNY TREGONING

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I've had some back-handed comments here or there. Mostly when men have asked me to 'find the bloke' that can help with driving forklifts I've been trained to use.”

So says Amanda Foster, a brewer at Wiper And True in Bristol who is among a new wave of women taking up brewing as a career.

Luckily, such attitudes are changing. On the back of the craft beer revolution, women are brewing – and drinking – beer in growing numbers, giving the male-dominated industry a well overdue shake-up.

Last year, pub giant Fuller's appointed Georgina Young as head brewer – the first woman to hold the role in the company's 173-year history. In May, brewing expert Jenn Merrick led a team of 30 women to create a limited-edition beer celebrating female brewers, while acclaimed beer sommeliers such as Melissa Cole are helping to educate and inspire a new generation of female beer lovers to embrace the amber nectar.

Indeed, a recent report by all-female beer community Dea Latis, titled The Gender Pint Gap (nice), revealed that a third of women now pick beer as their drink of choice at home, compared with just 3% in 2009. What's more, it's young women who are leading the charge, with those aged 25-44 choosing beer the most frequently, with more than a fifth drinking it at least once a week.

So to celebrate this renaissance, we asked six female brewers to recommend their best beer.

“ERM, I ASKED FOR  
A PINT ACTUALLY”





## 1. WIPER AND TRUE MILK SHAKE STOUT

"I am a fan of dark beers. Milk Shake (£3, [oddbins.com](http://oddbins.com)) is one of the first beers I tried on cask when I first moved to Bristol and it was the beer that made me email Wiper And True to ask for a job. It is our vanilla milk stout which is like a dessert in a glass. A smooth mouthfeel, cocoa notes and a finish like an affogato are just some of the sensory notes."

Since we're quickly approaching Christmas, another favourite of mine is Plum Pudding Porter. It's brewed with cinnamon, orange and lemon peel, dates, currants and plums and the aroma just makes you feel like you're walking through a Christmas market."

**Recommended by:** Amanda Foster, 32, brewer at Wiper And True, Bristol



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## 4. BURN'T MILL BREWERY PINTLE

"Pintle (£4.89, [beerhawk.co.uk](http://beerhawk.co.uk)), is our best-selling beer for good reason. It's a 4.3% session pale with plenty of scrummy hops, designed to be a good, easy-drinking beer that you can spend a happy afternoon on. Alternatively, if you like the more boozy IPA style then our go-to IPA is Green Path at 6%."

**Recommended by:** Sophie de Ronde, 35, head brewer, Burnt Mill Brewery, Suffolk

## 5. CAMDEN TOWN CAMDEN HELLS LAGER

"Try Camden Hells (£1.99, [waitrose.com](http://waitrose.com)) – it's clean, crisp and a category-defying beer paving the way for premium lagers. It's made with traditional German yeast, malt and hops and spends a whole month in the tank to get that flavour. Plus, I just climbed up a 30-tonne silo in the dark to brew it!"

**Recommended by:** Kelsey Beezhold, 26, shift brewer, Camden Town Brewery, London



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## 2. BOSS BREWING BOSS BLACK

"Our 'hero beer' is our stout Boss Black (£30 for 12, [bestofbritishbeer.co.uk](http://bestofbritishbeer.co.uk)). We've won over 20 industry awards for it including CAMRA Champion Stout of Wales two years in a row. Expect gorgeous sweet chocolate, coffee and smoky flavours."

**Recommended by:** Sarah John, 31, co-founder and director, Boss Brewing, Swansea

## 3. CRATE CITRA SOUR

"My personal favourite at the moment is our Citra Sour (£2.60, [waterintobeer.co.uk](http://waterintobeer.co.uk)). It's a lightly soured beer dry hopped with Citra hops and a cheeky dash of yuzu juice so it's really fruity and is also great with just about any food. Otherwise, our pale is my go-to beer if sours aren't your thing."

**Recommended by:** Jess Seaton, 34, founder and director, Crate Brewery, London



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## 6. WILD CARD BREWERY NEIPA

"One of Wild Card's newest beers, our NEIPA or New England India Pale Ale (£4.50, [eebria.com](http://eebria.com)) is one of the most fashionable beer styles at the moment. A NEIPA is meant to be so cloudy it's almost yoghurt-like in appearance. It's very aromatic (think tropical fruits and citrus), with very low bitterness. It's an interesting style to brew, because in order to get it right, you have to go against a lot of your natural brewing instincts. You end up with a beer that is complex, yet very drinkable."

**Recommended by:** Jaega Wise, 30, head brewer, Wild Card Brewery, London

