

What is Greg Drinking?

Editorial and photo by Gregory Post

The most important things to do in the world are to get something to eat, something to drink, and somebody to love you. – Brendan Behan

Gratitude is a great feeling. It has the emotional essence of a hot bowl of beef stew, with fresh crusty bread enjoyed by a window separating you from a steady rain. Being grateful for something, anything really washes over you like a hot shower after a spring hike in the woods. It can come in short bursts like on a day when you are sorting through your books and remembering where you were when you read each of your favorites for the first time. It can overwhelm you like getting good news from your doctor after getting the results from tests that have had your anxiety on a ten since they were administered. Being grateful is self-care without the risk of selfishness. This spring, I wanted to help you find a beer that could meet that moment.

I wrote this article a few days out from St. Patrick's Day. Recovering from yet another cold that was "sneaked" into our home by our otherwise "perfect" toddler, I am grateful for each day feeling just a little less run-down than the footpaths along the Dublin quays. Since this is an attempt to steer well-intentioned Guinness drinkers to embrace a different dark side this month, I chose Gratitude by Eredita Beer out of North Haven. This is a textbook example of why Porter has continuously sustained the thirsty hard-working souls who have encountered it since the early 18th century. Named for the laborers who helped it take foot in the booming London beer market, this beverage needed a combination of industrial advancements and grain prices to become a reality. Once Daniel Wheeler perfected a cylindrical roasting device that could be operated by anyone with an open flame and a parched clientele, the path was clear for this beverage to become the go-to beverage of the ever-growing urban working class.

Gratitude checks every important box for the discerning porter enthusiast. Roasted and refined, a little thinner in the mouthfeel than stouts (historically the newer and heavier sibling), this is truly a robust offering. Cocoa notes up front in the aroma give way to a cedar chest vibe at the finish. The first sip is dark chocolate-covered almonds, with a slightly bitter bite that keeps your glass from staying on a coaster for too long. As it warms up, you will too. Let it lace your glass in long loops that invoke a skyline of chimneys hard at work. At 7.4% ABV, this is not to be consumed in the same fashion as a few rounds of Guinness

at Harp & Hound in downtown Mystic. This Porter is for savoring and sharing. You can pair this with just about any cheese and a spattering of meats and crackers as easily as a roast. Connecticut might not be Galway when it comes to the small-batch Porters I dream of, but this is a pretty impressive offering, to say the least.

We can thank the wife of Chris Papallo, owner and head brewer of Eredita, for buying him his first home brewing kit. From those modest beginnings emerged collaborations with Steady Habits and Hill Farmstead Brewing companies, names that if you recognize them carry a gravitas that needs no explanation. If you are a fan of Connecticut craft brewing, no doubt you are familiar with the artistically driven Twelve Percent beer collective. This communal approach to creating the best beverages possible with shared resources and effort has really changed the dynamic for those dreaming of owning and operating a brewery independently. The lovely Katie from Spencer and Lynn Wine and Spirits in Mystic was kind enough to guide me towards what is now going to be as mandatory an ingredient to my making any soup or stew between now and Memorial Day as salt and pepper. This beer is something I am resolutely thankful for.



This porter is perfect for the transitional season that Spring represents, no matter where in the northeast you reside. In New England, we are used to a pretty damp stretch from basically New Year's until Memorial Day. Yet the time for celebration is here! Days are getting longer, every sunny day in the high 50s feels like short sleeve weather for those who don't retreat down south for the winter.

One final note of things I am thankful for: this issue marks one year of writing this piece for the readers of Ink Magazine. To Jeff and Rona, the two people who have been the most involved in this journey of beverage briefings, consider my glass raised in perpetuity. Please get your gardening boots on, stretch your legs with longer walks, sneak in the outdoor happy hour (even if you sit by a heater), and enjoy the choir of returning birds.

We did it, another winter weathered.