

# Cicerone<sup>®</sup> Certification Program

## UK Certified Cicerone<sup>®</sup> Syllabus

Version 6.0. Updated August 1, 2024

This syllabus outlines the knowledge required of those preparing for the Certified Cicerone<sup>®</sup> exam in the United Kingdom (for syllabi pertaining to other regions, visit [cicerone.org](http://cicerone.org)). While this list is comprehensive in its scope of content, further study beyond the syllabus is necessary to fully understand each topic. The content tested on the Certified Cicerone exam is a subset of the information presented within the Master Cicerone<sup>®</sup> Syllabus, and individual syllabi for all four levels of the program may be found on the [cicerone.org](http://cicerone.org) website.

### Outline

(Full syllabus begins on next page.)

#### I. Keeping and Serving Beer

- A. Purchasing and accepting beer
- B. Serving alcohol
- C. Beer storage
- D. Draught principles
- E. Draught systems
- F. Beer glassware
- G. Serving bottled beer
- H. Serving draught beer
- I. Cask-conditioned ale
- J. Other draught service practices

#### II. Beer Styles

- A. Understanding beer styles
- B. Style parameters
- C. Beer style knowledge

#### III. Beer Flavour and Evaluation

- A. Taste and flavour
- B. Identify normal flavours of beer and their source
- C. Identify common beer off flavours by name and source
- D. Tasting exam format

#### IV. Beer Ingredients and Brewing Processes

- A. Ingredients
- B. Processes

#### V. Pairing Beer with Food

- A. Possible outcomes of successful beer and food pairings
- B. Beer and food vocabulary
- C. Pairing concepts
- D. Common beer and food interactions
- E. Creating a pairing
- F. Designing a meal
- G. Classic beer and food pairings

H. Cooking with beer

**Appendix A: Recommended Culinary Knowledge**

## Full Syllabus

### I. Keeping and Serving Beer

- A. Purchasing and accepting beer
  1. Assessing age and physical condition of beer shipment
    - a. Check date code (See section I.C.2.a for information on how to interpret date codes)
    - b. Physical condition of container
      - i. Container should not be dented or broken
      - ii. Container should not show any signs of leakage or box weakness
    - c. Temperature
      - i. Ideally beer will still be cool when it reaches the retailer—if beer is warm or hot to the touch when it arrives, its flavour may have changed substantially during shipment
- B. Serving alcohol
  1. Alcohol's effects
    - a. Absorption and elimination
    - b. Physical and behavioural indicators
  2. Responsible serving practices
    - a. Provide accurate ABV information to consumers at point of dispense
    - b. Select appropriate serving size based on ABV
- C. Beer storage
  1. Beer is best consumed fresh
    - a. Certain types of beers may age in ways that make them interesting to drink months or years later if properly cellared, but the majority of beer should be consumed fresh
  2. Rotate inventory
    - a. Check date codes regularly
      - i. Meaning of code
        - Some date codes indicate the best-by date
          - All beer packages in the UK are required to have a clearly stated best-before date
        - Some date codes indicate the bottling/packaging date
          - Some brands will include a bottling/packaging date in addition to the best-by date
      - ii. Types of codes (order and number of digits may vary)
        - Traditional consumer date codes (e.g., 150612 = 15 June 2012)
        - Julian/ordinal date codes (364-14 = 30 December 2014)
        - Some breweries have their own proprietary date code format
    - b. Ensure that beer is consumed in the order of dating
    - c. Remove out of date products from service inventory
    - d. General freshness guidelines
      - i. Keg beer
        - Non-pasteurised keg beer can remain fresh for about 45–60 days (refrigerated)
        - Pasteurised keg beer can remain fresh for about 90–120 days (refrigerated)

- When not refrigerated or subjected to other stresses, shelf life decreases significantly
  - ii. Bottled/canned beer
    - If kept refrigerated, can remain fresh for up to 6 months
      - Hoppy styles like IPA are more susceptible to the effects of time, and may show flavour changes in as little as 3 months, even when refrigerated
    - When not refrigerated or if subjected to other stresses, may be noticeably off after 3 months
    - Taste aged product against fresh product to determine deterioration
  - e. Train staff to promote and sell all beers offered
3. Store beer properly
- a. Refrigerated storage is best for all beers at all times, excepting cask beer
    - i. If refrigeration is not available, all beer should go into the beer cellar or other temperature-controlled storage
    - ii. If beer is not refrigerated, keep inventories small and sell the beer quickly
  - b. Cask ales must be stored in a temperature-controlled environment which is kept at 11–13° C, typically the beer cellar
  - c. Non-refrigerated storage accelerates aging and development of off flavours
    - i. With time, all beers will develop signs of oxidation (diminished hop flavour and aroma; malt shift towards honey, caramel, toffee, etc.; papery and wet cardboard flavours)
    - ii. Bottle-conditioned beer or unfiltered beer with yeast present may develop signs of autolysis (umami, meaty, soy sauce, and/or rubbery flavours)
    - iii. Microbial contamination sometimes occurs in packaged beer resulting in various off flavours, depending on the contaminant
  - d. Temperature changes within a reasonable range (e.g., moving beer from cold storage (3 °C) to room temperature storage (20–25 °C) or vice versa) are not inherently damaging to a beer's flavour, though the beer will remain fresh for longer if stored at cold temperatures at all times
  - e. Beer should not be allowed to reach temperatures in excess of 25 °C as these conditions lead to rapid flavour degradation
  - f. The beer cellar should be regularly cleaned and maintained to prevent development of off flavours, particularly in cask beer
4. Protect beer from light
- a. Skunky flavour (also known as lightstruck flavour) is caused by sunlight, fluorescent light, and most LED lights and is most noticeable in the aroma of the beer
  - b. Skunking may be evident after just a couple minutes of light exposure
  - c. Bottled beers are subject to skunking
    - i. Brown glass blocks most of the wavelengths of light that cause skunking, and therefore offers superior protection to clear and green glass
    - ii. Green glass blocks very little of the light that causes skunking
    - iii. Clear glass offers no protection against skunking
  - d. Cans, ceramic bottles, and bottles in closed case boxes that completely shield beer from light give maximum protection from skunking

5. Serve beer properly
  - a. Draught beer must be served using CO<sub>2</sub> or a CO<sub>2</sub>-nitrogen mix at the proper pressure setting as specified by the brewer/brand owner
  - b. Compressed air should never be used to pressurise traditional kegs in which the dispense gas comes into contact with the beer
    - i. Single-use kegs with an internal bag holding the beer can be served using compressed air since the gas does not come into contact with the beer
- D. Draught principles
  1. CO<sub>2</sub> pressure is applied to maintain the carbonation level of keg beer during dispense
    - a. Each beer is carbonated to a specific level. The brewer or brand owner should provide this information to the retailer
    - b. The retailer must manage the temperature of the beer, the pressure applied to the keg, and the gas blend used in order to maintain this carbonation level
  2. As beer moves from the keg to the tap, it encounters resistance to flow from the primary elements of the draught system
    - a. Friction in the draught lines
    - b. Changes in elevation
    - c. Variable resistance devices on tap if present
  3. The relationship between applied gas pressure and resistance to flow determines the flow rate of beer at the tap
    - a. Draught systems with high resistance values may use beer pumps to contribute to the force provided by the applied gas pressure
- E. Draught systems
  1. Draught system components<sup>1</sup>
    - a. Pressure side components
      - i. Gas cylinder and bulk tank
      - ii. Nitrogen generator
      - iii. Air compressor
        - **Never** use with traditional kegs
        - May be used with single-use kegs with an internal bag holding the beer
        - May be used to power beer pumps
      - iv. Gas blender
      - v. Beer pump
      - vi. Primary and secondary regulators
      - vii. Tubing and hoses
        - Gas lines are 3/8 in (1 cm) outside diameter and colour coded by gas/blend
          - 100% CO<sub>2</sub>: grey
          - 60/40 CO<sub>2</sub>/N<sub>2</sub>: white
          - 50/50 CO<sub>2</sub>/N<sub>2</sub>: purple/violet
          - 30/70 CO<sub>2</sub>/N<sub>2</sub>: green
          - Nitrogen: black
          - Compressed air: blue

---

<sup>1</sup> Certified Cicerone® candidates should be familiar with the function of each draught system component, and additionally should be familiar with the anatomy of couplers and taps.

- Note: A 0.6 in (1.5 cm) outside diameter black hose is used in some cellars as a heat dump pipe to vent heat from the cellar to an exterior heat dump
  - viii. Coupler
    - Coupler systems: A, D, G, M, S, U, and KeyKeg®
  - b. Beer side components
    - i. Keg
      - Stainless steel
      - Single-use
    - ii. Coupler
    - iii. Drop line and jumper line
    - iv. Foam on Beer detector (FOB)
    - v. Python/trunk line/loom (an insulated bundle of beer line and coolant line)
    - vi. Beer line
    - vii. Cleaning socket and line
    - viii. Font, T-bar, or draught tower
    - ix. Beer tap
      - Lever assembly
      - Body (coupling washer)
      - Spout pack: nozzle, flow straightener, restrictor plate, O-rings
      - Variable resistance (flow control) – some taps feature an adjustable knob around the shank or a lever on the side of the tap that is used to add resistance
  - c. Cooling system components
    - i. Flash chiller/cooler (also sometimes called a remote cooler or glycol cooler)
    - ii. Python/trunk line/loom
2. Types of cooling systems
- a. Keg beer
    - i. Flash chiller in cellar
      - Beer enters flash chiller and is cooled to serving temperature
      - Python is used to keep beer cold as it travels from the chiller to the font
        - Beer line carries beer from cellar to bar
        - Coolant lines carry chilled water or glycol to maintain beer temperature
    - ii. Sometimes keg beer is cooled to service temperature at the bar rather than in the cellar
  - b. Cask beer
    - i. Cask lines travel alongside coolant lines filled with cellar-temperature water
  - c. “Extra cold” beer
    - i. Secondary cooling may be applied at the bar for extra cold beer
3. Draught system operation
- a. Standard cellar temperature of 11–13 °C
    - i. Cask ales are typically dispensed at cellar temperature
    - ii. Keg beer is cooled by a flash chiller in the cellar to 5–8 °C
    - iii. “Extra cold” products are further chilled using an additional flash chiller to 2–5 °C
  - b. Troubleshooting (keg and cask)

- i. No beer at dispense
  - ii. Fobbing (Beer foaming)
  - iii. Flat beer
  - iv. Cloudy beer
4. Draught system maintenance
- a. Cleaning of lines, taps, couplers, and FOBs
    - i. Draught cleaning equipment
      - Cleaning head
      - Cleaning solution supply lines
      - Cleaning vessel/bottle
      - Coupler cleaning brush
    - ii. Manual cleaning of draught system components
      - Tap nozzles should be removed, cleaned with water, and allowed to dry each night. Be sure to match the proper nozzle to each brand when reattaching
    - iii. Draught line cleaning process
      - Preparation for cleaning
        - Switch flash chiller to cleaning mode (or to off if the chiller does not have a cleaning mode)
        - Inform staff that cleaning is in process. Place notice on taps
        - Put on personal protective equipment
        - Turn off gas to keg beers
        - Disconnect coupler from keg and clean with coupler brush
        - Attach coupler to cleaning socket on wall
        - Fill cleaning vessel with cold clean water
        - Turn on gas supply for cleaning
      - Water flush
        - Flush FOB detectors with cold water
        - Push beer from lines with cold water
      - Cleaning
        - Measure cleaning solution and add to cleaning vessel
        - Flush FOB detectors with cleaning solution
        - Run cleaning solution through lines and let stand for 5 minutes
        - Repeat previous step at least 3 more times. Each line should have a minimum total contact time of 20 minutes with the cleaning solution
      - Flush out cleaning solution with water
        - Empty any remaining cleaning solution from the cleaning vessel and refill the vessel with cold fresh water
        - Flush FOB detectors with water
        - Flush beer lines with water
        - Use test strips to ensure that all cleaning solution has been flushed from the lines
        - Turn off the gas supply for cleaning
      - Prepare for service
        - Reconnect couplers to kegs

- Fill FOB detectors with beer
    - Turn on gas supply to keg couplers
    - Push water from lines with beer
    - Switch flash chiller back on
    - Check beers for taste, clarity, and aroma
  - b. Use proper personal protective equipment (rubber gloves and eye protection)
  - c. Criteria for proper cleaning
    - i. Frequency – every 7 days (or more frequently)
    - ii. Cleaner type – use a cleaning solution designed for the purpose as recommended by the brewer, brand owners, or draught supplier
    - iii. Concentration – Mix in exact proportions as specified by container
    - iv. Temperature – Follow directions for cleaning solution
  - d. Safety issues for the operator and the consumer
- F. Beer glassware
  - 1. Select appropriate glassware
    - a. Size
      - i. UK glasses are sized at 1/3, 1/2, 2/3, or full pint
        - In most cases the glass is intended to be filled to the rim to achieve the proper volume
        - Occasionally lined glasses may be seen, which should be filled with liquid beer up to the line and foam head from the line to the top of the glass
      - ii. Higher alcohol beers should be served in smaller glasses
    - b. Shape
      - i. Cultural and historical traditions connect certain glasses to specific styles
      - ii. Glass shape impacts the aesthetics of presentation of a beer
      - iii. Shape can also impact the perceived flavour and aroma of a given beer
    - c. Brand
      - i. Branded glasses matched to beer
  - 2. Use “beer clean” glassware
    - a. Each glass must be cleaned before refilling. Do not refill a used glass
    - b. Glass washing procedure after each use
      - i. Empty the glass into sink
      - ii. A brush bowl or finger sponge (i.e., a Quash®) charged with non-foaming glass detergent should be used to remove lipstick and other visible deposits from rim
      - iii. Wash in glass washing machine
        - Place glass upside down on the rack of the washer
        - Run the wash cycle according to the manufacturer’s instructions
        - After washing, dry glass inverted on a rack so air circulates inside
      - iv. Glass washing machine considerations:
        - Use a machine dedicated to beer glassware ONLY. Do not use this machine to clean dishes or glassware with food or dairy residue (e.g., coffee mugs with cream or milk added, cocktails incorporating egg whites or cream, etc.)
          - Fats from food or dairy will coat other glassware in the washer resulting in dirty glasses and poor head retention



- Use correct detergent and rinse aid—follow manufacturer’s recommendations
  - Wash cycle must use water at a minimum temperature of 55 °C. Higher temperatures may be recommended
  - Rinse cycle must use water at a minimum temperature of 65 °C. Higher temperatures may be recommended
  - Maintain washer to assure proper water flow through each nozzle and washer arm
  - Regularly service machine following manufacturer's guidelines to ensure proper operation
  - Periodically check the interior of the glass washer to be sure that it is free of mould and debris
- c. Renovate glasses as needed
- i. Rinse aid, minerals, and protein can build up on glasses after repeated washing
  - ii. Cleaning with a special “renovate” detergent can return them to ideal condition. Follow manufacturer’s recommendations
- d. How to check that glass is beer clean
- i. Without beer
    - Sheeting (wet glass interior and then empty glass; water should sheet off of glass evenly; formation of droplets (rain on the window) or webbing indicates that the glass is not beer clean) (a.k.a. “Waterbreak”)
    - Salt test (wet glass interior, empty glass and then sprinkle salt throughout; places where salt does **not** adhere are not beer clean)
  - ii. With beer
    - Head size, shape, retention—good head formation and retention are signs of a beer clean glass
    - Bubbles clinging to the sides of the glass (in liquid beer) indicate that the glass is **not** beer clean
    - During consumption, a bit of foam (sometimes called “lace”) will cling to the side of a beer clean glass following each sip
3. Glass temperature
- a. Glasses should not be warm to the touch when filled
  - b. Room temperature and chilled glasses are acceptable
  - c. Frozen/frosted glasses are not recommended—they cause foaming and they make beer too cold
- G. Serving bottled beer
1. Prepare for service
- a. Bottle-conditioned beer should be stored upright prior to service
    - i. Bottle-conditioned beer is carbonated by yeast in the package, and consequently contains some amount of sediment
  - b. All bottled beer should be stored in refrigerator at least 8 hours prior to service
  - c. Service temperature for bottled beer is 4 to 6 °C, though some bottle-conditioned beers may be served a bit warmer
2. Examine bottle

- a. Look for white flakes (snow-like), which can indicate old, unstable beer. Do not serve beer in this condition
  - b. Look for a thin ring of residue at liquid level in the neck of the bottle, which is generally indicative of a bad bottle if present. Do not serve beer in this condition
  - c. Check for yeast on the bottom of the bottle
    - i. Retain yeast in bottle unless:
      - Consumer requests yeast to be poured
      - Style (e.g., Weissbier) is often poured with yeast
    - ii. To pour yeast, rouse by swirling, rolling, or inverting
3. Open bottle
- a. Twist-off crown
    - i. Twist off by hand
    - ii. Napkin may be used to aid grip and protect hand
  - b. Pry-off crown
    - i. Prefer openers with a bar or other lift area at least 0.25 in (0.5 cm) wide to prevent the possibility of breaking the bottle during opening
    - ii. Lift in one motion
  - c. Mushroom cork
    - i. Practice cork safety—keep bottle pointed away from consumer at all times
    - ii. Remove wire cage by untwisting the tab
    - iii. Hold thumb over cork at all times once cage has been removed
    - iv. Grip the cork in one hand (a napkin may be used to aid your grip) and the bottle in the other. Remove cork by twisting the bottle to loosen the cork
    - v. When removing the cork, do so slowly and gently so as not to disturb sediment and make the beer volatile
  - d. Crown plus cork
    - i. Practice cork safety—keep bottle pointed away from consumer at all times
    - ii. Lift crown as described in I.G.3.b
    - iii. Corkscrew will be required after removing crown
    - iv. Place the tip of the corkscrew on the centre of the cork and turn clockwise to drive the corkscrew into the cork
    - v. When removing the cork, do so slowly and gently so as not to disturb sediment and make the beer volatile
  - e. Wax-dipped crown
    - i. Use a paring knife or the blade of a wine key to cut out a small notch of wax directly below the crown to allow a bar key to reach under the crown
    - ii. Use a bar key to pry the crown off of the bottle, being careful to ensure that no flakes of wax fall into the bottle
    - iii. Use a clean bar towel to wipe any wax debris from the lip of the bottle
4. Final bottle check
- a. Check bottle lip—do not serve beer from bottles with broken or damaged lips
  - b. Also examine bottle lip for rust, dried beer, or yeast that could affect flavour or appearance of the beer
  - c. If the bottle has a cork, retain and present it to the consumer
    - i. In the case of a rare, unusual, or new beer, the crown should be retained to present to the consumer

5. Pouring bottled beer
  - a. Filtered beer
    - i. Beers bottled without yeast or other sediment—the entire contents of the bottle can be poured into the glass
    - ii. Hold the glass at a 45-degree angle and pour down the side of the glass until the glass is 2/3 full
    - iii. Gently tilt the glass upright and pour down the middle to create approximately 1 inch (2.5 cm) of foam head on the beer as the pour finishes. German wheat beers and Belgian ales should traditionally have 2–3 in (5–8 cm) of head
  - b. Unfiltered beers
    - i. Some beers are packaged unfiltered or with yeast in the bottle. In most cases, yeast and sediment should be retained in the bottle
    - ii. Throughout the pour, be careful not to disturb the sediment
    - iii. Hold the glass at a 45-degree angle and pour down the side of the glass until the glass is half full
    - iv. Gently tilt the glass upright and pour down the middle to create an appropriate amount of foam for the style being served
    - v. While finishing the pour, watch the neck of the bottle and be prepared to stop pouring when the yeast moves toward the top of the bottle
    - vi. When in doubt about whether to include the yeast, ask the consumer their preference

#### H. Serving draught beer

1. Pouring a draught lager or keg ale
  - a. **Never** put the tap in contact with the glass
  - b. **Do not** allow the tap to become immersed in the beer or foam in the glass
    - i. Czech-style side-pull faucets are the exception, often operated with the nozzle submerged in beer during the pour. This technique requires additional attention to hygiene.
  - c. Hold the glass at a 45-degree angle, 1 inch (2.5 cm) below the tap
  - d. Grip the tap handle near the base and pull forward to the fully open position to start the flow of beer
    - i. When a tap is only open partially, beer will pour foamy
  - e. Pour down the side of the glass until the glass is 2/3 full
  - f. While continuing to pour, gently tilt the glass upright and pour down the middle to create an appropriate amount of head on the beer as the pour finishes.
    - i. The head on a draught lager or keg ale should be no more than 0.4 in (1 cm)
    - ii. Beer served in lined glasses must have liquid up to the line
    - iii. In non-lined glasses, 95% of the glass' contents must be liquid
  - g. Close the tap as the foam cap reaches the top of the glass to prevent beer waste
  - h. If a customer requests a top up, they must be accommodated
2. Pouring nitro stout
  - a. **Never** put the tap in contact with the glass or allow it to become immersed in the beer or foam in the glass
  - b. Hold the glass at a 45-degree angle, 1 inch (2.5 cm) below the tap
  - c. Pull the tap handle forward to the fully open position to start the flow of beer
  - d. Pour down the side of the glass until the glass is three-quarters full

- e. Allow the beer to settle for 1–2 minutes, and then pour down the middle to create an appropriate amount of head on the beer as the pour finishes
  - i. The head on a nitro stout should be no more than 0.4 in (1 cm)
- f. If a customer requests a top up, they must be accommodated
- 3. Changing a keg (same product)
  - a. For D-, G-, S-, and U-system couplers:
    - i. Grip keg coupler handle, then pull out (some coupler models instead require a button on the underside to be depressed) and raise the handle to the “up” or “off” position to disengage. Turn the coupler a quarter turn (90 degrees) anticlockwise to unseat. Lift off of the keg
    - ii. Seat the coupler on a new keg. Turn clockwise a quarter turn (90 degrees) to lock the coupler in place, then lower the coupler handle to the “down” or “on” position to engage
  - b. For A- and M-system couplers:
    - i. Grip keg coupler handle, then pull out (some coupler varieties instead require a button on the underside to be depressed) and raise the handle to the “up” or “off” position to disengage. Slide the coupler off of the keg valve
    - ii. Slide the coupler on to the keg valve of a new keg. Lower the coupler handle to the “down” or “on” position to engage
  - c. In systems that use them, the foam on beer detector (FOB) for the keg needs to be reset after a keg change. This is done by venting the FOB mechanism to release foam and gas from the chamber and filling with beer.
- 4. Changing products on a line
  - a. Ensure that the proper coupler for the new product is correctly installed
  - b. If necessary based on contrast between products, rinse or clean lines
  - c. Ensure that the gas blend and pressure are properly set for the new product
- I. Cask-conditioned ale
  - 1. Definition of real ale (CAMRA)
  - 2. Conditions required to achieve carbonation
  - 3. Cask service components
    - a. Cask
    - b. Tap
    - c. Soft and hard spiles/pegs
    - d. Keystone
    - e. Shive
    - f. Sparkler
    - g. Beer engine
    - h. Cask breather
  - 4. Common cellar systems
    - a. Traditional stillage
    - b. Autotilt stillage
    - c. Siphon (syphon)
    - d. Widge (floating inlet)
  - 5. Cellaring cask ale
    - a. Stillaging
      - i. Brewer will provide guidelines for settling and conditioning the beer

- b. Spiling
- c. Tapping
- d. Assessing readiness for service
  - i. Clarity
  - ii. Condition (carbonation level)
  - iii. Flavour
  - iv. Temperature
- e. Spile management
  - i. At the start of service, hard spiles must be removed from each cask to be served. At the end of service, hard spiles must be replaced in each cask that was on service
    - Instead of using a hard spile, in some modern cask ale service systems a vent valve may be opened at the start of service and closed at the end of service
    - Some pubs will leave a soft spile loosely placed in the shive during service, but this can contribute to difficulty in pulling beer through the engine
  - f. Tilting
- 6. Cask ale service
  - a. Gravity dispense
  - b. Beer engine
    - i. Short spout
      - **Never** put the tap in contact with the glass or allow it to become immersed in the beer or foam in the glass
      - Hold the glass at a 45-degree angle, 1 inch (2.5 cm) below the tap
      - Pull the handle smoothly and steadily. Straighten the glass gradually as it fills to create an appropriate amount of head on the beer as the pour finishes
        - The head on a cask ale should be no more than 0.4 in (1 cm)
    - ii. Swan neck with sparkler
      - Hold clean glass vertically with sparkler positioned against the bottom of the glass
      - Pull the handle smoothly and steadily. Gradually lower the glass as it fills, but always keep the sparkler below the foam, immersed in the liquid beer
      - Allow to settle. To top up, place the nozzle below the foam, in the liquid beer.
        - The head on a cask ale should be no more than 0.4 in (1 cm)
      - Since the swan neck is immersed in the beer during the pour, regularly wipe down the swan neck with a clean, micro-fibre, lint-free cloth
    - iii. Impact of sparkler use
- 7. Cask ale inventory and cellar management<sup>2</sup>
  - a. Casks should be sold within three days of being tapped for dispense
  - b. If two beer engines serve the same beer, use a double cask tap (one container to two beer engines) to empty the cask more quickly

---

<sup>2</sup> “Profit Through Quality” Edition 7, June 2013. BIIAB p 18

- c. Stock levels for continuous supply of standard ales
  - i. Minimum stock level: 3 days demand
  - ii. Maximum stock level: 10 days demand
- d. Rotate stock in the cellar, using oldest stock first
- e. Only store casks in temperature-controlled cellar
- f. Do not store food in beer cellar
- 8. Cask system maintenance
  - a. Cask lines should be cleaned weekly or on cask changes
    - i. Follow instructions given in E.4.a.iii
  - b. Dismantle and clean cask taps and extractors with line cleaning solution and brush immediately after use
  - c. Store pegs/spiles, hop filters, and cask taps in a clean, dry place
  - d. Scrub autotilts and stillages weekly
- J. Other draught service practices
  - 1. Growlers, crowlers, and draught beer to go
    - a. Filling techniques and shelf life
    - b. Cleaning and reusing growlers
    - c. Safety considerations
  - 2. Temporary draught systems
    - a. Party pump/picnic pump
    - b. Lindr machines (mobile dispense unit)

## II. Beer Styles

- A. Understanding beer styles
  - 1. Historical development of beer styles
    - a. First driven by available ingredients, equipment, and water
    - b. Shaped by technology, taxes and regulations, culture, consumer appeal, etc.
  - 2. Style guidelines are catalogued principally by:
    - a. Beer Judge Certification Program<sup>3</sup>
    - b. Brewers Association<sup>4</sup> (US)
- B. Style parameters
  - 1. Quantitative parameters of beer character
    - a. Alcohol by volume (ABV)
    - b. International Bitterness Units (IBUs)
    - c. Colour
      - i. EBC
      - ii. SRM (SRM x 1.97 = EBC)
    - d. Carbonation (Volumes of CO<sub>2</sub> or g/L)
    - e. Original Gravity (OG)
    - f. Apparent attenuation
  - 2. Qualitative parameters of beer character

---

<sup>3</sup> The Cicerone® Certification Program uses the 2021 BJCP Style Guidelines as the reference source for all quantitative style parameters in its exams. You can access the guidelines online at [bjcp.org](http://bjcp.org) and through their mobile device apps.

<sup>4</sup> Certified Cicerone® and Advanced Cicerone® candidates should be aware of the US Brewers Association guidelines. Master Cicerone® candidates should have familiarity with the general differences between the BA and BJCP guidelines and should have knowledge of BA categories that do not exist in the BJCP guidelines.

- a. Appearance
  - b. Aroma
  - c. Flavour
  - d. Finish/Aftertaste
  - e. Mouthfeel
  - f. Perceived bitterness
- C. Beer style knowledge
1. Knowledge requirements of the styles listed in this section
    - a. Quantitative knowledge of the upper and lower limits for ABV, IBUs, and EBC/SRM
    - b. Qualitative knowledge of the flavour profile
    - c. Qualitative knowledge of carbonation level, body, and other mouthfeel characteristics
    - d. Basic knowledge of the style's historical development
    - e. Knowledge of three commercial examples covering classic producers and other notable producers of the style globally
  2. Beer styles by region
    - a. Belgium and France
      - i. Lambic beers
        - Lambic
        - Gueuze
        - Fruit Lambic (Kriek, Framboise, etc.)
      - ii. Flanders ales
        - Flanders Red Ale
        - Oud Bruin
      - iii. Trappist and abbey ales
        - Belgian Dubbel
        - Belgian Tripel
        - Belgian Dark Strong Ale
      - iv. Pale Belgian beers
        - Belgian Blond Ale
        - Belgian Pale Ale
        - Belgian Golden Strong Ale
      - v. Unique beers
        - Saison<sup>5</sup>
        - Bière de Garde
        - Witbier
    - b. Britain and Ireland
      - i. England
        - Pale ales
          - Ordinary Bitter
          - Best Bitter
          - Strong Bitter

---

<sup>5</sup> Variations in strength (table, standard, super) and colour (pale, dark) exist. Candidates are tested on the standard-strength, pale variety

- British Golden Ale
      - English IPA
    - Dark ales
      - Dark Mild
      - British Brown Ale
      - London Brown Ale
      - English Porter
      - Sweet Stout
      - Oatmeal Stout
      - Foreign Extra Stout
    - Strong ales
      - Old Ale
      - English Barley Wine
  - ii. Scotland
    - Scottish Light
    - Scottish Heavy
    - Scottish Export
    - Wee Heavy
  - iii. Ireland
    - Irish Red Ale
    - Irish Stout
- c. Germany, Czech Republic, and Austria
- i. Lagers
    - Pale
      - German Pils
      - Munich Helles
      - Czech Premium Pale Lager
    - Amber or dark
      - Vienna Lager
      - Festbier
      - Märzen
      - Munich Dunkel
      - Schwarzbier
      - Rauchbier
    - Bocks
      - Helles Bock
      - Dunkles Bock
      - Doppelbock
      - Eisbock
  - ii. Ales
    - Wheat beers
      - Weissbier
      - Dunkles Weissbier
      - Weizenbock
      - Berliner Weisse



- Gose
    - Rhine Valley ales
      - Altbier
      - Kölsch
  - d. United States
    - i. Pale lagers
      - American Light Lager
      - American Lager
    - ii. Pale ales
      - American Wheat Beer
      - American Blonde Ale
      - American Pale Ale
      - American Amber Ale
    - iii. IPAs
      - American IPA
      - Double IPA
      - Hazy IPA
    - iv. Dark ales
      - American Brown Ale
      - American Porter
      - American Stout
      - Imperial Stout
    - v. Strong ales
      - American Barleywine
    - vi. Specialty beers (beers made with novel ingredients and/or processes)
      - Novel ingredients
        - Alternate grains and malts (e.g., rye, spelt, etc.)
        - Smoked malts
        - Sugars and other non-malt fermentables (e.g., honey, molasses, etc.)
        - Fruits and vegetables
        - Herbs, spices, and natural flavourings (e.g., coffee, chocolate, etc.)
      - Novel processes
        - Fermentation with non-*Saccharomyces* organisms (e.g., *Brettanomyces*, *Lactobacillus*, etc.)
      - Fermentation or aging with barrels/wood of various types
  - e. Other regions
    - i. International
      - International Pale Lager
    - ii. Scandinavia
      - Baltic Porter
  - f. Emerging styles<sup>6</sup>
    - i. Pastry Stout or Dessert Stout
    - ii. American-style Fruited Sour

---

<sup>6</sup> Candidates should be familiar with flavour profiles, commercial examples, and producers but specific quantitative ranges for ABV, IBU & SRM are not required

- The sources of acidity can include:
  - Acidulated malt
  - Quick souring with bacteria
  - Specific fermentation products
  - Fruit (may provide additional acidity)
- g. Non-alcoholic (NA Beer) and Alcohol-free beer
  - i. Difference in allowable alcohol content in NA beer vs Alcohol-free beer
  - ii. Common methods of production of NA beer and Alcohol-free beer
  - iii. Knowledge of range of producers, styles, and commercial examples
- h. Gluten-free beer
  - i. Gluten-free grains
  - ii. Differences between gluten-free vs gluten-reduced beer
  - iii. Common methods for production of gluten-free beer and gluten-reduced beer
  - iv. Knowledge of range of producers, styles, and commercial examples

### III. Beer Flavour and Evaluation

#### A. Taste and flavour

1. How we perceive flavour
  - a. Aroma
    - i. Orthonasal
    - ii. Retronasal
  - b. Taste
    - i. Established
      - Sweet
      - Salty
      - Sour
      - Bitter
      - Umami
    - ii. Emerging
      - Fat
    - iii. Tongue map myth
      - The different tastes are not mapped to distinct regions of the tongue
      - All of the tastes can be perceived on all parts of the tongue
  - c. Mouthfeel
    - i. Body
    - ii. Carbonation
    - iii. Astringency
    - iv. Creaminess
    - v. Alcoholic warming
2. Variations in taste perception
  - a. Genetic and biological differences
  - b. Personal/behavioural factors
    - i. Smoking, coffee, food preferences
  - c. Mental and psychological factors
3. Beer evaluation
  - a. Temperature

- i. Beer reveals more flavour as its temperature increases and should be served between 3 and 13 °C depending upon its style
  - b. Components of evaluation
    - i. Appearance
    - ii. Aroma
    - iii. Taste
    - iv. Mouthfeel
    - v. Finish/Aftertaste
  - c. Key evaluation techniques
    - i. Aroma techniques
      - Distant Sniff: Swirl beer while holding glass 6–8 in (15–20 cm) away from nose and take one to two short sniffs
      - Drive-by Sniff: Swirl beer; slowly pass glass across your face, underneath your nose; take a few short sniffs as the glass passes by
      - Short Sniff: Swirl beer; bring glass to nose and take one to two short sniffs
      - Long Sniff: Swirl beer; bring glass to nose and take one long sniff
      - Covered Sniff: Cover glass with hand; swirl beer for 3 to 5 seconds; bring glass to nose, remove hand, and sniff
    - ii. Use a consistent background to assess the colour and clarity of the beer
    - iii. Beer should reach all parts of the tongue during tasting
    - iv. Flavour perception continues after swallowing
- B. Identify normal flavours of beer and their source
  1. Malt and grain flavours
    - a. Pale beer: Uncooked flour, bread dough
    - b. Golden beer: White bread, wheat bread, water cracker
    - c. Light amber beer: Bread crust, biscuit, graham cracker
    - d. Amber beer: Toast, caramel, pie crust
    - e. Brown beer: Nutty, toffee, chocolate, dark/dried fruit
    - f. Black beer: Roast, burnt, coffee
  2. Hops
    - a. Bitterness, flavour, and aroma effects
    - b. Traditional regional hop traits
      - i. American: Piney, citrus, resinous, tropical fruit, catty, onion/garlic
      - ii. Australian/New Zealander: Passionfruit, melon, pear, stone fruit, tropical fruit
      - iii. English: Earthy, herbal, woody
      - iv. German/Czech: Floral, perfumy, peppery, minty
  3. Fermentation flavours
    - a. *Saccharomyces* fermentation
      - i. Lager yeast
      - ii. Ale yeast
        - American ale yeast
        - English ale yeast
        - Belgian ale yeast
        - Weizen yeast
    - b. Acidic fermentation
      - i. Lactic acid bacteria

- ii. Acetic acid bacteria
    - c. *Brettanomyces* fermentation
  - C. Identify specific beer flavour compounds by name and source
    - 1. From *Saccharomyces*
      - a. Diacetyl
      - b. Sulphur flavours
        - i. H<sub>2</sub>S (hydrogen sulphide)
      - c. Acetaldehyde
      - d. Phenols
        - i. 4-vinylguaiacol (4VG)
        - ii. Know range of flavours associated with other phenols
      - e. Esters
        - i. Isoamyl acetate
        - ii. Know range of flavours associated with other esters
    - 2. From other organisms
      - a. Diacetyl
      - b. Sulphur flavours (see III.C.1.b above)
      - c. Phenols (see III.C.1.d above)
      - d. Acetic acid
      - e. Lactic acid
    - 3. Packaging and storage
      - a. Oxidation/aging flavours
        - i. Diminished hop flavour and aroma
        - ii. Decreased bitterness
        - iii. Malt shift—increased honey/caramel/toffee/dark fruit
        - iv. Papery/wet cardboard (trans-2-nonenal)
        - v. Waxy/lipstick
        - vi. Sherrylike
      - b. Lightstruck/skunky
      - c. Autolysis
      - d. Draft line infection
        - i. Buttery
        - ii. Sour
    - 4. Process and ingredients
      - a. Isovaleric acid
      - b. Metallic
      - c. DMS (dimethyl sulphide)
      - d. Astringent/tannic
  - D. Tasting exam format
    - 1. On the Certified Cicerone® tasting exam, you must perform the following exercises<sup>7</sup>:
      - a. Off-Flavour Identification—By taste, detect and identify off flavours by comparing spiked samples to a control beer
        - i. The possible flavours present in this panel are acetaldehyde, diacetyl, DMS, lightstruck, and trans-2-nonenal

---

<sup>7</sup> To view a sample Certified Cicerone® tasting exam, visit [cicerone.org](https://www.cicerone.org).

- b. Style Discrimination—By taste, correctly categorise a sample as one of two beer styles
- c. Quality Assessment—Based on your analysis of an example of a given beer style, identify whether the sample exhibits flaws caused by improper handling after leaving the brewery. If the sample has a flaw associated with improper handling, name the flavour and briefly explain what may have caused it to occur

## IV. Beer Ingredients and Brewing Processes

### A. Ingredients

#### 1. Grains

- a. Malted barley
  - i. Unique properties of barley related to brewing
  - ii. Species of barley
  - iii. Stages of the malting process
  - iv. Process variations that lead to different malt types
    - Kilned base malts: Pils, Pale Ale, Vienna, Munich
    - Kilned specialty malts: Victory®, Biscuit®
    - Stewed: Crystal/caramel
    - Roasted: Chocolate, black
- b. Wheat, oats, rye, and other specialty grains
  - i. Sensory contributions to the finished product
- c. The use of corn and rice in beer
  - i. Contributions to wort and beer
  - ii. Requirements for processing
  - iii. Styles that use corn and/or rice

#### 2. Hops

- a. Anatomy of hop plant and cone
- b. Cultivation and processing
  - i. Structure and layout of hop field
  - ii. Harvesting, drying, and baling
  - iii. Storage, processing, and delivery to breweries
- c. Growing regions
  - i. Continental Europe
    - Germany
    - Czech Republic
    - Belgium
    - Slovenia
    - Poland
    - France
  - ii. Britain
    - Kent
    - Sussex
    - Herefordshire
    - Worcestershire
  - iii. United States
    - Yakima Valley, Washington

- Oregon
      - Idaho
    - iv. Australia and New Zealand
  - d. Categories of hops
    - i. Bittering hops (high alpha acid content)
    - ii. Aroma hops (desirable flavour and aroma properties)
      - Noble hops (Hallertau Mittelfrüh, Spalt, Tettnang, Saaz)
    - iii. Dual-use hops (possessing properties of both bittering and aroma hops)
  - e. Chemistry
    - i. Alpha acid isomerisation
    - ii. Flavour and aroma impact of hop oils
  - f. Hop forms and products used in brewing
    - i. Whole hops
    - ii. Pellet hops
    - iii. Extracts
      - Alpha acid
      - Hydro-isomerised alpha acid (lightstrike/skunk resistant)
  - g. Uses and effects during brewing
    - i. Bittering contribution of hops added at different times during the boil
    - ii. Flavour and aroma hop additions and effects
      - Boil
      - Hot wort steep/whirlpool
      - Dry hopping
- 3. Yeast
  - a. Taxonomy
    - i. Ale yeast
      - *Saccharomyces cerevisiae*
      - Generally produce esters in levels which give fruity flavours to finished beers
      - Some possess a certain gene (known as the POF+ or PAD+ gene) which results in production of phenolic flavours such as clove, nutmeg, and/or white pepper
      - Intentional use
      - Unintentional appearance (e.g., *Saccharomyces cerevisiae* var. *diastaticus*)
    - ii. Lager yeast
      - *Saccharomyces pastorianus* also known as *Saccharomyces carlsbergensis*
      - Generally do not produce esters or phenols in appreciable quantities, resulting in a focus on malt and hop character
  - b. Non-*Saccharomyces* organisms
    - i. Important organisms
      - *Brettanomyces* species
      - *Acetobacter* species
      - *Lactobacillus* species
      - *Pediococcus* species
    - ii. Intentional use

- iii. Unintentional appearance
  - 4. Water
    - a. Water makes up 90+% of the weight of beer
    - b. Chemistry of water
      - i. Chlorine
        - Off flavours associated with chlorine
        - Common techniques for removal
      - ii. Water cycle and sources of salts
    - c. Water traits of classic brewing cities—Munich, Pilsen, and Burton-on-Trent
  - 5. Other ingredients
    - a. Specialty ingredients
      - i. Sugars
        - Fermentable
          - Corn sugar/dextrose/glucose
          - Candi sugar
          - Honey, molasses, agave, etc.
        - Non-fermentable
          - Lactose
      - ii. Fruits and vegetables
      - iii. Herbs and spices
        - Common cooking herbs/spices
        - Chili peppers
        - Coffee, cocoa, chocolate, teas, etc.
    - b. Historical precedent for addition of non-traditional ingredients
- B. Processes
- 1. Milling
    - a. Possible flavour impact of milling on finished beer
  - 2. Mashing
    - a. Objectives of mashing
    - b. Awareness of different mashing methods
      - i. Infusion mash
      - ii. Cereal mash
      - iii. Step mash
      - iv. Decoction mash
  - 3. Lautering
    - a. Objectives of lautering
    - b. General process of lautering
      - i. Initiate wort run-off
      - ii. Vorlauf (recirculation)
      - iii. Begin collection of wort for boiling
      - iv. Sparge
  - 4. Boiling
    - a. Process and objectives of boiling
      - i. Inputs and outputs
      - ii. Significant physical and chemical changes
    - b. Flavour impacts of boil

5. Whirlpool
  - a. Objectives of whirlpool
  - b. General operation of whirlpool, including wort removal
6. Chilling
  - a. Methods of wort chilling
    - i. Heat exchanger
    - ii. Coolship
  - b. Flavour issues associated with wort chilling
7. Aeration and pitching
  - a. Timing of aeration within the brewing process
  - b. Reasons for wort aeration
8. Fermentation (*Saccharomyces cerevisiae* or *Saccharomyces pastorianus*)
  - a. General description of fermentation
    - i. Ale fermentation
    - ii. Lager fermentation
  - b. Major biochemical inputs and outputs
  - c. Fermentation flavour compounds (see section III.C.1)
  - d. Equipment used for fermentation
  - e. Variations in fermentation parameters and their flavour impacts
    - i. Fermentation temperature
9. Lagering
  - a. Objectives of lagering
  - b. Lagering temperature and duration
  - c. Impact on finished beer characteristics
10. Aging
  - a. Vessel materials
    - i. Stainless steel
    - ii. New wood
    - iii. Previously used wood
  - b. Factors influencing flavours produced during wood aging
    - i. Prior use of vessel
      - Residual flavours from other liquids
      - Microflora
11. Clarification
  - a. Common methods used for beer clarification
    - i. Filtration
    - ii. Finings
    - iii. Settling/lagering/aging
12. Carbonation
  - a. Methods of achieving carbonation in beer, when and how used
    - i. Capture during fermentation
    - ii. Forced carbonation
    - iii. Secondary fermentation in serving vessel (e.g., bottle conditioned, cask conditioned, etc.)
  - b. Sensory impact of carbonation on finished beer
13. Packaging and pasteurisation



- a. Package types
  - i. Draught
    - Keg
    - Cask
  - ii. Bottles
  - iii. Cans
- b. Quality control
  - i. Cleaning/sanitising of containers
  - ii. Importance of air exclusion during packaging
  - iii. Cap-on-foam
- c. Pasteurisation and its impact on beer
  - i. Impact on stability and flavour

## V. Pairing Beer with Food

*No single model perfectly explains all the dynamics of beer and food pairing. This syllabus draws from various sources to present common concepts and accepted principles. Certified Cicerone® candidates are tested on the following concepts. They will also be asked to demonstrate an understanding of these concepts by naming beers or beer styles to pair with various foods and dishes.*

- A. Possible outcomes of successful beer and food pairings
  - 1. Desirable flavours are highlighted in both the beer and the dish
  - 2. Combination of the two invokes memory, emotion, and/or deeper thought
  - 3. Pairing creates new flavours not originally present in either the beer or the dish
- B. Beer and food vocabulary
  - 1. Beer vocabulary
    - a. For common beer flavour descriptors, see section III.B
  - 2. Food vocabulary
    - a. Describe specific food tastes beyond basic identification of key ingredients and preparation (e.g., instead of “seared scallop”, use “scallop has a caramelised, crispy sear with rich toasted and toffee flavours, while the dense interior has a buttery sweetness”)
    - b. Understand basic cooking techniques and their effects on flavour (e.g., poaching, roasting, frying, etc.)
    - c. Familiarity with a range of commonly encountered foods and ingredients (e.g., vegetables, fruits, herbs, spices, etc.)
- C. Pairing concepts
  - 1. Intensity (sometimes referred to as impact or weight)
    - a. A beer’s intensity is determined by the levels of several characteristics
      - i. Malt flavour
      - ii. Hop bitterness
      - iii. Sweetness/body (note that these are related)
      - iv. Alcohol content
      - v. Carbonation
      - vi. Tartness/sourness
      - vii. Fermentation-derived flavours (esters, phenols, etc.)
      - viii. Hop flavour/aroma

- ix. Special ingredients/processes (e.g., fruit, coffee, barrel aging, etc.)
- b. A dish's intensity is determined by the interplay of several characteristics
  - i. Flavour impact of individual ingredients
  - ii. Preparation/cooking method
  - iii. Spices used
  - iv. Sauces served alongside
  - v. Levels of fat, umami, sweetness, bitterness, saltiness, sourness, etc.
- 2. Flavour interactions
  - a. Complement/resonate/harmonise—Similar or compatible flavours present in both the beer and the food complement one another (e.g., an Indian curry with cloves resonates with the clove flavours found in a Dunkles Weissbier)
  - b. Contrast—By offering an opposing flavour, the beer highlights a flavour in the dish or vice versa. (e.g., mussels served with Gueuze seem richer and sweeter due to the acidity of the beer)
  - c. Cut—Some beer traits help refresh the palate by lifting, cleansing, or removing rich or fatty flavours from the palate. Common “cutting” beer traits include carbonation, sourness, and bitterness, and to a lesser extent, alcohol and roastiness
- D. Common beer and food interactions
  - 1. Malt flavours
    - a. Complement toasted and caramelised flavours in a variety of foods
    - b. Soothe/soften capsaicin heat (spiciness)
  - 2. Hop flavours
    - a. Depending on hop variety, can complement fruit, citrus, herb, and spice flavours
  - 3. Fermentation-derived flavours
    - a. Esters
      - i. Complement fruit flavours
    - b. Phenols (clove and peppercorn flavours)
      - i. Complement spices
      - ii. Contrast fat and umami
  - 4. Carbonation
    - a. Cuts fat, umami, and sweetness
    - b. Accentuates capsaicin heat
  - 5. Bitterness
    - a. Cuts fat, umami, and sweetness
    - b. Accentuates capsaicin heat
    - c. Can create harsh or metallic effects with certain foods (e.g., oily fish)
    - d. Can complement bitter foods (e.g., bitter salad greens)
  - 6. Roastiness
    - a. Complements chocolate, caramelised, and burnt flavours
    - b. Cuts fat
    - c. Contrasts sweetness
  - 7. Alcohol
    - a. Can cut fat
    - b. Generally complement sweetness
    - c. Can accentuate capsaicin heat
  - 8. Tartness/sourness

- a. Can brighten some food flavours
  - b. Can complement or accentuate sour flavours
  - c. May favourably contrast fat, umami, or salt
9. Sweetness
- a. Soothes capsaicin heat and other spices
  - b. Accentuated by saltiness
- E. Creating a pairing
- 1. Match intensities of both beer and dish so that neither overpowers the other
  - 2. Consider the flavour interactions listed in sections V.C.2 and V.D to hone the pairing
- F. Designing a meal
- 1. Intensity of dishes and pairings generally increases as the meal progresses
- G. Classic beer and food pairings
- 1. Examples include blue cheese and Barleywine, oysters and Irish Stout, mussels and Witbier, etc.
- H. Cooking with beer
- 1. Common uses
    - a. Used in place of water or other liquid as an ingredient or cooking medium
  - 2. Flavour effects
    - a. Concentrating beer through cooking intensifies non-volatile flavours
      - i. Bitterness can intensify exponentially and may become unpleasant
      - ii. Malt flavours and sweetness increase, sugars caramelize
      - iii. Volatile hop and ester flavours decrease and may disappear entirely
      - iv. Astringent/burnt flavours of roasted malt can increase and may become unpleasant
    - b. Delicate hop and fermentation flavours in beer can be brought to a dish by not cooking the beer (e.g., using an IPA in a salad dressing)

## Appendix A: Recommended Culinary Knowledge

At the Certified Cicerone level, candidates should be familiar with a wide range of common culinary terms from around the globe, specifically ingredients and methods of preparation. The beer & food section of the exam includes questions in which a dish's name, ingredients, or methods of preparation are given.

### Ingredients

*Candidates should be familiar with these ingredients, the cuisines in which they are frequently employed, and how they impact the overall flavour profile of a given dish. While the ingredients that may appear on the exam are not limited to this list, candidates with a grasp of the items below should find themselves well prepared for the beer & food section.*

#### Cheese

Burrata  
Camembert  
Cheddar  
Chèvre  
Feta  
  
Gruyère  
Mozzarella  
Paneer  
Ricotta

#### Herbs & spices

Basil  
Caraway  
Cardamom  
Chicory  
Harissa  
Herbes de Provence  
Lemongrass  
Marjoram  
Saffron

Tarragon

#### Pantry items

Capers  
Fish sauce  
Ghee  
Miso  
Soy sauce  
Tahini  
Vegemite

#### Pasta & grains

Basmati  
Bulgur  
Couscous  
Linguine  
Orzo  
Quinoa

#### Peppers

Ancho  
Poblano

Serrano

#### Produce

Arugula/rocket  
Bok choy  
Chard  
Edamame  
Fennel  
Leek  
Lychee  
Kalamata olives  
Plantain  
Pomegranate  
Tomatillo

#### Proteins

Bacon  
Chorizo  
Prosciutto  
Tilapia  
Tofu  
Tempeh

### **Methods of preparation**

*Candidates should understand these methods of preparation and how each impacts the flavour of the items prepared, e.g., how braising vegetables differs from deep frying.*

Baste	Deglaze	Roast
Blanch	Grill/barbecue	Sauté
Boil	Julienne	Sear
Braise	Marinate	Simmer
Brine	Poach	Sous vide
Cure	Purée	Stir fry
Deep fry	Reduce	Zest