

# CERTIFIED BEER SERVER PREP TALKS

## SESSION #1

### Question 1: Name five basic tastes:

The five basic tastes are sweet, sour, salty, bitter, and umami. However, recent evidence suggests that we have receptors for certain fat compounds on our tongues, making fat the sixth basic taste.

### Question 2: Where do you best perceive bitterness on your tongue?

All over. Many people are familiar with the tongue map diagram, which shows the basic tastes localized to various regions of the tongue. However, research has demonstrated that the now-discredited tongue map does not reflect reality. In truth, we have receptors for all of the basic tastes distributed across our tongues.

### Question 3: What role does aroma play in flavor perception?

Aroma is the primary driver of flavor perception—significantly more important than taste or any other input. For example—many different fruits elicit both sweet and sour tastes. The defining characteristics of each fruit are determined by the blend of different aroma compounds present, allowing us to distinguish between flavors like apple, raspberry, and pineapple.

### Question 4: What beer characteristics are considered components of mouthfeel?

Mouthfeel is made up of a number of different beer characteristics that are perceived by touch sensors on our tongue, rather than taste receptors. The two most important are the body of the beer and the carbonation level of the beer. However, several other mouthfeel attributes exist, including astringency (a drying sensation on the tongue, similar to drinking oversteeped tea or a young, tannic red wine) and alcohol warmth (a warming sensation that occurs in high-alcohol beers or other higher-alcohol beverages).

### Question 5: Describe proper tasting technique:

Tasting on a sensory panel or in a testing environment may involve several different aroma techniques.

However, the steps for a standard tasting are as follows:

- Swirl the glass to release aroma
- Take a couple of short sniffs to assess aroma
- Take a long, 1-second sniff to further assess aroma
- Take a sip of the beer and move it around your mouth, assessing both the tastes and the mouthfeel characteristics of the beer

