COOKSMARTS GUIDE TO

FLAVOR PROFILES

Here's your guide to basic flavor profiles and how to balance and enhance these flavors in your cooking. With this info you'll create perfectly balanced and flavorful culinary masterpieces!



SALTY & SAVORY/UMAMI

Balances bitterness. Enhances sweetness.

IF YOU NEED TO ADD SALT/UMAMI





















FOOD INGREDIENTS THAT ARE SALTY/UMAMI







TOMATOES

BACON AND OTHER CURED MEATS

Balances spice, sweetness. Enhances saltiness.

IF YOU NEED TO ADD SOUR













TOMATO PASTE





PICKLED VEGETABLES

FOOD INGREDIENTS THAT ARE SOUR



TOMATOES

THE FLAVOR STAR

ENHANCES

Brings out the other flavor

BALANCES

Counteracts the other flavor. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.





Balances sourness, bitterness, spice. Enhances saltiness.

IF YOU NEED TO ADD SWEET











KETCHUP





JAM





FOOD INGREDIENTS THAT ARE SWEET









PARSNIPS











PEAS







IF YOU NEED TO ADD BITTER











FOOD INGREDIENTS THAT ARE BITTER







DANDELION GREENS ENDIVES

BROCCOLI





BITTER MELON

RADICCHIO



IF YOU NEED TO ADD SPICE





OKRA





HARISSA





HABAÑEROS

FOOD INGREDIENTS THAT ARE SPICY







WATERCRESS

