

Finding Fuller Flavor

Helpful Hints

- Focus on the basic tastes taste is the main gateway to initial acceptance of food and its comprised of fewer elements that can be perceived separately even in a mixture.
- Taste as you go as flavor changes over the course of cooking and you don't know what something tastes like until you taste it. Just make sure it's OK to eat it (e.g., don't taste something that might make you sick!).
- Do Tiny Tests with a small bit of what you're making mixed with what you want to add and/or if you're adding something aromatic, do a quick small of the ingredient near the dish you're making to see if you like it.
- Add Acidity as it is a taste that generally elevates other flavors and is easy to access (e.g., vinegar, citrus juice, fermented foods).
- Add Aroma using herbs, citrus zest, spices and other "smelly" ingredients, especially immediately before eating. Although this requires some trial and error (i.e., Tiny Tests), this can quickly increase the flavor of any food.

Washoku: Japanese Culinary Theory

- Declared an Intangible Cultural Heritage of Humanity by UNESCO
- Well presented by Elizabeth Andoh (see Readings and www.washokucooking.com/)
- *Base Principles*
 - There are 5 basic tastes, colors and preparations.
 - Tastes = sweet, sour, bitter, salty, savory.
 - Colors = white, red, yellow, green, black.
 - Preparations = simmered, steamed, grilled, fried, raw.
 - When constructing a meal, all the basic tastes, colors and preparations should be present.
 - Eating should be mindful, being thankful and considerate of the time, environment and community surrounding food.
- Japanese cuisine is an excellent source of how to find and employ savory (aka. *umami* in Japanese), and the use of seaweed is particularly worth investigation.

Flavor Inhibition

Aroma is a major part of flavor, so taking care of your nose is crucial to maximizing your

experience of it. Barb Stuckey (see [Taste What You're Missing](#)) provides a helpful table of drugs that can inhibit olfaction.

