savory taste

one of the five basic tastes:

sweetness,
sourness,
bitterness,
saltiness,
and savoriness.

select for umami recipes
select for umami in foods

うま味
/uːˈmɑːmi/
derived from umai
“delicious”

In the body, glutamic acid is often found as glutamate,
a neurotransmitter that has one less hydrogen atom.

Glutamate is one of the most abundant
excitatory neurotransmitters in the brain,
playing a crucial role in memory and learning.

select for controversy about umami

People taste umami through taste receptors
that respond to glutamatic acids.
Glutamic acids occur naturally in foods
or can be added like a seasoning.

Since umami has its own receptors rather than arising out of
a combination of the traditionally recognized taste receptors,
scientists now consider umami to be a distinct taste.

$C_5H_9NO_4$

?

umami

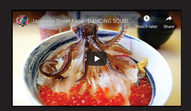
Chinese restaurant syndrome

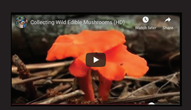
An outdated term coined in the 1960s.
It refers to a group of symptoms some people experience
after eating food from a Chinese restaurant.
These symptoms often include
headache, skin flushing, and sweating.

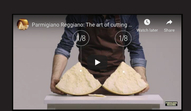
A food additive called monosodium glutamate (MSG)
is often blamed for these symptoms.
However, there’s minimal scientific evidence
showing a link between MSG and these symptoms.

The U.S. Food and Drug Administration considers MSG safe.
Most people can eat foods that contain MSG
without experiencing any problems.

select for science behind umami







select for umami recipes

Xiao Long Bao— Soup Dumplings

September 19, 2014 | By Comments

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Xiao Long Bao (Chinese steamed soup dumplings) is a famous Chinese dessert. Sometimes you may hear Shanghai Xiao Long Bao, but like Beijing style Zha Jang Mian, this soup dumpling can be found in many Chinese cuisines. Xiao Long Bao recipe might differ from one cuisine to another. However Shanghai style is the most dedicate and elegant version.