



Flavor Playbook

A personal lab journal for culinary creativity
(Cook Anything Kitchen — Flavor Lab Series)

Experiment Title

Objective

What's your goal for this experiment? Example: "Test lemon vs. vinegar as a finishing acid."

Ingredients & Components

Method / Process

Describe how you cooked, combined, or layered the ingredients.

Flavor Notes

Before Cooking: _____

During Cooking: _____

After Tasting: _____

Texture & Aroma

Texture: ■ Crisp ■ Creamy ■ Chewy ■ Tender ■ Crunchy

Aroma Strength: ■ Mild ■ Balanced ■ Strong

Describe the overall mouthfeel or aroma impression:

Taste Profile

Taste:	Strength (1-5)	Notes:
Sweet	■1 ■2 ■3 ■4 ■5	
Salty	■1 ■2 ■3 ■4 ■5	
Sour	■1 ■2 ■3 ■4 ■5	
Bitter	■1 ■2 ■3 ■4 ■5	
Umami	■1 ■2 ■3 ■4 ■5	

Balance Check

■ Too salty ■ Too sweet ■ Too acidic ■ Flat ■ Perfectly balanced

What could improve balance next time?

Key Takeaways

Next Steps

Add a Photo

Version / Date

Experiment #: _____ Date: _____ Signature: _____