

Materials

- Paper plate
- Pen
- Flavor profile cards
- Scissors
- Glue

Instructions

1. Cut out each of the flavor profile cards.
2. Draw a star in the center of a paper plate.
3. Place each of the cards clockwise around the star, starting at the top with bitter. Sour, Sweet, Salty, and Spicy come next. Umami should go in the middle.

Flavor Profiles

BITTER

- Use bitter ingredients to balance out salty and sweet flavors.
- Bitter ingredients have a strong taste or smell.
- Bitter ingredients are things like dark greens (kale, swiss chard, broccoli), or dark chocolate.

SOUR

- Use sour ingredients to balance out sweet and bitter foods and to enhance salty flavors.
- Sour ingredients make your mouth pucker.
- Sour ingredients are things like yogurt, citrus fruits, and vinegar.

SWEET

- Use sweet ingredients to balance out bitter and sour flavors.
- Sweet ingredients taste good and signals the presence of sugar.
- Sweet ingredients are things like honey, sugar, and maple syrup.

SALTY

- Use salty ingredients to bring out flavor in savory foods, to balance out bitter flavors, and to enhance sweet.
- Salty ingredients are things like salt, soy sauce, and miso.

SPICY

- Spicy is the heat found in certain foods.
- Spicy ingredients are things like chili peppers and hot sauces.

UMAMI

- Umami is Japanese for “delicious taste;” It’s best described as “savory” and adds a rich flavor released by cooking, curing or aging.
- Umami ingredients are things like mushrooms, tomatoes, cured meats (like salami or pepperoni).



How to use the Flavor Balancing Star

Each of the flavor profiles on your star either enhance or balance a flavor. Umami is in the center because umami ingredients enhance all of the flavor profiles on your Flavor Balancing Star. Follow the star to get ideas for pairing flavors and creating a perfectly balanced dish!

Example

If you have an ingredient like broccoli and you want to cut the bitter flavor, follow the star to sweet or salty.

Broccoli pairs great with sweet sauces and dressings. Try a honey vinaigrette or a teriyaki sauce! Salt also helps to cut bitterness. Try making a stir-fry with soy sauce or roasting broccoli with salt and garlic powder!

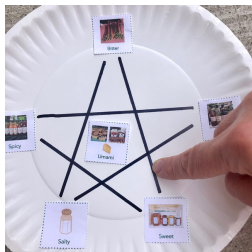
See it in action!

1.



Start with an ingredient like broccoli. Identify which flavor profile it falls under. If you need help, taste it!

2.



Broccoli is bitter. If you want to cut the bitter flavor, follow the star to sweet or salty.

3.



To pair bitter with sweet, try a honey vinaigrette or a teriyaki sauce!

4.



Salt helps cut bitterness. Try making a stir-fry with soy sauce or roasting broccoli with salt and garlic powder!

5.



REMEMBER: Umami helps enhance all of the flavor profiles. Try adding parmesan cheese or tomato paste to a dish.

Flavor Profile Cards



Bitter



Sour



Sweet



Salty



Spicy



Umami