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 masterniaces!



IF YOU NEED TO ADD SALT/UMAMI





















FOOD INGREDIENTS THAT ARE SALTY/UMAMI











Balances spice, sweetness. Enhances saltiness.

IF YOU NEED TO ADD SOUR



















FOOD INGREDIENTS THAT ARE SOUR



TOMATOES

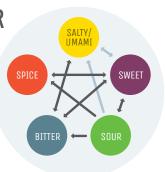
THE FLAVOR STAR

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

























FOOD INGREDIENTS THAT ARE SWEET



MOLASSES



FENNEL



PARSNIPS





PEAS

KETCHUP











IF YOU NEED TO ADD BITTER









GRAPEFRUIT JUICE BEER











KALE









IF YOU NEED TO ADD SPICE

















FOOD INGREDIENTS THAT ARE SPICY







