



Please choose 1 item from each of the 5 categories below for a total of 5 items. Bring these to the Zoom meeting with you. Scroll below to see examples for each flavor panel.

THE FLAVOR STAR

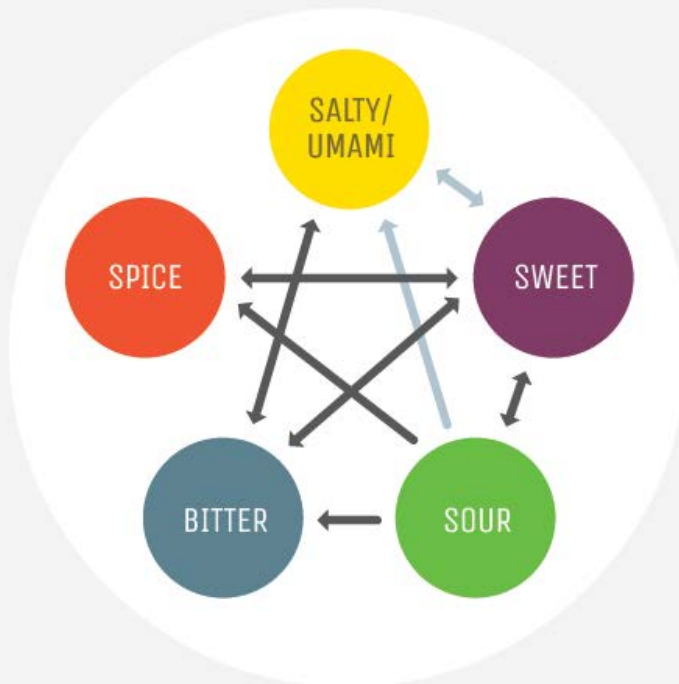
ENHANCES

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.

COOKSMARTS





SALTY & SAVORY/UMAMI

Balances bitterness. Enhances sweetness.

IF YOU NEED TO ADD SALT/UMAMI



KOSHER
SALT



SEA
SALT



ANCHOVIES/
ANCHOVY
PASTE



HARD
CHEESES, LIKE
PARMESAN



SOY
SAUCE



FISH
SAUCE



SEAWEED



MISO



PICKLED
VEGETABLES

FOOD INGREDIENTS THAT ARE SALTY/UMAMI



MUSHROOMS



TOMATOES



BACON AND OTHER
CURED MEATS

COOKSMARTS



SWEET

Balances sourness, bitterness, spice. Enhances saltiness.

IF YOU NEED TO ADD SWEET



SUGAR



STEVIA



MAPLE SYRUP



HONEY



JAM



MOLASSES



BALSAMIC VINEGAR



APPLE CIDER VINEGAR



KETCHUP



BBQ SAUCE

FOOD INGREDIENTS THAT ARE SWEET



CARROTS



SWEET POTATOES



CORN



BEETS



BUTTERNUT, KABOCHA SQUASH



SUGAR SNAP PEAS



FENNEL



PARSNIPS



PEAS



MOST FRUIT

COOKSMARTS



SOUR

Balances spice, sweetness, bitterness. Enhances saltiness.

IF YOU NEED TO ADD SOUR



LEMON
JUICE



LIME
JUICE



ORANGE
JUICE



VINEGARS LIKE SHERRY, RED,
RICE, BALSAMIC, APPLE CIDER



TOMATO
PASTE



YOGURT



SOUR
CREAM



PICKLED
VEGETABLES

FOOD INGREDIENTS THAT ARE SOUR



TOMATOES



BITTERNESS

Balances sweetness, saltiness.

IF YOU NEED TO ADD BITTER



COFFEE



COCOA/
CACAO



GRAPEFRUIT
JUICE

FOOD INGREDIENTS THAT ARE BITTER



DANDELION
GREENS



ENDIVES



BROCCOLI



SPINACH



KALE



OKRA



BITTER
MELON



RADICCHIO

COOKSMARTS



SPICY

Balances sweetness.

IF YOU NEED TO ADD SPICE



HOT SAUCES



WASABI



HORSERADISH



DIJON
MUSTARD



HARISSA



JALAPEÑOS



HABAÑEROS

FOOD INGREDIENTS THAT ARE SPICY



ARUGULA



RADISHES
(WHEN RAW)



WATERCRESS