

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 masterpieces!



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



SOUR

Balances spice, sweetness. 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

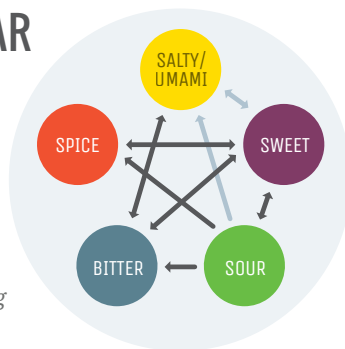
THE FLAVOR STAR

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.



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



BITTERNESS

Balances sweet, salt.

IF YOU NEED TO ADD BITTER



COFFEE



COCOA/CACAO



GRAPEFRUIT JUICE



BEER

FOOD INGREDIENTS THAT ARE BITTER



DANDELION GREENS



ENDIVES



BROCCOLI



SPINACH



KALE



OKRA



BITTER MELON



RADICCHIO



SPICY

Balances sour, sweet.

IF YOU NEED TO ADD SPICE



HOT SAUCES



WASABI



HORSERADISH



DIJON MUSTARD



HARISSA



JALPEÑOS



HABAÑEROS

FOOD INGREDIENTS THAT ARE SPICY



ARUGULA



RADISHES
(WHEN RAW)



WATERCRESS