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!

**THE FLAVOR STAR**

- **SALTY/UMAMI**
  - **ENHANCES**: Brings out the other flavor
  - **BANCES**: 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

- **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

- **BITTER**
  - **IF YOU NEED TO ADD BITTER**
    - COFFEE
    - COCOA/CACAO
    - GRAPEFRUIT JUICE
    - BEER

- **SPICY**
  - Balances sour, sweet.
  - **IF YOU NEED TO ADD SPICE**
    - HOT SAUCES
    - WASABI
    - HORSERADISH
    - DIJON MUSTARD

- **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
    - PICKLED VEGETABLES
    - SEA SALT
    - ANCHOVIES/ANCHOVY PASTE
    - HARD CHEESES LIKE PARMESAN

- **FOOD INGREDIENTS THAT ARE SALTY/UMAMI**
  - MUSHROOMS
  - TOMATOES
  - BACON AND OTHER CURED MEATS

- **FOOD INGREDIENTS THAT ARE SOUR**
  - LEMON JUICE
  - LIME JUICE
  - ORANGE JUICE
  - VINEGARS LIKE SHERRY, RED, RICE, BALSAMIC, APPLE CIDER

- **FOOD INGREDIENTS THAT ARE SWEET**
  - CARROTS
  - SWEET POTATOES
  - CORN
  - BEETS
  - BUTTERNUT, KABOCHA SQUASH

- **FOOD INGREDIENTS THAT ARE SOUR**
  - TOMATOES

- **FOOD INGREDIENTS THAT ARE SPICY**
  - HABANEROS
  - JALPEÑOS
  - HARISSA

- **FOOD INGREDIENTS THAT ARE BITTER**
  - DANDELION GREENS
  - ENDIVES
  - BROCCOLI
  - SPINACH

- **FOOD INGREDIENTS THAT ARE SWEET**
  - SUGAR SNAP PEAS
  - FENNEL
  - PARSNIPS
  - PEAS
  - MOST FRUIT

To learn more about adding flavor to your meals visit [cooksmarts.com/flavor](http://cooksmarts.com/flavor)