



9 WAYS TO ADD FLAVOR

FLAVOR IS A TOTAL EXPERIENCE – A COMBINATION OF TASTE, SMELL AND TOUCH. BUT TASTE IS THE #1 REASON WHY ONE FOOD IS CHOSEN OVER ANOTHER. TAKE YOUR FOOD FROM DRAB TO FAB WITH THESE TECHNIQUES.

1

Searing meat deepens flavor. Searing requires a hot pan or grill for sugars and proteins to brown and create flavor and aroma. Try Vietnamese Beef Noodle Bowl.

2

Roasting vegetables develops flavor by caramelizing the sugars. Roasting requires a hot baking pan or high heat (400°F-450°F). Try One-Sheet Roasted Greek Salad or Roasted Carrots.

3

Chopping herbs punches flavor freshness. Try Herb Yogurt Spread.

4

Squeezing citrus brightens flavors. Orange, lemon, lime, and grapefruit juice & zest adds zing & tang. Get the most juice by choosing the heaviest fruit. Try Grilled Mexican Street Corn.

5

Sprinkling salt enhances flavors. Big flakes sprinkled on just before eating adds flavor and texture; smaller crystals are perfect during cooking. Try Everything Seasoning.

6

Spices enrich both sweet and savory foods. Use sparingly to season, not overpower. Ground spices quickly lose their flavor and aroma, so buy in small quantities. Try Masala Chai or Chai Walnuts..

photos by Judy Barbe



Roasted Carrots



Everything Seasoning



Vietnamese Noodle Bowl

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7

Garlic is a flavor favorite. To maximize health benefits, follow the 10-minute rule. Heating garlic right after cutting it destroys the heat-sensitive enzymes, so chop, mince, or slice it 10 minutes before cooking to allow the beneficial enzymes to come along. Try Tomato Spinach Sauté.

8

Acid adds pizzazz. Lemon juice and vinegar are the most commonly used acids. From apple cider sharp to mellow balsamic, vinegar flavors marinades, dressings, and more. Try pickled onions on fish tacos or Dijon vinaigrette.

9

Fermentation uses bacteria and yeasts to convert sugars and starches into an alcohol or acid such as wine, beer, bourbon, bread, soy sauce, sauerkraut, coffee, chocolate and yogurt. Try homemade yogurt.



Tomato Spinach Saute



Dijon Vinaigrette



Homemade Yogurt

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