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.

**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.

**FOOD INGREDIENTS THAT ARE SWEET**

- Sugar
- Stevia
- Maple syrup
- Honey
- Jam

**FOOD INGREDIENTS THAT ARE SOUR**

- Lemon juice
- Lime juice
- Orange juice
- Vinegars like sherry, red, rice, balsamic, apple cider

**FOOD INGREDIENTS THAT ARE SAVORY/UMAMI**

- Cheddar cheese
- Parmesan
- Anchovies
- Sun-dried tomatoes
- Dried anchovies

**FOOD INGREDIENTS THAT ARE BITTER**

- Green tea
- Seaweed
- Bitter greens

**FOOD INGREDIENTS THAT ARE SPICY**

- Hot peppers
- Serrano
- Serrano chile

**TO LEARN MORE ABOUT ADDING FLAVOR TO YOUR MEALS VISIT**

[cooksmarts.com/flavor](http://cooksmarts.com/flavor)

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