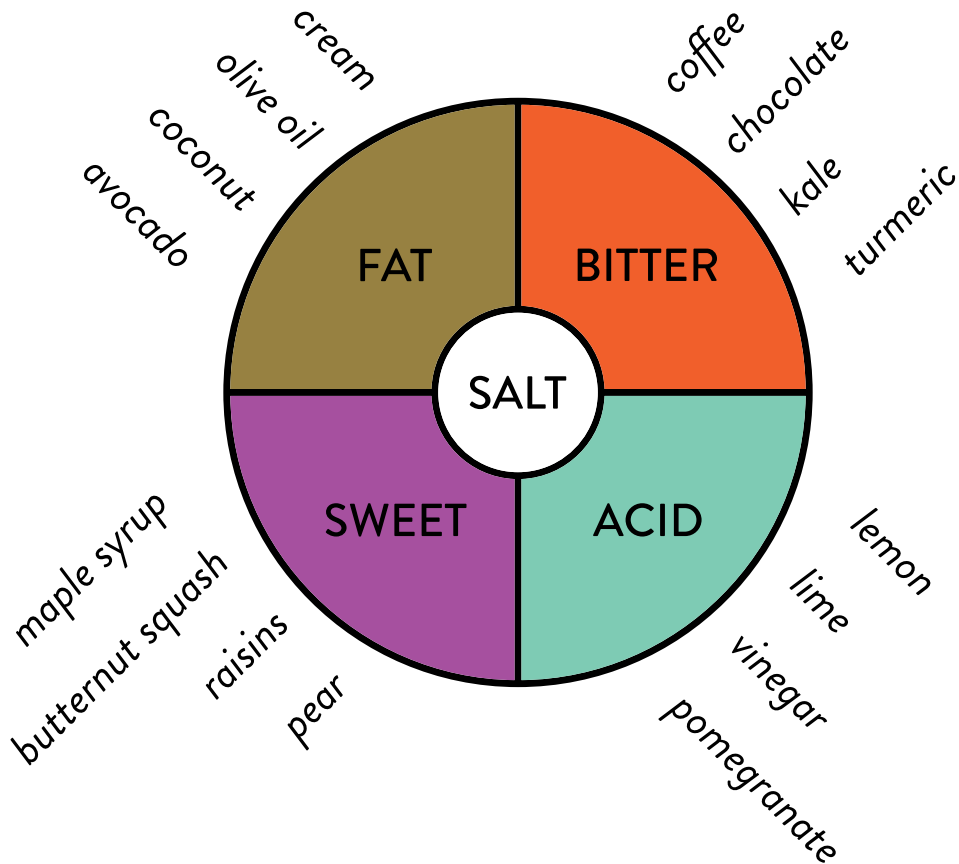


Culinary Color Wheel

Balance the tastes in food by using this culinary color wheel. For example, if you have a very bitter dish, balance it out mostly with sweetness (opposite from bitter on the wheel), but also paying attention to acid, fat and salt to a lesser extent. The tastes of pungent (hot/spicy), umami (meatiness), and astringent (drying of the mouth) don't fit neatly into a wheel, but should be considered when balancing taste as well.



PUNGENT	UMAMI	ASTRINGENT
garlic red chile ginger	mushroom parmesan pork belly	lentils wine tea

Why Doesn't This Taste Good?

Don't be a kid & just say "yuck!"
When you taste a dish that isn't quite right, go through this sequence of questions to identify the dominant and/or missing tastes.



IT'S BLAND: add salt

I CAN'T TASTE THE INGREDIENTS: add salt

IT'S TOO RICH / FATTY: add acid

IT'S FLAT / THERE'S NO HEIGHT: add acid

IT'S TOO SOUR / ACIDIC: add fat

IT'S TOO BITTER: add sweet

IT'S TOO SWEET: add bitter

IT LACKS DEPTH / MEATINESS: add umami

IT LACKS BITE / PIQUANCY / EXCITEMENT: add pungent