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 & 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
- **If you need to counteract or balance salty/savory/umami**
- **If you need to add salty/umami**

**SWEET**

- **Balances bitterness. Enhances sweetness.**
- **IF YOU NEED TO ADD SWEET**
  - Sugar
  - Stevia
  - Maple Syrup
  - Honey
  - Jam
  - Molasses
  - Balsamic Vinegar
  - Apple Cider Vinegar
  - Ketchup
  - BBQ Sauce
- **If you need to counteract or balance sweet**
- **If you need to add sweet**

**SOUR**

- **Balances spice, sweetness, bitterness. 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
- **If you need to counteract or balance sour**
- **If you need to add sour**

**BITTERNESS**

- **Balances sweetness, saltiness.**
- **IF YOU NEED TO ADD BITTER**
  - Coffee
  - Cocoa/Cacao
  - Grapefruit Juice
  - Beer
  - Dandelion Greens
  - Endives
  - Broccoli
  - Spinach
  - Kale
  - Okra
  - Bitter Melon
  - Radicchio
- **If you need to counteract or balance bitterness**
- **If you need to add bitter**

**SPICY**

- **Balances sourness, bitterness, spice. Enhances saltiness.**
- **IF YOU NEED TO ADD SPICE**
  - Hot Sauces
  - Wasabi
  - Horseradish
  - Dijon Mustard
  - Harissa
  - Jalapeños
  - Habañeros
  - Arugula
  - Radishes (when raw)
  - Watercress
- **If you need to counteract or balance spice**
- **If you need to add spice**

## FLAVOR PROFILES

- **SALTY & SAVORY/UMAMI**
  - Brings out the other flavor
- **SWEET**
  - Balances bitterness. Enhances sweetness.
  - Balances sweetness, saltiness.
- **SOUR**
  - Balances spice, sweetness, bitterness. Enhances saltiness.
- **BITTERNESS**
  - Balances sourness, bitterness, spice. Enhances saltiness.
- **SPICY**
  - Balances sourness, bitterness, spice. Enhances saltiness.