

# COOKSMARTS GUIDE TO FLAVOR PROFILES

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!

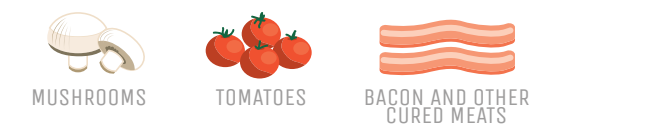
## SALTY & SAVORY/UMAMI

Balances bitterness. Enhances sweetness.

IF YOU NEED TO ADD SALT/UMAMI



FOOD INGREDIENTS THAT ARE SALTY/UMAMI



## SOUR

Balances spice, sweetness, bitterness. Enhances saltiness.

IF YOU NEED TO ADD SOUR



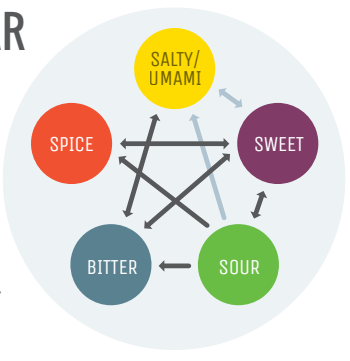
FOOD INGREDIENTS THAT ARE SOUR



## THE FLAVOR STAR

**ENHANCES**  
Brings out the other flavor

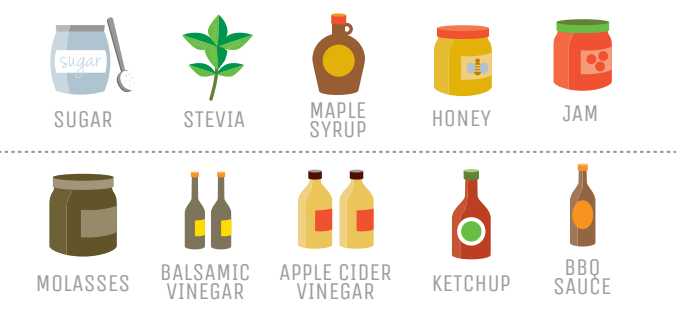
**BALANCES**  
Counteracts the other flavor. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.



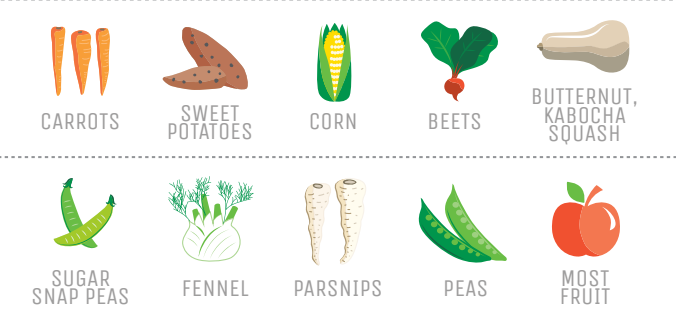
## SWEET

Balances sourness, bitterness, spice. Enhances saltiness.

IF YOU NEED TO ADD SWEET



FOOD INGREDIENTS THAT ARE SWEET



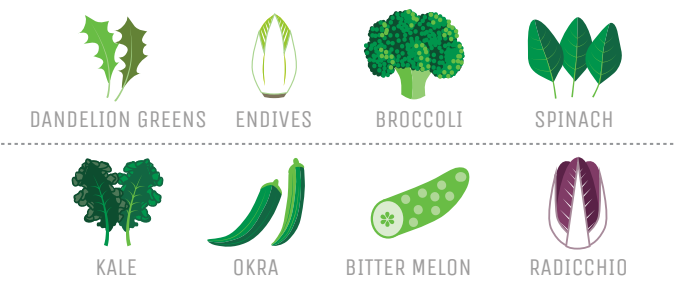
## BITTERNESS

Balances sweetness, saltiness.

IF YOU NEED TO ADD BITTER



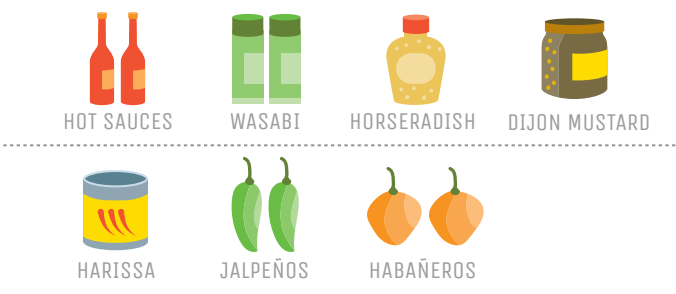
FOOD INGREDIENTS THAT ARE BITTER



## SPICY

Balances sweetness.

IF YOU NEED TO ADD SPICE



FOOD INGREDIENTS THAT ARE SPICY

