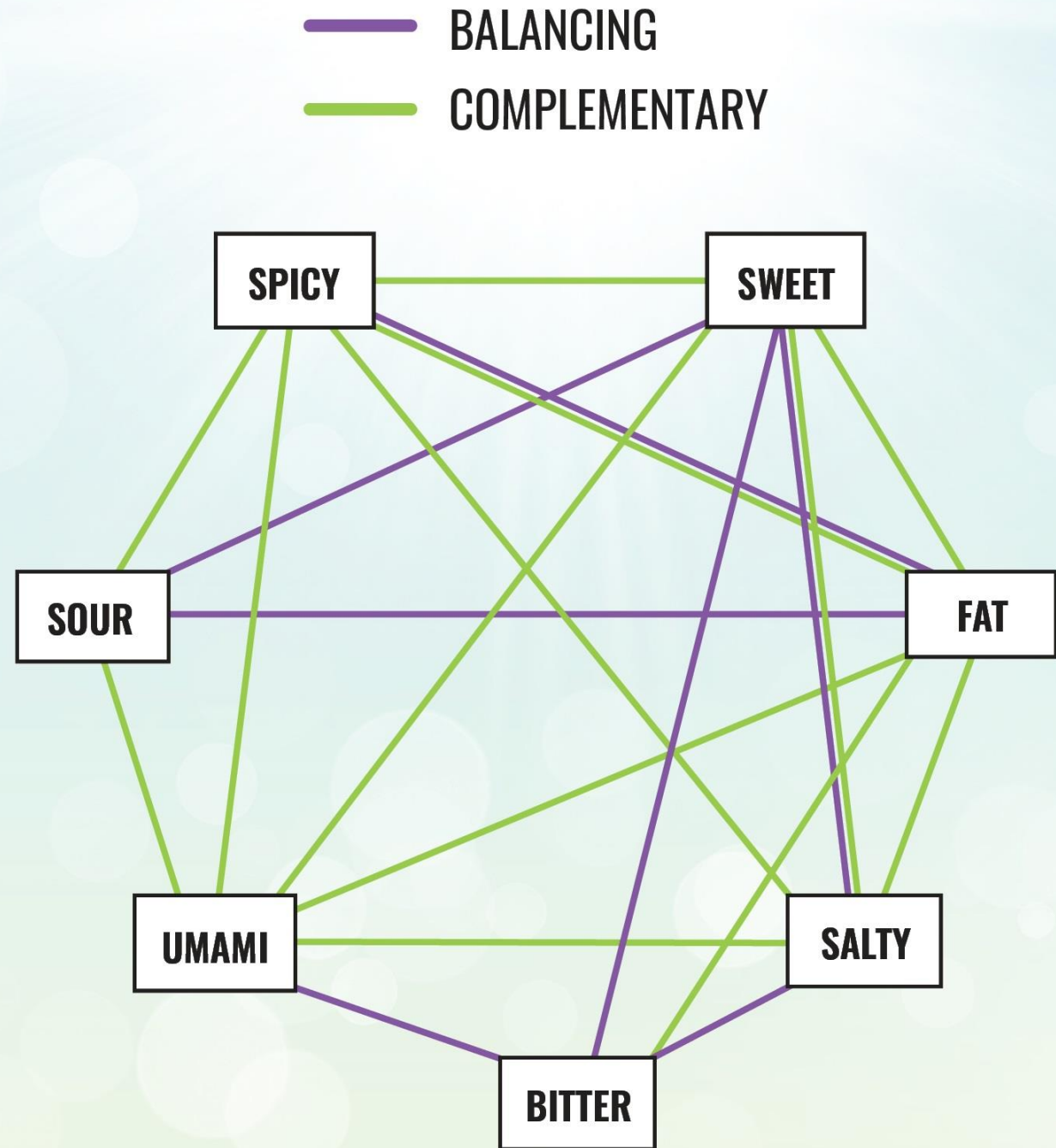


Pairing Tastes



Two Types of
Pairings:

Complimentary
Balancing



Complimentary

Sweet – Spicy, Fat, Salty, Umami

Spicy – Sweet, Sour, Salty, Umami

Sour – Spicy, Umami

Fat – Sweet, Salty, Spicy, Umami, Bitter

Umami – Salty, Fat, Sweet, Sour, Bitter.
Spicy

Salty – Spicy, Fat, Sweet, Umami



Balance

Sweet – Sour, Bitter, Salty

Spicy – Fat

Sour – Sweet, Fat

Fat – Spicy, Sour

Umami – Bitter

Salty – Sweet, Bitter

Bitter – Sweet, Salty, Umami



You can do more than one
complimentary flavour

Or more than one balancing

You can also combine balancing and
complimentary

This makes for more complex recipes

But they also make for more flavour
satisfaction and more rewarding
recipes



What About Bland?

Could be considered lack of flavour

Often more texture than flavour - think avocado

Does not mean that people don't like bland

Any of the flavour can help bland

But often a combo of flavour is best or bland will have a strong one note flavour



