



COOKING



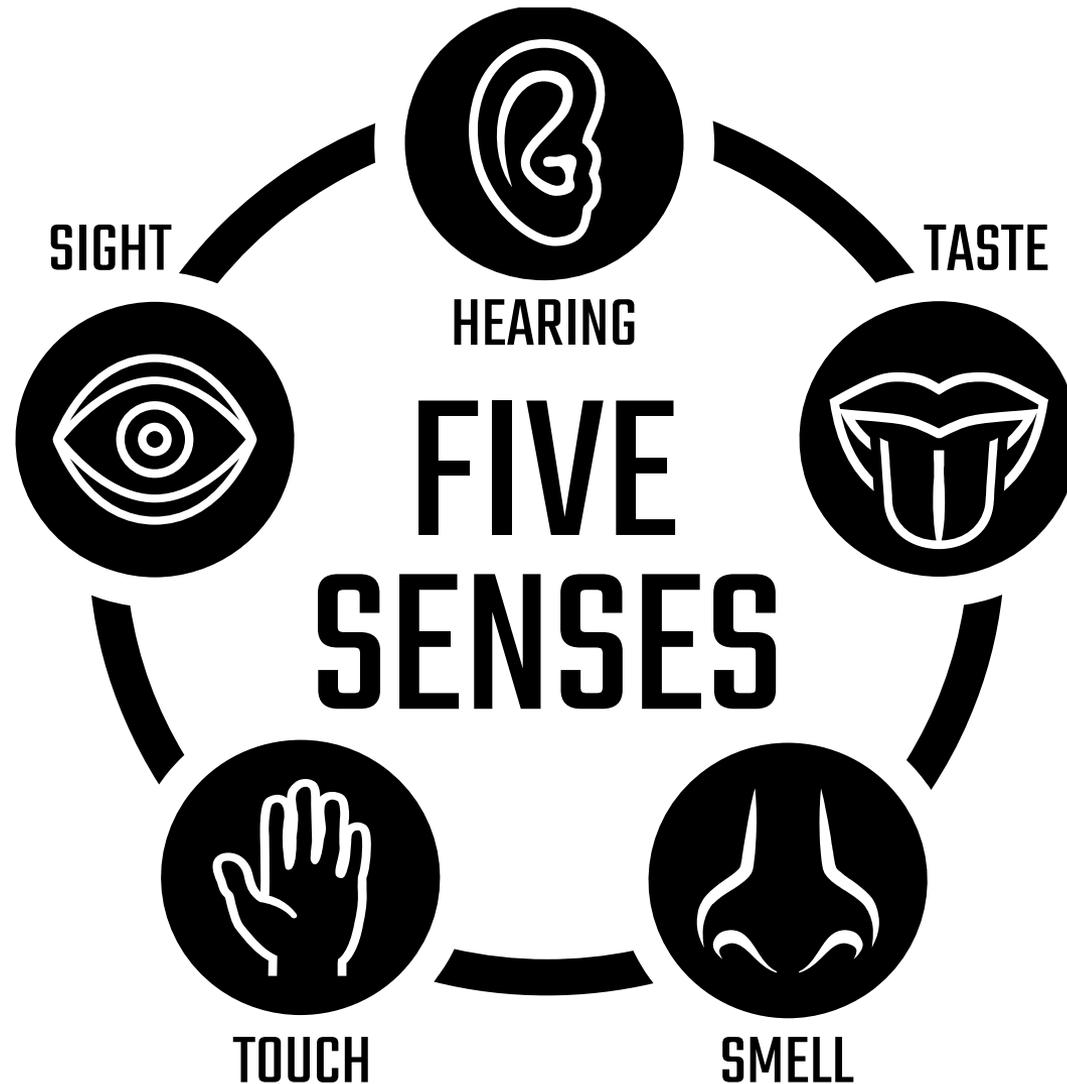
for

KIDS

It's All About Flavor



What are your senses?



Taste

Mapping Your Palate

- Sweet
- Salty
- Sour
- Bitter
- Umami



Flavor 101

- 
- Understand the basic principles of smell and taste.
 - Recognize a variety of herbs, spices, oils, vinegars, wines and other flavorings.
 - Understand how to use flavoring ingredients to create, enhance or alter the natural flavors of a dish.

Understanding Flavors

- The combination of tastes, aromas and other sensations caused by the presence of a foreign substance in the mouth
- Flavor is to food what hue is to color and what timbre is to music



Other Factors That Affect Flavor Perception

- Temperature
- Consistency
- Presence of contrasting tastes
- Presence of fats
- Color



Compromises to the Perception of Taste

- Age
- Health
- Smoking



Food Flavor Profiles

- Top notes or high notes
 - The sharpest first flavors or aromas
- Middle notes
 - The second wave of flavor, more subtle
- Low notes
 - The most dominant lingering flavor
- Aftertaste or finish
 - The final flavor
- Roundness
 - The unity of a dish' s various flavor
- Depth of flavor
 - A broad range of flavors



Seasoning

- An item added to enhance the natural flavors of a food without changing its taste
- Salt is the most common seasoning



The Act of Flavoring

- An item that adds a new taste to food and alters its natural flavors
- Flavorings include herbs, spices, vinegars and condiments



Herbs and Spices



- Herbs

- Any of a large group of aromatic plants whose leaves, stems or flowers are used as a flavoring
- Used either dry or fresh

- Spices

- Any of a large group of aromatic plants whose bark, roots, seeds, buds or berries are used as flavoring
- Usually used in dry form, whole or ground

Condiment

- Any item added to a dish for flavor, including herbs, spices and vinegars
- Also refers to cooked or prepared flavorings such as prepared mustards, relishes, bottled sauces and pickles



Condiments

- Relishes
- Pickles
- Chutneys
- Fish sauce
- Ketchup
- Prepared mustards
 - Yellow, Dijon, whole grain
- Soy sauce



Seasoning and Flavoring Guidelines

- Flavorings should not hide the taste or aroma of the primary ingredient
- Flavorings should be combined in balance, so as not to overwhelm the palate
- Flavorings should not be used to disguise poor quality or poorly prepared products
- Flavorings should be added sparingly when foods are being cooked over a long period of time
- Taste and season foods frequently during cooking



Salt: The Most Common Seasoning

- Culinary salt or table salt
- Rock salt
- Kosher salt
- Sea salt
- Sel gris
- Fleur de sel
- Specialty salts
 - Smoked salt



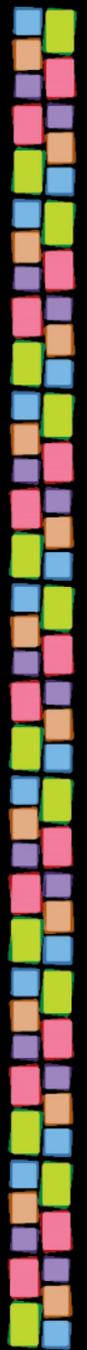
Oils

- A type of fat that remains liquid at room temperature
- Cooking oils are refined from various seeds, plants and vegetables



Types of Oils

- Vegetable oils
 - Cottonseed, peanut, grape seed, sesame seed and soybean
- Canola
 - Rapeseeds
- Nut oils
 - Walnut, hazelnut and others
- Olive oil
 - Extra virgin, virgin and pure
- Flavored oils
 - Infused with basil, garlic, citrus and spices



Herb and Spice 101

- Identification
- Usage
- Flavor Profiles





Herbs: Basil





Herbs: Bay Leaves





Herbs: Cilantro





Herbs: Dill





Herbs: Spearmint





Herbs: Parsley





Herbs: Rosemary





Herbs: Italian Parsley





Herbs: Thyme





Spices: Cayenne Pepper





Spices: Paprika



Spices: Chili Powder





Spices: Crushed Chilies





Spices: Ground Cinnamon and Cinnamon Sticks





Spices: Cumin





Spices: Ginger root





Spices: Ground Mustard





Spices: Whole Nutmegs with Ground Mace (left) and Ground Nutmeg (right)





Spices: Black Pepper (left) and
White Pepper (right)





Spices: Sesame Seeds





Spices: Turmeric





Herb and Spice Blends: Curry Powder





Oils: Canola Oil





Oils: Extra Virgin Olive Oil





Condiments: Yellow Mustard





Condiments: Dijon Mustard





Condiments
Whole-Grain Mustard





Condiments: Brown Mustard





Condiments: Soy Sauce





Vinegars

Balsamic Vinegar, Raspberry Vinegar & Cider Vinegar



Flavor Stations

- Spices
- Vinegars
- Hot Sauces (Sriracha)
- Citrus (lemon wedges)
- Soy
- Mrs. Dash
- Global Condiments
- *See Handout in Workbook



Combination Review

- Italian: Basil, Oregano, Thyme, Rosemary, Garlic, Chili Flakes, Parsley
- Latin: Cilantro, Oregano, Chili Powder, Chili Flakes, Cumin
- Asian: Garlic, Ginger, Cilantro, Chili Flakes



Combination Review

- Indian: Garlic, Ginger, Coriander, Chili Flakes, Chili Powder
- French: Rosemary, Thyme, Coriander, Dill, Parsley
- Mediterranean: Parsley, Dill, Mint, Oregano, Basil, Paprika, Chives



Trick My Rice

- Now it's your turn!
- Review "Trick My Rice Activity".
- There is nothing more humble, simple and nutritious as a bowl of brown rice!



What did you learn?

