





BUILDING BIG FLAVOR



Watching your sodium intake? Balancing flavors is the key to a flavorful meal when reducing the salt in a dish. Think about adding these flavor enhancers instead of reaching for the salt shaker!

Sweet	Bitter	Acidic	Umami (Savory)
Brings balance and roundness to a dish by balancing acidity and bitterness and highlighting other flavors	Balances sweetness and cuts richness - best used as background flavor	Brings brightness and adds a salty flavor that balances sweetness	Makes a dish savory or meaty tasting and enhances flavors - reach for these before salt!
Fruit juices, Nectars, Concentrates, Reductions, Caramelized Onions, Carrots, Sweet Potatoes, Butternut Squash, Roasted Peppers, Honey, Maple Syrup, Molasses, Dried Fruits, Tomato Paste, Beets, Reduced Vinegars, Wine,	Greens (Kale, Chard, Dandelion, Chicory, Watercress, Arugula) Broccoli Rabe, Broccoli, Cabbage, Brussels Sprouts, Asparagus, Some Mustards, Grapefruit, Citrus Rind/Zest, Beer, Wine, Teas (black & green)	Lemon, Lime, Orange and Pineapple Juice, Vinegars, Wine, Tamarind, Pickled Foods, Cranberries, Sour Cherries, Tomato Products	Tomato Products (especially canned, like paste) Soy Sauce, Mushrooms (especially dried) Cured or brined foods (olives) Seaweed, Fish Sauce, Fermented Foods (Miso, Fermented Black beans, Sauerkraut) Aged cheeses (Parmesan, Blue, Gouda) Liquid Amino Acids, Seafood (especially dried), Worcestershire Sauce, Anchovy, Beef, Pork (especially cured), Chicken
			

Don't forget to read nutrition labels and watch for foods that are commonly high in sodium such as deli meats, processed meats, bacon, salami & cured meats, cheese, breads, soup, bouillon & broth, soy sauce, bottled salad dressings, and pickled or brined



FLAVOR PAIRINGS



	Spices	Herbs	Pairs With	Flavor Pairings
<i>Fish</i>	Anise, Peppercorn, Cayenne, Paprika, Garlic Powder	Basil, Dill, Chive, Chervil, Tarragon, Parsley, Lemongrass	Broths, Butter, Cream, Fennel, Garlic, Capers, Ginger, Grapefruit, Leeks, Lemon Juice, Lime Juice, Peas, White Wine, Tomato, Rhubarb	Fish + Ginger + Lemongrass Fish + Herbs + White Wine Fish + Onions + Tomatoes
<i>Shellfish</i>	Curry, Ginger, Old Bay, Saffron, Peppercorn	Basil, Chervil, Tarragon, Parsley, Cilantro, Lemongrass, Chives	Almonds, Bacon, Celery, Coconut, Fennel, Cream, Garlic, Lemon, White Wine, Red Wine, Grapefruit, Orange, Tomatoes, Vinegar, Watermelon	Shellfish + Curry + Lemongrass Shellfish + Saffron + Cream Shellfish + Basil + Tomato Shellfish + Lime + Chilies
<i>Chicken</i>	Ginger, Peppercorn, Clove, Turmeric, Paprika, Coriander, Allspice, Curry Powder	Basil, Cilantro, Chervil, Sage, Dill, Bay Leaf, Parsley, Tarragon, Thyme	Mustard, Onions, Mushrooms, Fig, Balsamic Vinegar, Spinach, Apples, Orange, Capers, Lemon, Carrots, Bacon, Cream, Honey, Tomato Products, Tomatoes, Wine Shallot, Stocks	Chicken + Andouille Sausage + Red Beans Chicken + Apples + Walnuts + Endive Chicken + Mushrooms + Rosemary Chicken + Garlic + Lemon + Pepper Chicken + Coconut + Coriander + Cumin
<i>Beef</i>	Black Peppercorn, Cumin, Chili Powder, Cinnamon, Horseradish, Star Anise, Cayenne, Clove, Cinnamon, Curry, Ginger	Mint, Tarragon, Thyme, Rosemary, Bay Leaf, Basil, Chives	Onion, Potatoes, Shallot, Soy Sauce, Orange, Fennel, Potatoes, Stews, Brown Sugar, Red Wine, Sherry Vinegar, Tomato, Tomato Paste, Peppers, Mustard, Leeks, Cream, Cornichons, Coffee, Carrots, Butter	Beef + Garlic + Tomatoes Beef + Mushrooms + Red Wine Beef + Garlic + Ginger Beef + Mushrooms + Potatoes + Herbs

Herbs are the aromatic leaves of plants, whether fresh or dried (thyme, basil, rosemary, cilantro, dill, sage, etc.)

Spices are dried bark, roots, buds, seeds, fruit, or berries of plants (mustard, ginger, pepper, coriander, cinnamon, allspice, garlic powder, etc.)



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