



Seasonings

Or, how do I make this meal more tasty?

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Rules of thumb

- Seasoning is about improving the flavor (and experience), but not overwhelming it.
- Start gradually with a little seasoning then add more to taste.
 - Taste, taste, taste!
 - Experimentation leads to creativity.
- Think about other food ingredients which already contribute (or compete) to the overall taste
 - e.g. olives already salty, would you add more salt?
 - e.g. looking for sweet, would you add vinegar?



Sir Francis Buller
1st Baronet



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Which Seasoning to Use?

- There are no "perfect" lists of seasonings.
 - Everyone has an opinion.

- The "Bachelor's List"

1. Salt
2. Pepper
3. Onion
4. Garlic
5. Citrus
6. Blended spices
7. Salad dressings



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Seasonings Scavenger Hunt

- Find the following spices:

1. Salt
2. Pepper
3. Onion
4. Garlic
5. Citrus
6. Blended spices
7. Salad dressings



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Seasonings

- **Salt**

- "Life"
- Turns bland to flavorful



- **Pepper**

- "Hot"
- Enhances pre-existing flavor



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Seasonings (cont.)

- **Onion**

- Full flavored, sweet



- **Garlic**

- Pungent & spicy



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Seasonings (cont.)

- Citrus
 - Sweet or sour
- Blended spices



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Seasonings (cont.)

- Salad dressings
 - Seasoning has already been done for you
 - Great for meat marinades or simmering sauces



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Seasonings – Conclusion

- **Start somewhere**
 - The “Bachelor's list” makes the process more manageable
- **Experiment and expand your taste**
 - Try different cuisines & restaurants
- **Recipes use certain seasonings for a reason**
 - Study the patterns
 - e.g. meat and or vegetable seasonings
 - Have fun