



Culinary Institute
of America

Taste Like a Chef

Valrhona Team Building Program



Learning Objectives

- Define and differentiate between the terms *taste* and *flavor*.
- List and describe the primary taste sensations.
- State the five human senses and discuss the effects they have on your ability to perceive flavor.
- Identify methods in which flavor can be developed and enhanced.
- Discuss the concept of contrast and balance as it relates to flavor.
- Identify subtle differences in taste and flavor.

Key Terms

- Acidity
- Aroma
- Astringency
- Balance
- Brighten
- Complexity
- Enhancer
- Flavor
- Heat
- Olfaction
- Palette
- Tannin
- Taste
- Texture

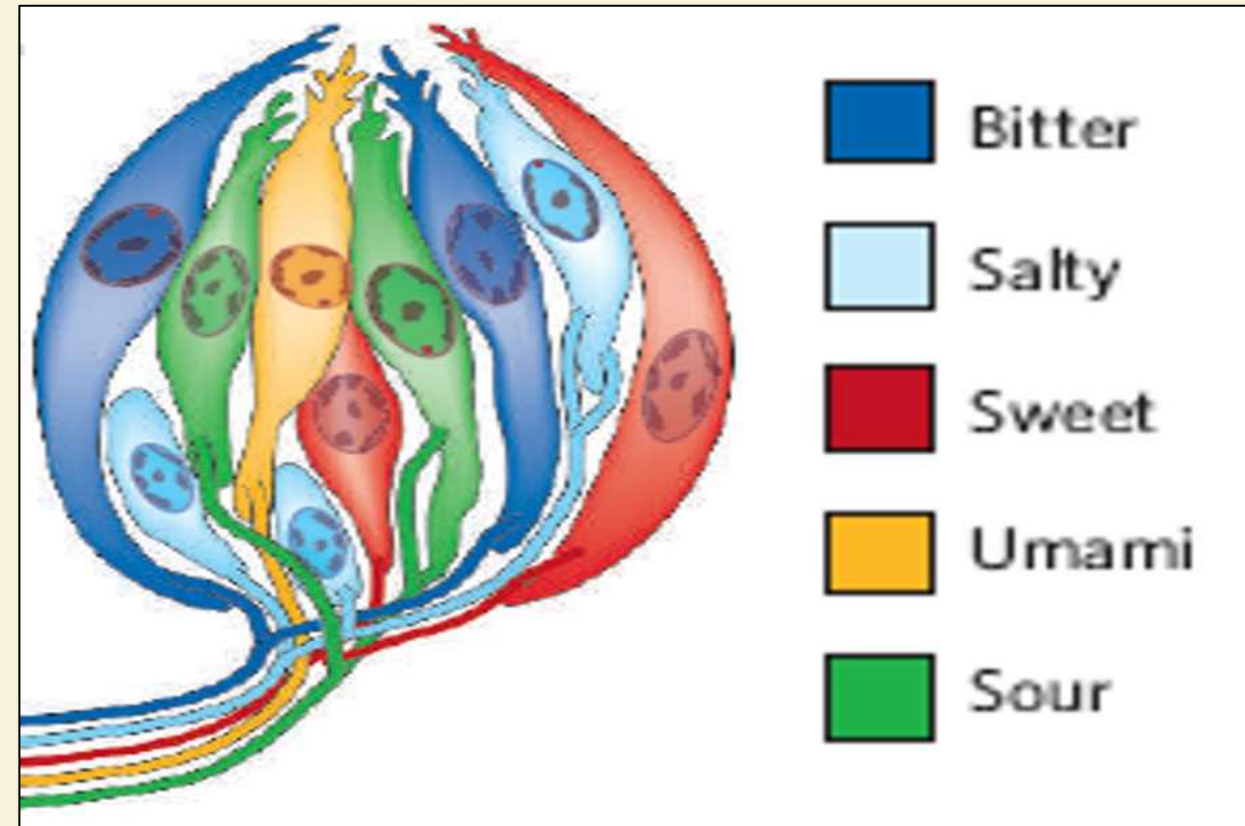
Understanding Taste and Flavor

Taste

- Sweet, Sour, Bitter, Salty, Umami
- One-dimensional

Flavor

- Taste + Aroma = Flavor



Aroma Memory



Developing Sensory Perception



Clementine



Valencia



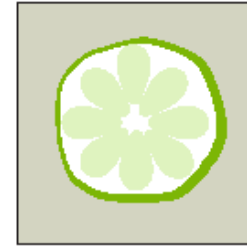
Mandarin

The Tasting Tray

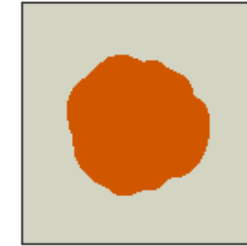
- Jellybean
- Grape
- Salt
- Lime
- Sriracha hot sauce
- Sugar
- Water



SALT



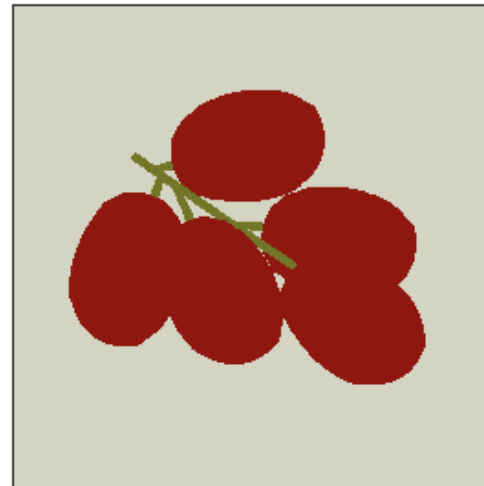
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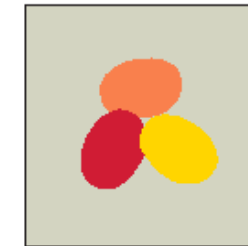
HOT SAUCE



SUGAR



GRAPES



JELLY BEANS

TASTE LIKE A CHEF



The Rules of Tasting



Jellybean



Grape



Salt



Lime



Spice



Sugar



Salt and Sugar



+



Salt, Sugar, and Lime



+



+



Salt, Sugar, Lime, and Sriracha



+



+



+



How much?

Chefs are constantly correcting this variable.



Classic Flavor Combination



French Fries
and
Ketchup

French Fries



Ketchup



Taste Like a Chef

Think about flavors.

Notice what is going on in the food.

Identify what is there.

Notice what is missing.

Train yourself to fill in the blanks!



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Any Questions?