



A
MATTER
OF

TASTE



What's new in the flavor world? To find out, we interviewed experts, logged lots of experimentation time in the BH&G Test Kitchen®, and spent weeks on “field research” (read: eating). What did we find? The basic flavors—sweet, sour, salty, and hot—are anything but. They're shaking up palates and dishes in exciting new ways. Grab a napkin, loosen your belt, and taste for yourself.

[SWEET]

Sweet has a new mantra: It isn't just about sugar. Ingredients like fruits and root vegetables take dishes to a naturally sweet spot.

5

SIMPLE AND SURPRISING PAIRINGS

- Honey and aged Roquefort cheese
- Balsamic vinegar drizzled on watermelon
- A pinch of brown sugar on summer-ripe tomatoes
- Pomegranate molasses over hummus
- Maple syrup on roasted sweet potatoes



ORANGE-BRAISED CARROTS WITH RAISINS

A citrusy orange juice glaze and raisins give cookbook author Genevieve Ko's carrot dish a double dose of sweetness. **RECIPE ON PAGE 142.**

GLOBAL WARMING

International cuisines are masters at playing up the natural sugars in foods.

Traditional Middle Eastern dishes like Moroccan stew create the illusion of sweetness by combining dried fruits (dates, raisins, apricots, and prunes) with warming spices like cardamom, cumin, and cinnamon.

SWEET TRENDS: WHAT FOOD EXPERTS CRAVE

“Sweet corn wheat berry waffle.” **BETH DOOLEY**, COOK AND AUTHOR “Citrus curd tarts with black peppered mango and meringue.” **HUGH ACHESON**, AUTHOR AND *TOP CHEF* JUDGE “Pecan pie with vanilla ice cream.” **BELINDA CHANG**, SOMMELIER AND RESTAURATEUR “Sachertorte (a dense chocolate cake with apricot jam and dark chocolate icing).” **LORENZO BONI**, EXECUTIVE CHEF FOR BARILLA

[SWEET]

“GREAT FLAVOR PAIRINGS ARE LIKE FOOD SOUL MATES: THEY BALANCE, COMPLEMENT, AND SUPPORT EACH OTHER.” GENEVIEVE KO



1, 2, 3, 4, 5 SPARERIBS

Genevieve Ko's spareribs recipe is simple math. Fill a pot with these five ingredients: rice vinegar, rice wine, sugar, soy, and pork ribs. Cook until tender. The result: "Ribs cooked until the meat falls off covered in an amazing salty-sweet glaze," Genevieve says. **RECIPE ON PAGE 142.**



SCIENCE LESSON

Try one of these cooking techniques to draw out the natural sugars in foods.



CARAMELIZE

Onions cooked over slow heat turn translucent, then golden brown and sweet.



CHAR

Charring leeks almost to the point of being burned releases a mild, gentle sweetness.



ROAST

Garlic cloves roasted in olive oil become a sweet, buttery spread.

[SOUR]

Sour is the power flavor. Acidic foods can boost immune systems, jump-start energy, and improve digestion. Up your sour game with vinegars, citrus, and pickles.



LEMON-FENNEL PIZZA

Charred lemon slices add a citrus note to pizza topped with ricotta cheese and fennel. **RECIPE ON PAGE 142.**



THINGS TO SQUEEZE A LEMON ON

- **Steaks:** Lemon lightens the heavy savory taste of fatty meats.
- **Tacos:** A hit of sour makes you crave another bite.
- **Caesar salad:** An extra blast of lemon takes the saltiness to a new level.
- **Spring greens:** A little lemon juice is all the dressing you need.
- **Chicken soup:** Lemon juice brightens rich, brothy soups.



SCIENCE LESSON

Fermentation, the chemical breakdown of sugars and starches, is the tangy alchemy behind these super souers.

KOMBUCHA

A fizzy, vinegary beverage rich in probiotics, enzymes, and B vitamins.



KEFIR

Made from fermented milk, this drinkable yogurt has amazing digestive powers.



KIMCHI

The spicy, crunchy Korean cabbage dish adds tang to eggs, hot dogs, soups, even bloody marys.



SOUR TRENDS: WHAT FOOD EXPERTS CRAVE

“Homemade hot-and-sour soup.” **ED LEVINE**, FOOD WRITER “Kimchi fried rice.” **JUDY JOO**, CHEF AND FOOD WRITER “Chicken soup with tamarind.” **JENN LOUIS**, AUTHOR AND *TOP CHEF* ALUM “Super sour lemonade.” **BARTON SEAVER**, CHEF AND AUTHOR “Pickled green beans and cauliflower.” **RICK FIELD**, OWNER OF RICK’S PICKS “Persimmon vinegar.” **EDWARD LEE**, CHEF AND RESTAURATEUR

[SALTY]

Salt is shaking off its bad boy image (moderation is key). The mighty mineral enhances and elevates foods to crazy-delicious levels.



SALTY DALMATIAN
Salted Simple Syrup gives Mark Bitterman's sophisticated riff on salty dogs and greyhounds (vodka/gin and grapefruit juice) bite. Peppery ice cubes give this dog its spots.

RECIPE ON PAGE 144.

SCIENCE LESSON



The crystal structure of craft salt—chunky, coarse, flaky, or granular—adds texture and crunch to the flavor equation.



WHY YOU SHOULD UP YOUR SALT GAME

"Every craft salt has its own personality," says Mark Bitterman, founder of Bitterman Salt Company. Matching the right salt with the right food transforms dishes. Five worth the upgrade:

- 1 SEL GRIS** Hefty, moist crystals with mineral saltiness.
- 2 BLACK DIAMOND** Charcoal gives big flakes an obsidian luster and earthy taste.
- 3 FLAKE** Dry, flaky, parchmentlike crystals.
- 4 MOLOKAI RED** Hard, coarse grains infused with red volcanic clay.
- 5 ALASKA ALDER SMOKED** Delicate, moist, smoky-sweet crystals.

SALTY TRENDS: WHAT FOOD EXPERTS CRAVE

“Cheesy chorizo meat loaf.” **FRANK BRUNI**, *NEW YORK TIMES* COLUMNIST “Ham salad in a baked potato, on crackers, or as a sandwich. It’s the next pimiento cheese.” **SHERI CASTLE**, FOOD WRITER “Spaghetti with bottarga and branzino fish in a sea salt crust.” **LORENZO BONI**, EXECUTIVE CHEF FOR BARILLA “Heritage hog bacon.” **MIKE PHILLIPS**, RED TABLE MEAT CO. “Prosciutto chips.” **ASHTON KEEFE**, FOOD STYLIST AND AUTHOR

“
INGREDIENTS
LIKE CHEESE,
ANCHOVIES,
AND BACON
ADD MORE
THAN JUST
SALTINESS TO
DISHES. THEY
ADD ANOTHER
SUBTLE LAYER
OF FLAVOR.

”
COOKBOOK AUTHOR
SAMIN NOSRAT

PASTA CACIO E PEPE

Parmesan cheese
gives this
Italian version of
mac 'n' cheese
a nutty, mellow flavor
and crunchy
granular texture.

**RECIPE ON
PAGE 144.**

▲
A HANDFUL OF
SALT (1 TO
2 TABLESPOONS) IN
BOILING WATER
GIVES PASTA MORE
FLAVOR.

WHAT'S UP WITH UMAMI?

The Japanese word for *deliciousness*, umami is often called the fifth flavor profile (along with salty, sweet, sour, and bitter). It has the savory-rich-earthy quality found in foods like bacon, tomato paste, cheese, mushrooms, and soy sauce. Samin Nosrat, author of *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking*, says, “Umami is that hard-to-describe explosion of flavor between salty and savory.”

[HOT]

Hot is more mainstream than ever (thank you, sriracha). Spicy food fires up metabolism and increases blood flow. No wonder we can't get enough of the hot stuff.



MEXICAN-STYLE GAZPACHO

Cold tempers the spiciness of foods. Chill out with Gazpacho spiced with chile peppers. **RECIPE ON PAGE 147.**



BLACK PEPPER COOKIES

First lady Martha Washington was a fan of black pepper's subtle heat and preservative power. Martha's Pepper Cakes inspired the spicy-sweet Black Pepper Brown Sugar Cookies in Sarah Lohman's *Eight Flavors: The Untold Story of American Cuisine*. **RECIPE ON PAGE 144.**



SCIENCE LESSON

Hotness runs in the family—the chemical compound family. Here's what causes the fires:

- Capsaicin (chile peppers)
- Piperine (black pepper)
- Gingerol (ginger)
- Allyl isothiocyanate (mustard, radish, horseradish, wasabi)
- Allicin (onions and garlic)

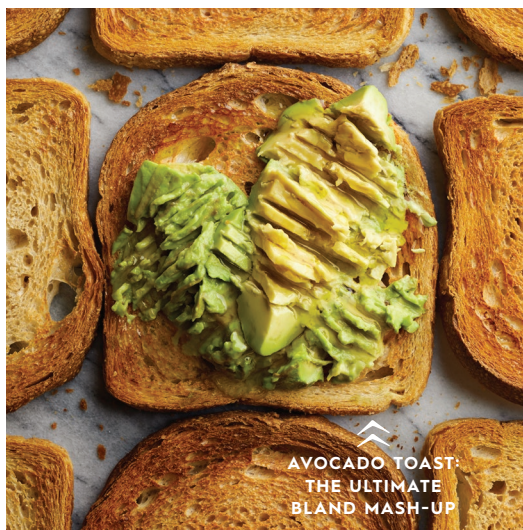


HOT TRENDS: WHAT FOOD EXPERTS CRAVE

- “Mexican huaraches with chorizo and hot sauces.” **EAMON ROCKEY**, RESTAURATEUR AND MIXOLOGIST “Slow-cooked beans with chipotle chile powder and fresh chiles.” **MALIKA AMEEN**, SPICE EXPERT, CHEF, AND AUTHOR “Ramen noodles and two poached eggs served over a spoonful of sambal (chili paste).” **ALLISON ROBICELLI**, CHEF AND AUTHOR “Charred cauliflower with cumin, paprika, and feta.” **SAMEH WADI**, CHEF AND AUTHOR

[BLAND]

What's so exciting about bland? It's a flavor time-out. A quiet place to explore the nuances and distinctions in foods.



AVOCADO TOAST UPGRADES

- Radish slices and baby peas
- Mango, chili powder, and fresh mint
- Olive oil and smoked almonds
- Crushed pistachios and chile flakes
- Walnuts, pear, and Gorgonzola cheese

“SOME NIGHTS I GO TO BED EARLY SO I CAN WAKE UP IN THE MORNING AND HAVE TOAST.”

HALI BEY RAMDENE,
FOOD EDITOR AT
THEKITCHN.COM

CHICKEN AND DUMPLINGS

The secret to a successful bland dish? “Quality ingredients,” says Scott Peacock, chef and Southern cuisine expert. Poaching the chicken in chicken broth makes a richer, more intense chicken flavor. **RECIPE ON PAGE 147.**



BLAND TRENDS: WHAT FOOD EXPERTS CRAVE

“Mashed potatoes with whipping cream and cream cheese.” **RAGHAVAN IYER**, CHEF AND AUTHOR “Noodles with cottage cheese.” **JENN LOUIS** “Red rice sautéed with onion and a goodly amount of butter.” **SCOTT PEACOCK**, CHEF “Oyster stew. Even without salt, it has a luxuriousness.” **BELINDA CHANG** “Raw vegetables like jicama and watermelon radish.” **KAREN CAPLAN**, PRESIDENT, FRIEDA'S PRODUCE

SWEET



Pure Date Syrup
\$7.99/12 oz.;
ilovedatelady.com



Smoked Maple Syrup
\$12.95/250 ml.; sugar
bobsfinestkind.com



Habanero Pepper Jelly
\$8.95/12 oz.;
kellysjelly.com



Hot Honey
\$10/12 oz.;
mikeshothoney.com



Bourbon Smoked Sugar
\$11/10 oz.; barrelfoods.com

SOUR



Honey vinegar
\$12/200 ml.;
Ooliveoil.com



Sour Garlic Pickles
\$9.99/16 oz.;
perniciouspickling.com



Drinking vinegar
\$12.95/375 ml.;
sonomasyrup.com



White kimchi
\$32/two 16-oz. jars;
kimchirules.com



Lemon ice cream
\$12/pint;
jenis.com

SALTY



Salted capers
\$10.95/3.17 oz.;
markethallfoods.com



Gourmet salt
\$5.99/5 oz.;
sfsalt.com



Salted fig spread
\$8.99/7.7 oz.;
kingscupboard.com



Umami paste
\$8.95/2.46 oz.;
taste5.com

HOT



Espelette mustard
\$11/7 oz.;
thefrenchfarm.com



Ghost Pepper Sriracha
\$12/8 oz.; kitchengardenfarm.com



Creamy hot sauce
\$6.99/8 oz.;
davesgourmet.com



Black pepper cheddar
\$9.99/6.7 oz.;
sidwainer.com



Chile garlic oil
\$20/250 ml.;
cgvinegar.com

BLAND



Avocado Oil
\$9.99/8.5 oz.;
calpurefoods.com



Jade Pearl Rice
\$5.49/15 oz.;
lotusfoods.com



Coconut yogurt
\$6.49/12 oz.;
Whole Foods



All-American Crackers
\$15.73/six 4-oz. boxes;
amazon.com



Cultured Butter
\$6.99/6 oz.;
Whole Foods