

# THE Revived Kitchen's

## FLAVOR CRASH COURSE

### How to balance flavor

	Too much? Add this:	Not enough? Add this:	Examples
<b>SWEET</b>	SOUR BITTER SPICY BITTER UMAMI	SALT	Sugar, Honey, Maple Syrup, Molasses
<b>SOUR</b>	SWEET SALTY	MORE SOUR	Vinegar, Lime, Lemon
<b>BITTER</b>	SALTY UMAMI PUNGENT PIQUANT	EARTHY HERBACEOUS	Herbs, Cruciferous Vegetables, Cacao, Coffee, Hops
<b>SALTY</b>	SOUR SWEET SPICY	UMAMI	Salt, Soy Sauce, Fish Sauce
<b>UMAMI</b>	BITTER	SPICY PUNGENT	Fish Sauce, Bone Broth, Butter, Cream
<b>SPICY</b>	SOUR SWEET UMAMI	PUNGENT	Chili Peppers, Mustard, Wasabi, Horseradish