

TEN TIPS FOR MORE FLAVORFUL FOOD



1. Add ingredients you love. For instance, if you love lemon, think of ways to add it to your food. Grate lemon zest over hot pasta or add a bit of lemon juice to chicken soup or chicken salad.
2. Aromatics are a sure winner. Sauce onions or garlic and add them to pasta sauces, chicken casseroles, or use them to top steaks and chops. For a very complex flavor, brown onions (slowly, over low heat) until they caramelize.
3. A bit of vinegar will add brightness to soups and casseroles.
4. Use foods that stimulate your trigeminal nerve. This nerve detects ingredients like mustard and peppermint, not through aroma, but through chemical stimulation. Add carbonation (ginger ale, fizzy water), honey mustard, chopped mint, chili powder, or cinnamon.
5. Add more flavors you love. If you adore sweet and sour foods, add some lemon juice and honey to recipes. If you love spicy foods, jalapeño peppers and Tabasco sauce are your friends.
6. Herbs and spices are natural flavor boosters. Add fresh herbs at the end of cooking time, while dried herbs can withstand heat. Crumble dried herbs in your fingers to release the aromatic oils. Spices add fragrance and flavor.
7. Make sure that browned foods are really browned. Browning creates complex flavor compounds that add interest to food. Just don't burn them! Another tip: Bonus tip: when you are browning meat, don't move it unless you can remove it from the pan easily; that means it's properly browned.
8. Condiments are a great addition to many recipes. Add some flavor at the table by serving mustards, chutneys, or salsas with your meals.
9. Roast vegetables. When roasted, vegetables (even the dreaded Brussels sprouts) become sweet and tender. Roast them at a high heat - at least 400°F - until they have a nice golden color.
10. Make sure your food is fresh! Fresh produce has so much more flavor than fruits and veggies that are a few days old. Fresh herbs and spices have more flavor too.