

THE SUPPERS PROGRAMS



Flavor Experiment

This is a tasting experiment in which you will

- get in touch with your sense of taste
- learn how to balance the flavors in your food
- and gain insight into how you can gently transition your palate toward healthier balances of flavor. Check out "[Dor and Chef Allie's Notes on Flavor](#)" on the Suppers website for more information.

Start with salad dressing, then try balancing a soup or stew.

As you follow the prompts, note the balances your taste buds prefer. Use the plate graphic below to help you make decisions. For example, if the flavor is too salty, add a little lemon or vinegar. If it's too bitter, add something sweet.

Make notes as you go so you can reproduce the most pleasing and healthy balance for you.

For Salad Dressing:

In a small bowl, whisk together:

2 TBS olive oil
1 TBS vinegar

... Taste alone

Add a big pinch of salt

... Taste alone

Decide if the balance needs more salt, or, if it's too salty or not acid enough, add vinegar.

Now add $\frac{1}{4}$ tsp honey.

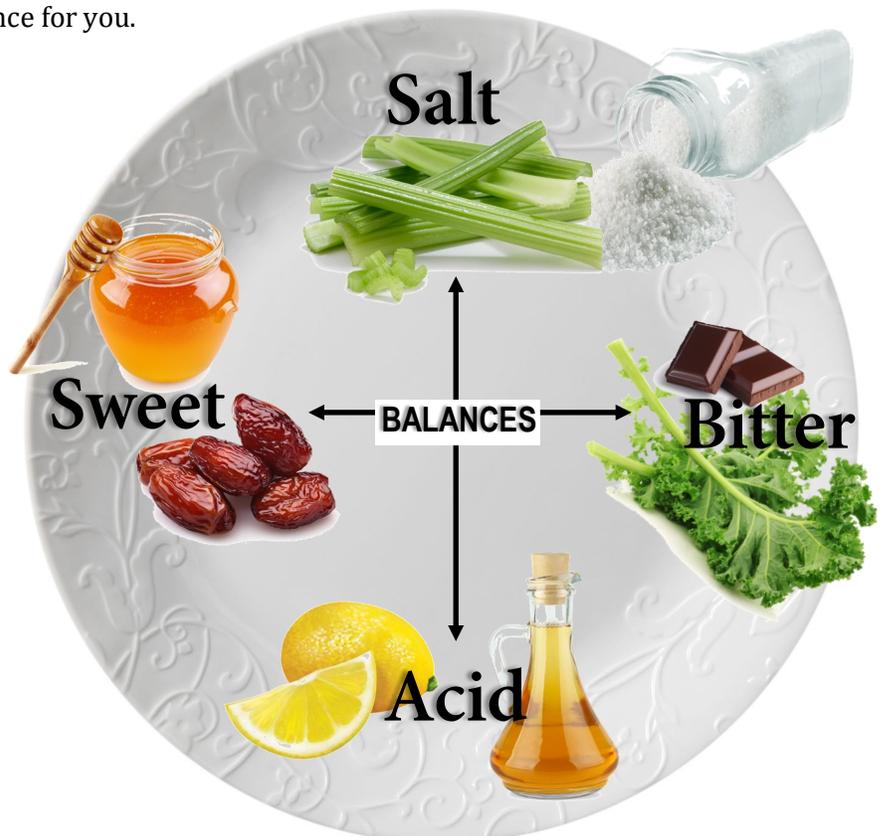
... Taste alone

... Then taste it on a leaf of kale.

Write a comment about what you need to get a tasty, balanced salad dressing.

Many of our salad greens are bitter and require more of a sweet note in the dressing. Celery is a salty vegetable and may require a higher proportion of acid.

How does eating it on vegetables change the flavor needs?



Balance A Soup:

This is easier. Make a broth of vegan or chicken stock and coconut milk. Use salt and lime juice. Then add a sweet note and a bitter vegetable to get a well-balanced effect. Experiment with the [Thai Coconut Soup](#) recipe on the Suppers website.