CATEGORIES OF FLAVORS

ACIDS
- Lemon
- Vinegar
- Rice Wine

AROMATICS
- Herbs
- Spices

FATS
- Butter
- Cheeses
- Oils

SALTS
- Table Salt
- Salt flakes
- Capers
- Soy Sauce

SWEETS
- Honey
- Sugar
- Maple Syrup

ACIDS affect how a dish smells.

FATS add brightness to a dish.

SALTS of all kinds balance out sour or bitter flavors.

SWEETS soften vegetables over high heat & give a richness to a dish.