

FLAVOR PROFILES

It is necessary to enhance and balance the flavors in your cooking.

UMAMI

SLADKO

SLANO

GRENKO

KISLO

PIKANTNO

SALTY - _____: It balances bitterness and enhances sweetness. If you need to add salt you can use: sea salt, anchovies, hard cheese, soy sauce, pickled vegetables.

SWEET - _____: It balances sourness and bitterness and enhances saltiness. If you need to add sweetness you can use: sugar, stevia, maple syrup, honey, jam, balsamic vinegar, ketchup, BBQ sauce. Food ingredients that are sweet are peas, fruit, carrots.

SOUR - _____: It balances spice and sweetness and enhances saltiness. If you need to add sourness you can use: lemon juice, lime, orange juice, vinegar, tomato, yogurt, sour cream, pickled vegetables.

BITTER - _____; It balances sweetness and salt. If you need to add bitterness you can use: coffee, cocoa, beer.

UMAMI - _____; Umami is often described as savory or meaty flavor. It was identified by a Japanese scientist who wanted to describe the taste of asparagus, mushrooms and cheese. If you need to add umami you can use: tomatoes, asparagus, mushrooms.

SPICY- _____: It is not a taste but a sensation. It is still an essential part of many dishes. It balances sourness and sweetness. If you need to add spice you can use: hot sauces, mustard, harissa, jalapenos, habaneros.

1. Poveži besede iz zgornjega besedila z ustreznimi pomeni.

1. to enhance	the taste of a food or drink
2. flavor	vegetables preserved in vinegar
3. salty	having an unpleasant taste
4. bitter	a sweet food made from fruit
5. sour	a spicy brown sauce
6. honey	a liquid made from fruit
7. jam	having a sharp taste like lemon
8. sour cream	to improve
9. pickles	tasting of salt
10. juice	a type of cream made sour by adding bacteria
11. mustard	sweet food made by bees

SWEET AND SOUR CHICKEN

INGREDIENTS	METHOD
1 tablespoon flour 800 g chicken fillets, halved 1 ½ tablespoon olive oil 1 red onion, sliced 2 garlic cloves 1 tablespoon brown sugar ½ cup green olives 80 ml white wine 250ml water 1 chicken stock cube 4 dried bay (lovor) leaves 1 tablespoon dried oregano 2 teaspoons vinegar	- Preheat the oven to 200°C. Place the flour in a plastic bag with salt and pepper. Add chicken and shake - Heat 1 tablespoon of oil in a large non-stick pan over high heat. Cook half the chicken 2-3 minutes each side or until golden. Transfer to a baking dish. Repeat with the remaining chicken. - Heat the remaining oil in a pan over med-high heat. Cook onion and garlic stirring for 2 minutes until soft. Add the wine and cook 1 minute, add water and the stock cube and bring to boil. Add bay leaves, oregano, sugar and vinegar while stirring. - Pour the onion mixture on the chicken. Bake for 15 minutes. Top with olives and serve with steamed couscous.

1. Preberi recept za pripravo SLADKO-KISLEGA PIŠČANCA in napiši T, če izjava drži, in F, če izjava ne drži.

- Place the flour in a plate with salt and pepper and add the chicken. ____
- Heat the oil over high heat. ____
- Cook the chicken for 4-6 minutes in total. ____
- Cook the chicken all together. ____
- Cook the chicken until brown. ____
- Cook onion and bay leaves stirring for 2 minutes. ____
- Pour the onion mixture on the chicken before baking. ____
- Serve with basmati rice. ____