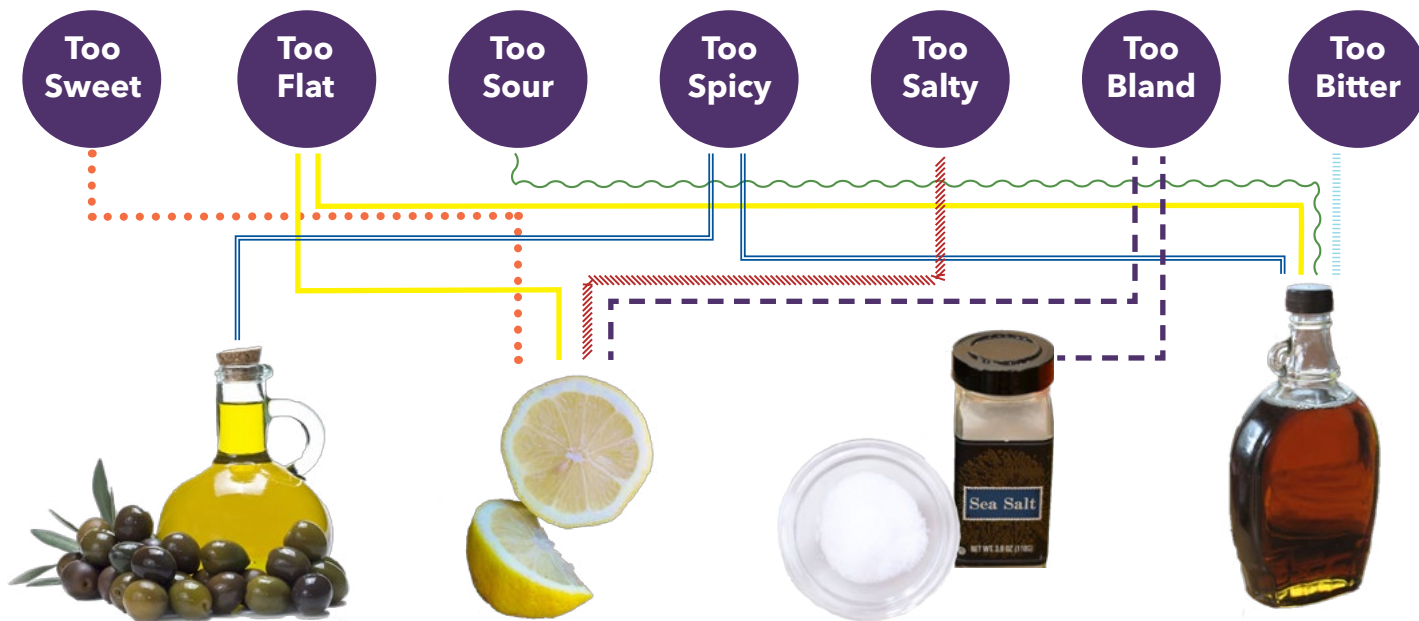


The Power of YUM!

FASS=

Fat + Acid + Salt + Sweet

Taste, Taste, Taste! Is it too ____? Then play with a pinch or drop of ____.



FAT

Fat is like a tiny magic carpet that traverses the mouth and carries succulent flavors across our palettes. It lays the foundation that links the otherwise disparate areas of our mouth that sense flavors.

Nutritional Benefits:

Needed for absorption of phytonutrients (i.e. carotenoids) and fat soluble vitamins, increases satiety.

ACID

Sour in taste, acids chemically catalyze food; they're actually nature's vacuum cleaner, powerfully drawing out hidden flavors.

Lemons and limes do an excellent job of drawing out and brightening flavors without being too bossy. Also, if you recall 9th grade biology, disease makes the body's pH too acidic. Interestingly, lemons, when broken down by the body, increase our alkaline or base pH, bringing us more into balance.

Nutritional Benefits:

Increases absorption of minerals, stimulates digestion.

SALT

The taste bud equivalent of dynamite, salt can help flavors explode on the palette. Salt's crystalline nature and rough texture works like a scrubbing bubble that scratches the surface of foods allowing their flavors to be released.

The key to salting food is NEVER to do it in one shot, but rather in tiny increments throughout the cooking process. Sea salt is preferable for its trace minerals including potassium and magnesium. Such minerals are often removed from commercial table salts.

Nutritional Benefits:

Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism.

SWEET

Sweet tastes are the first to hit the palette, and like the leading edge of a wave that hits the shore, spreads flavors quickly around the mouth while taking the hard edge off many tastes.

One natural sweetener rises above the rest. I call it the magic elixir, but Canadian and New Englander sap gatherers know it as Organic Grade B maple syrup. Why not Grade A, you ask? Because that grade is more processed to create a lighter, pancake friendlier color. Prettier to the eye, perhaps, but not nearly as potent to our taste buds. A few drops can take a dish from good to YUM in seconds!

Nutritional Benefits:

Increases desire to eat and sense of pleasure.

Source: Rebecca Katz, www.rebeccakatz.com