

The Proven 3 Step System For Creating Exciting New Meals With Confidence

Class Notes Page - *Fill In The Blanks*

The Three Elements:

1) Building F_____S

A_____s like:

Onions, Garlic, Shallots, Ginger, Scallions, Celery, Carrots, etc...

This creates the F_____ of flavor.

In French cooking, they use a sauté pan and lots of butter.

In Mexico, they char aromatics on a hot comal first.

In Argentina, Peru, and Guatemala, they infuse flavors in liquids first

In Vietnam, Thailand, Indonesia, and Malaysia, they make aromatic pastes

2) Using T_____S

Brings out Sweetness, Bitterness, Savoriness,
or Sourness of the ingredients

It's no secret that adding heat to food changes the
C_____, T_____ and F_____ of foods.

3) Understanding I_____S

When you can ANTICIPATE how ingredients behave under heat, then
you are CREATING instead of being surprised at results

a) Flavor Builders like Aromatics and Seasonings

b) Structure Builders like F_____, E_____, and S_____
act as binders and thickeners

c) Moisture Providers like B_____, S_____, M_____ and D_____

