

9.1: Elements of Taste

Essentially there are a handful of elements that compose all of the taste profiles found in the foods we eat. Western definitions of taste conventionally define four major elements of taste:

- Salty
- Sweet
- Sour
- Bitter

Asian cultures have added the following to the list:

- Umami (literally “pleasant savory taste”)
- Spiciness
- Astringency

Foods and recipes that contain a number of these elements in balance are generally those that we think of as tasting good.

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