

Tasting & Adjusting

Kitchen

A diagnostic sequence for a dish that is not quite right.

The symptom and the usual fix.

Tastes	Try	Because
Flat, dull	Salt	Amplifies everything
Still flat	Acid — lemon, vinegar	Lifts and brightens
Harsh, too sharp	A little sugar	Rounds the edges
Thin, watery	Reduce, or add fat	Adds body
Too salty	Add bulk, acid, or fat	Never just water
Too spicy	Dairy, fat, sugar	Capsaicin is fat-soluble
Too rich	Acid	Cuts through

Taste with a clean spoon every time, and taste on the tip and the back of the tongue. Salt and acid register differently.