

June 12, 2016

What Is The “Best Bite?” – Part 2 of 3

Last week we discussed human taste sensory factors – common to us each with some minor deviance due to ethnicity and culture. But in the end, we were all given the same 4 taste sensations transmitted by the tongue (which of course can be complimented or negatively impacted by our sense of smell). Sweet, sour, bitter, salt – the 4 primary sense of taste we all have. All great chefs, and all home cooks aim for the same end result – a food or meal that tastes very good, want wants the consumer to want more. Outside of a few Army cooks I knew who didn’t have much passion for what the food actually tasted like, most people (cooking for themselves or others) want that food(s) to taste good. This blog is not going to tell you HOW to get to the point of making great, balanced tasting food each time around. That is your job – use your own expertise and judgment to make it happen. This blog topic is about the best bite, What exactly does that mean? The best bite is a moment we all experience, at almost every meal, yet almost nobody acknowledges this or even recognizes that this has happened. The “best bite” is the signature of a meal – and believe it or not, even the most mundane, “just-need-to-eat” meals have this quality and occurrence. For the purpose of this blog, let’s just assume that the foods and meals we’re talking about are desired, planned, expected and already holding some level of satisfaction level of acceptance. So, what exactly is the best bite, and how do you/we know when that has happened – or IF it happened? This will be unveiled next week right here – so please return to find out exactly what constitutes the “best bite”.

