



The Science Behind Food Flavours

Food is more than just fuel for physical health — it plays an important role in **morale, comfort, and overall wellbeing**. Ever wondered why freshly baked bread smells irresistible, or why food tastes dull when you have a cold? The answer lies in the **science of flavour**, which is a combination of four senses working together:

*** Taste - Smell – Texture – Appearance ***

This is why better cooking techniques, proper food handling and good presentation are essential part of customer satisfaction.

Tips to Enhance Flavour & Taste

1. **Use Natural Flavour Enhancers:** Onions, garlic, ginger, tomatoes, herbs, and spices build flavour naturally and help reduce salt usage.
2. **Control Salt Wisely:** Season gradually during cooking rather than all at once to avoid over-salting.
3. **Aroma Matters Most:** Keep galley ventilation clean and store food covered to preserve natural aromas and prevent odour mixing.
4. **Brown for Better Taste:** Light browning during roasting, grilling, or pan-searing enhances flavour. Avoid overcrowding pans.
5. **Maintain Freshness:** Cut vegetables close to cooking time and store ingredients correctly to retain flavour and nutrients.
6. **Balance the Flavours:** Balance sweet, sour, salty, bitter, and savoury. A touch of lemon or vinegar can lift dishes without extra salt.
7. **Mind the Texture:** Combine soft and crunchy textures to improve eating quality without adding extra oil.
8. **Cook at the Right Temperature:** Pre-heat pans and ovens to ensure even cooking and prevent bland or burnt food.
9. **Avoid Overcooking:** Overcooking reduces taste, texture, and nutrition. Cook vegetables just tender and meats correctly.
10. **Keep Equipment Clean:** Clean utensils and cookware prevent off-flavours and support food hygiene and MLC standards.

*** STAY SAFE STAY HEALTHY ***