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JCC Winter Camp 2015  
Cooking Together

Today we learned how to balance flavors. We identified five distinct flavor profiles and discussed how they work together to create a delicious dish.

### Five Flavor Profiles

#### FAT

- Creamy, rich and luscious. Soft and silky on the tongue. Mellow and satisfying.
- Ex. butter, olive oil, veg. oil, lard, cheese, nuts and seeds, avocados

#### ACID

- Sour, tart, and zesty. Sharp on the tongue. Perky and refreshing.
- Ex. citrus fruits: lemon, lime, grapefruit; vinegars; cranberries; tomatoes

#### SWEET

- Sugary. Very pleasant on the tongue. Soothing and indulgent.
- Ex. sugar; honey; fruits: pomegranates, strawberries, figs, bananas, apples

#### AROMATICS

- Impart character and quality of flavor. Provides the spirit and style of the dish.
- Ex. herbs: parsley, cilantro, tarragon, basil, dill, thyme, bay leaf, rosemary, mint  
spices: pepper, cumin, coriander, cardamom, chilies, paprika, sumac  
vegetables: garlic, onions, carrots, celery, fennel, parsnips, asparagus

#### SALT

- Briny, earthy, pungent. Stinging on the tongue. Alluring and provocative.
- Accentuates and focuses flavor.
- Ex. sea salt, Kosher salt, Fleur de Sel, rock salt, Celtic sea salt, table salt

### Fennel salad with feta, pomegranate seeds, and sumac \*

We tasted each ingredient individually and discovered how they fit into the five flavor profiles.

Fat: Lebanese extra virgin olive oil, Greek sheep's milk feta cheese

Acid: lemon juice

Sweet: pomegranate seeds

Aromatics: tarragon leaves, flat-leaf parsley, sumac, freshly ground black pepper

Salt: Kosher salt

Serves 4-6

For the dressing:

2-4 tbsp olive oil

1-2 tbsp lemon juice

1 tbsp sumac, start with half and add more to taste

4-6 tbsp tarragon leaves, whole

2-3 tbsp coarsely chopped flat-leaf parsley

Salt, start with 1-2 teaspoons salt and add more to taste

Freshly ground pepper, a twist or two

1. Combine all ingredients in a bowl and mix well

For the salad:

1 pomegranate

3-4 fennel heads

3-4 oz Greek feta cheese, crumbled or sliced

2. Release the pomegranate seeds. Halve the pomegranate along its “belly.” Hold half in one hand with the seeds facing your palm. Over a large bowl with your palm facing up, bash the skin side of the fruit with a wooden spoon. The seeds will magically fall through your fingers and into the bowl.

3. Trim the top and base of the fennel head, leaving just the white, layered head. Save a few green fronds for garnish. Cut fennel head in half through its core. Remove the tough triangular core at the bottom with a sharp knife by making two diagonal cuts away from each other towards the base of the bulb. Remove any soft or brown outside layers and slice very thinly lengthwise. A mandolin would be a huge help here! The petals of the head may fall apart. If so, slice each layer vertically.

4. Place thinly sliced fennel into large bowl. Swirl the dressing and pour it over the fennel. Toss to incorporate.

5. Layer half of the dressed fennel on a plate. Sprinkle a layer of pomegranate seeds over the fennel. Pile the remaining fennel on top. Add another handful of pomegranate seeds along with the feta. Garnish with fennel fronds and enjoy!

\* Recipe inspired by the Ottolenghi Cookbook (2008), Yotam Ottolenghi and Sami Tamimi

*John Shaver's sensitive approach to food and cooking mirrors his enthusiasm for community engagement. He believes that cooking with others can cultivate meaningful connections across boundaries. Sharing a meal is sharing culture and to eat another's food is to experience a piece of their life. Through such exchanges, people learn about each other, fostering equitable relationships and peace.*