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Belsinger,2022-06-29 What is the perfect bite When I cook or eat I look for a balance of flavor in a dish or in a combination of foods It might combine all of the aspects together sweet sour salty bitter umami and sometimes pungent or aromatic The perfect bite is how I describe profound flavor a balance of tastes on the palate many of these are traditional dishes or family comfort foods These might include herbs or spices which add flavor I am passionate about this approach to cooking and eating I grow many of my own vegetables herbs and greens buy locally eat seasonally and organically this is the way that I like to eat Anyone who likes to eat good food will appreciate this book with over 200 recipes that feature flavor at its best The stories surrounding them create a kind of comfort food flavortherapy story Flavortherapy is a term I coined to describe how

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