

A less known way to add “savory” or meatiness or depth of flavor to sauces, stews, soups and other dishes is Umami. It’s even been classified as a fifth flavor besides sweet, salty, sour and bitter.

Without getting into all the chemistry of these ingredients, I’ll just say a combination of these can really make a dish go from good to really interesting and very rich tasting. People will notice the difference but they don’t know why it tastes so good. It can also allow you to back off the salt a bit and still maintain a great flavor profile.

A really good combination to create that savory taste is:

- 1) Marmite (from England) – you may need to order this on line but it keeps really well.
- 2) Soy Sauce
- 3) Anchovies

You can use any of these separately but adding them together is synergistic and you can’t taste any of these ingredients individually, so don’t freak out about the anchovies. You won’t be able to taste them.

This combination will blend into the background and add a depth of flavor to your dish. I promise.

Give it a try. It can be added to just about anything where you’d like a more complex flavor. Great in a bolognese sauce for pasta too. Or a mushroom sauce, or risotto, or