



A World of Taste: Using Global Flavors to Stimulate Taste Buds and Appetites



November 17, 2021



Lesley Shiery

Registered Dietitian, Bell Institute of Health & Nutrition

General Mills

Speakers



Julie Harrington, RD
Culinary Nutrition Consultant



JULIE HARRINGTON
REGISTERED DIETITIAN & CULINARY NUTRITION



Chef Ted Osorio
Corporate Chef
General Mills Foodservice

Objectives



- Describe aromas, tastes, and textures
- Effectively build flavors
- Adapt recipes using global flavors

Building Flavors

→ Aroma

→ Mouthfeel

→ Taste



Aroma



The nose can detect
hundreds of scents



Mouthfeel

What do you feel
when you take a bite?

Smooth

Tough

Crunchy

Chewy

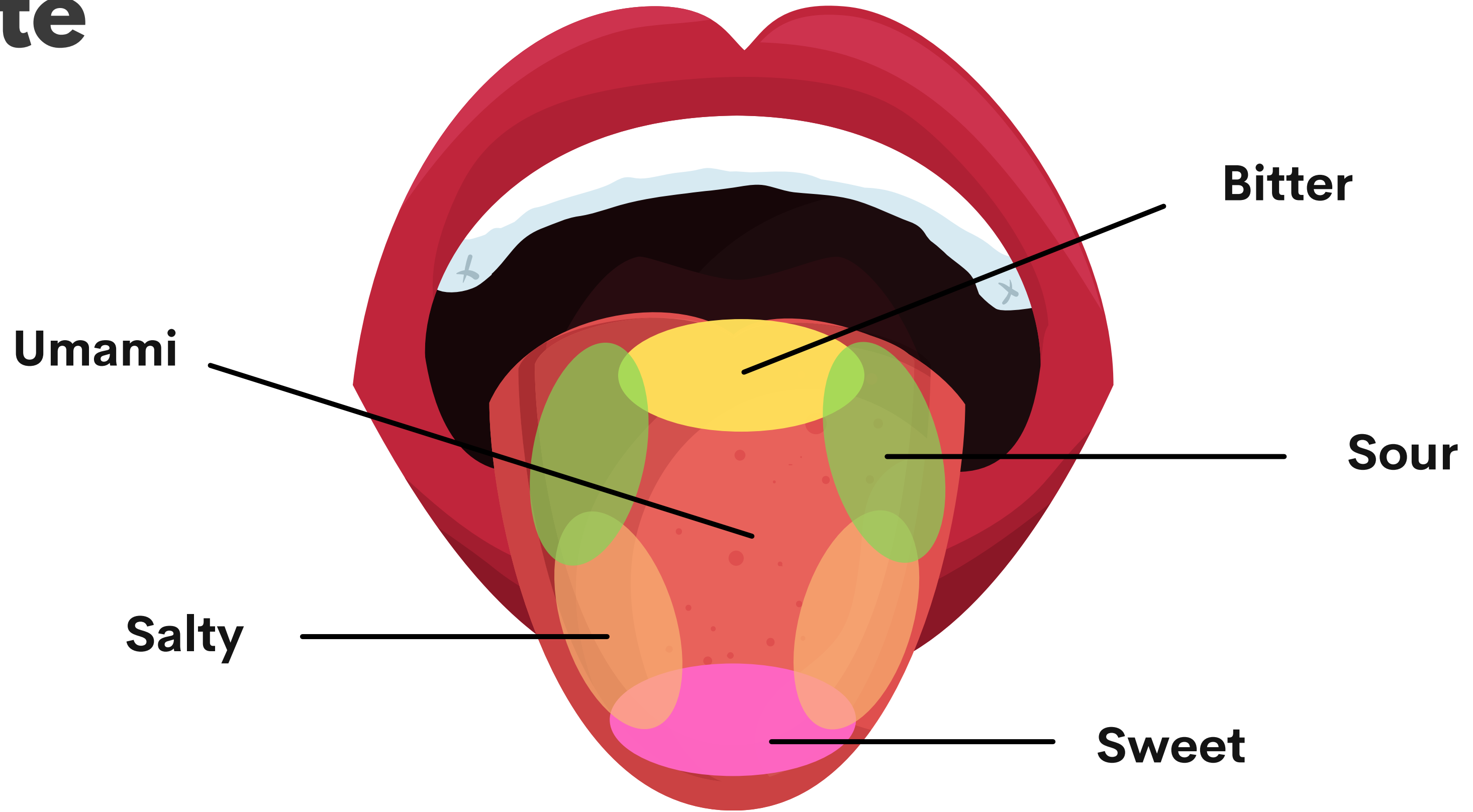
Spicy



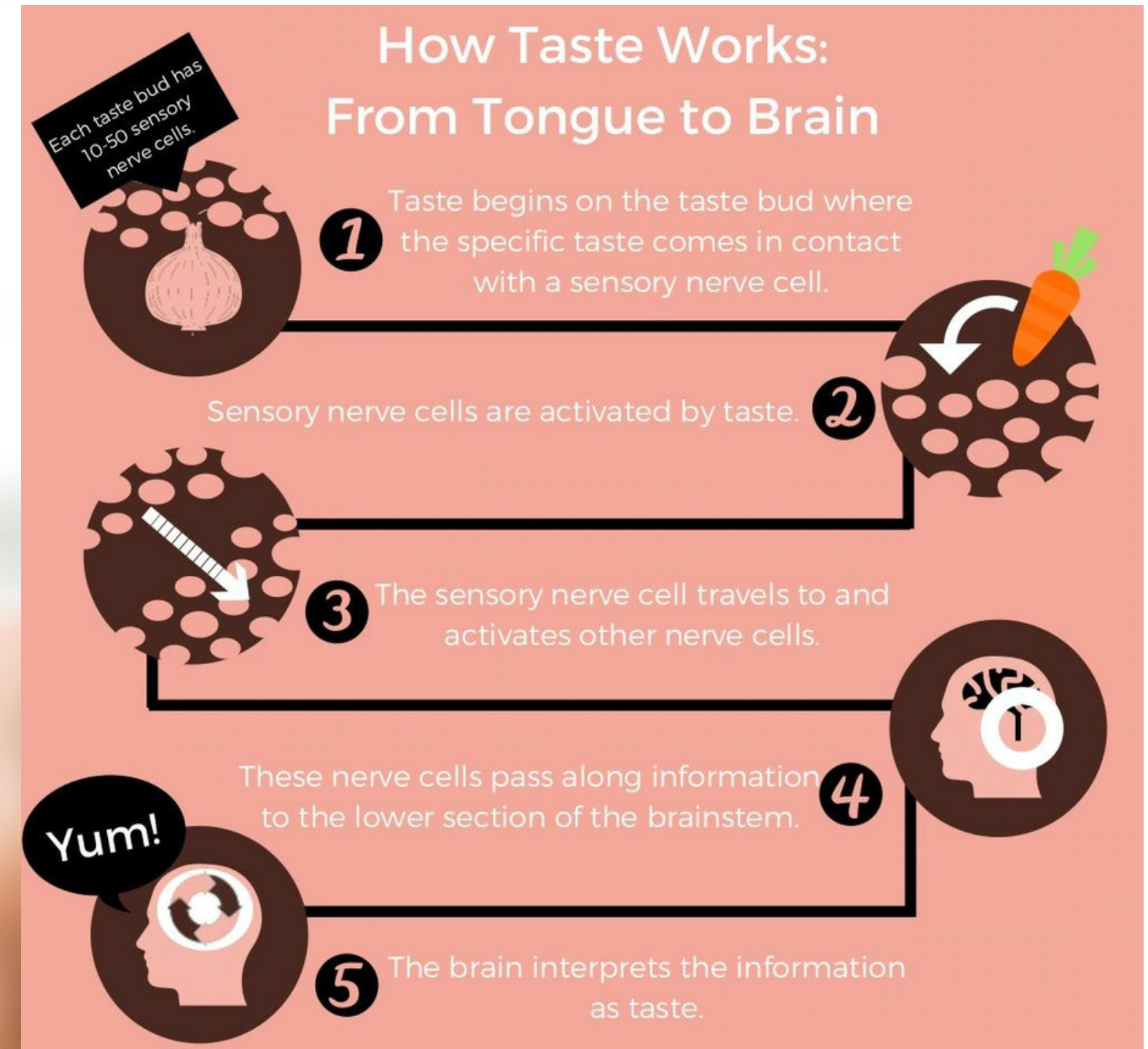
Modified Textures



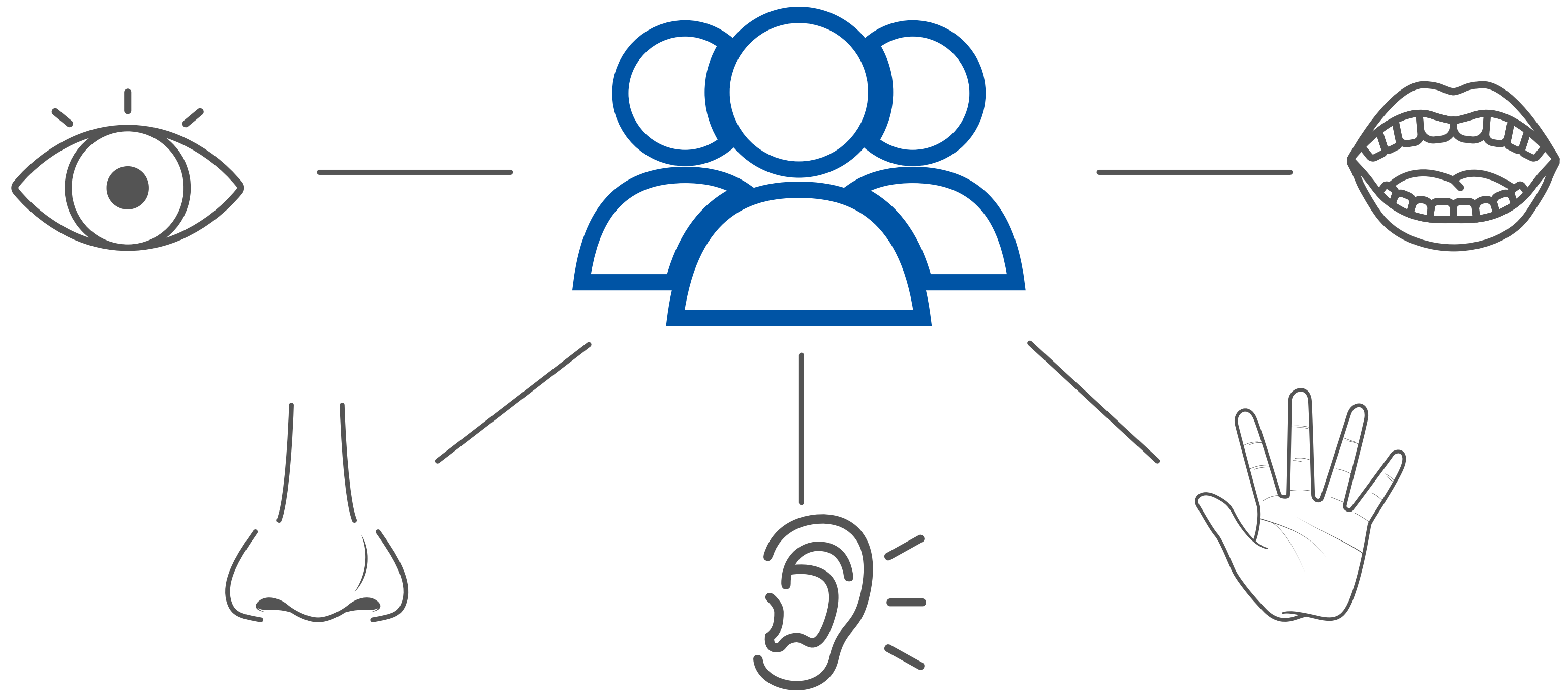
Taste



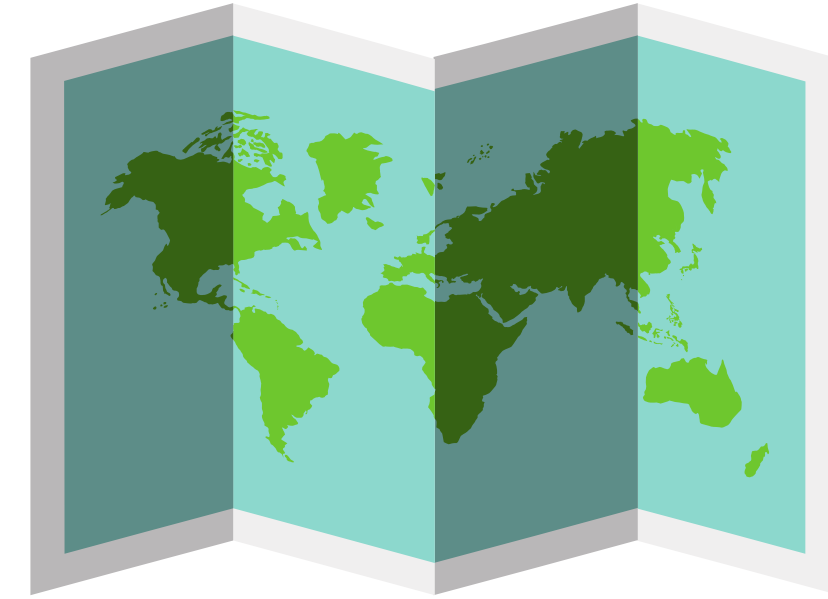
The Science of Flavor & Taste



Activate the Client's 5 Senses



Flavor Profiles



Flavor profiles by culture

- Italy
- India
- Greece
- China
- Argentina



Herb & Spice Blends

Take the guesswork
out of targeting
particular flavor
profiles



India



GRILLED CAULIFLOWER TIKKA MASALA



Recipe Demonstration



Italy



ALFREDO PRIMAVERA SAUCE



Greece



GRILLED CHICKEN GYRO



Argentina



CINNAMON ROLL ALFAJORES



China



BAO— STEAMED BUN



Recipe Demonstration



Lateral Shifts



Recipe Starters



Questions?

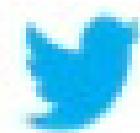
Thank you! Let's stay connected



generalmillscf.com



@generalmillscf



@GeneralMillsCF



General Mills
Convenience &
Foodservice



General Mills
Convenience &
Foodservice

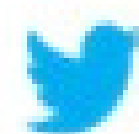


bell institute
OF HEALTH & NUTRITION
General Mills

bellinstitute.com



@Bell.Institute



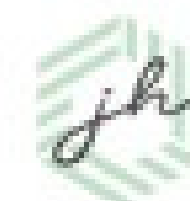
@Bellinstitute



Bell Institute of
Health & Nutrition



Bell Institute of
Health & Nutrition



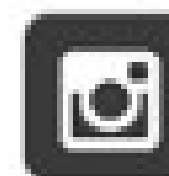
JULIE HARRINGTON
REGISTERED DIETITIAN & CULINARY NUTRITION



julieharringtonrd.com



@ChefJulieRD



@ChefJulie_RD



Find *A World of Taste* Activity Guide, Recipe Guide and Passport on www.generalmillscf.com. Search "A World of Taste"