

## Week 4 - Experiment Guide Question/Answer Form

### Week 4 – Taste Chapter Q/A

(pp 75, 76, 77, 78)

**1) What spices did you decide to bring to this week's experiments?**

Cinnamon, Sage, and Pepper

**2) What is a *fond* memory that you have associated with a specific smell?**

The smell of vanilla extract always reminds me of baking cookies with my grandma when I was little.

**3) What is an unpleasant memory that you have associated with a specific smell, that you are willing to share?**

I cant think of one.

1<sup>st</sup> Experiment:

**4) Did you find that you could easily differentiate between the smell of your spices? Do you think this is the case for all spices?**

Yes I could. I don't think this would be the case for all spices, I am very familiar with the spices I chose so they were easy to differentiate.

**5) What about when mixing them up and trying to tease apart the individual spices – did the smells mingle together or was it two distinct smells?**

The smells mingled a little but if I focused I could differentiate them.

**6) Were there any smells that surprised you when you opened your eyes and saw what spice you had been testing?**

I could guess which spices I had been tasting so I was not surprised.

- 7) **What are your thoughts or takeaways from the Enzymatic Aroma Chart from Nik Sharma's Book, *The Flavor Equation*? Do you draw any parallels between what you just experienced in the 1<sup>st</sup> experiment?**

I thought the chart was very interesting.

2<sup>nd</sup> Experiment:

- 8) **How did this experiment differ for you compared to the 1<sup>st</sup> experiment? Any of your spices stand out to you?**

I felt like the flavor/smell might have been a little stronger in this experiment, cinnamon especially stood out to me.

- 9) **Between fresh and dry spices, which would you expect to have the highest amount of naturally occurring volatiles?**

I would expect fresh spices to have the highest amount of naturally occurring volatiles.

- 10) **Imagine sitting down to a big bowl of hot soup, explain to me what you visualize is happening to the volatiles as they are leaving the soup and begin meeting your body.**

I imagine the volatiles floating up with the steam from the soup.

- 11) **Once you had tasted your spices at the very end of the lab, were you able to differentiate between the interactions between your nose, mouth and tongue that take place to bring you the full picture of flavor?**

If I concentrated I was, but I had to be consciously thinking about it.

Overall:

12) **And lastly, my favorite question, what are some personal reflections that you had while going through these experiments?**

I have been tasting these spices my whole life but I rarely stop and savor their flavor.