



Balancing Spices by Flavor

| Sweet 30% | Sour (astringent) 25% | Bitter 20% | Strong 15% | Pungent 5-7% | Hot 3 - 5% |
|--------------|--------------------------|---------------|--------------------------|-----------------|---------------|
| Allspice | Chile | Cacao | Basil (pugent/bitter) | Chives | Black pepper |
| Almond | Lemongrass | Fenugreek | Bay leaf (pugent/bitter) | Citrus peel | Chile |
| Aniseed | | Turmeric | Caraway (sweet/pungent) | Clove | Garlic |
| Cinnamon | | | Cardamom (sweet/bitter) | Cumin | Horseradish |
| Coriander | | | Mint (pungent) | Dill | Mustard seed |
| Fennel seed | | | Parsley (bitter/pungent) | Garlic | Wasabi |
| Nutmeg | | | Saffron (sweet/pungent) | Ginger | |
| Start anise | | | | Marjoram | |
| Tarragon | | | | Onions | |
| Vanilla | | | | Oregano | |
| | | | | Rosemary | |
| | | | | Sage | |
| | | | | Tarragon | |
| | | | | Thyme | |

To balance energy, every meal should include a combination of all five flavors or tastes: sweet, pungent, sour, bitter, and salty. Spice blends are called blends because they balance flavors in harmonious unity where no one flavor dominates. So to help you get started on your blending journey, I this table shows each spice's taste and the percent you should use so the blend is balanced. The table places each spice into one of 6 categories: sweet, pungent, sour, bitter, salty, and hot. Hot is not a taste, but I added the category so you can see what spices are hot. A lot of people can not handle heat so consider that when making a blend.

****Note: I created the category "strong" for spices which flavor is so strong that you need to put less than the flavor it belongs to achieve balance (these are exceptions).*