

Tasting Notes

Experimenting with food while adjusting to taste changes

Tips for patients dealing with taste changes

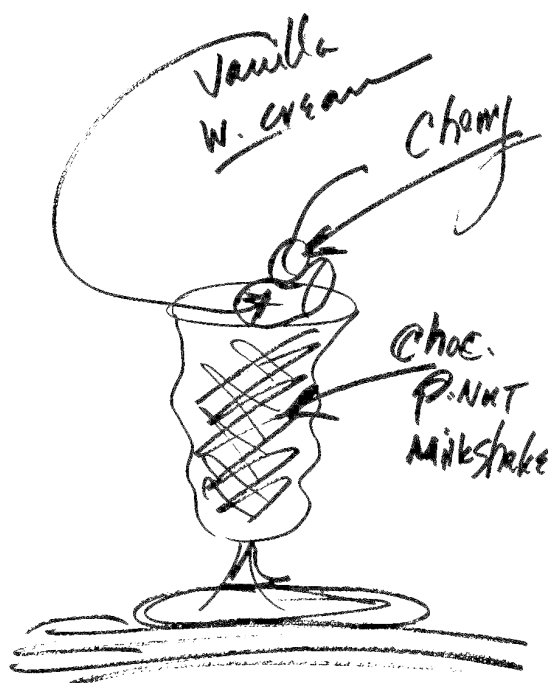
Think about printing this page and hanging it on your fridge for easy reference!

- Eat smaller, more frequent meals
- Blend your foods: smoothies, soups, avoid coarse textures
- Pack in the calories with things like oils, avocados, nut butters
- Never stop seasoning:
 - Play with sweeteners, salt, and spices
 - Use bold flavors, like lemons and vinegar
 - Explore different temperatures and sensations, like tingling and cooling
- Shift the focus to other senses, like smell
- Layer flavors and textures
- Experiment to find the foods that work for you
- Never stop trying, even with foods you haven't liked in the past
- When eating out, remember to speak up about how you want your food prepared, so that it's enjoyable for you
- When eating out, look for smooth or blended foods, or high acidity dishes
- Try plastic utensils if you have a metallic taste in your mouth
- Try using a straw for shakes
- Use oral rinses or vitamin supplements to help manage ability to taste
 - Ask your doctor what options might be right for you
- Consume protein with each meal
- Ask for support from your friends and family
- Seek guidance from a medical professional like a dietician

“Understand that you’ve earned whatever you need to do by going through the fight of cancer... So be communicative, be open, be transparent, and then try to enjoy when you can.” - Chef Grant Achatz

Grand Slam Milkshake

Vanilla-scented whipped cream, cherry



INGREDIENTS:

1 pint chocolate ice cream

½ cup milk, or more as needed to adjust consistency

⅓ cup peanut butter

⅓ cup of chocolate sauce

Whipped cream

Maraschino cherries

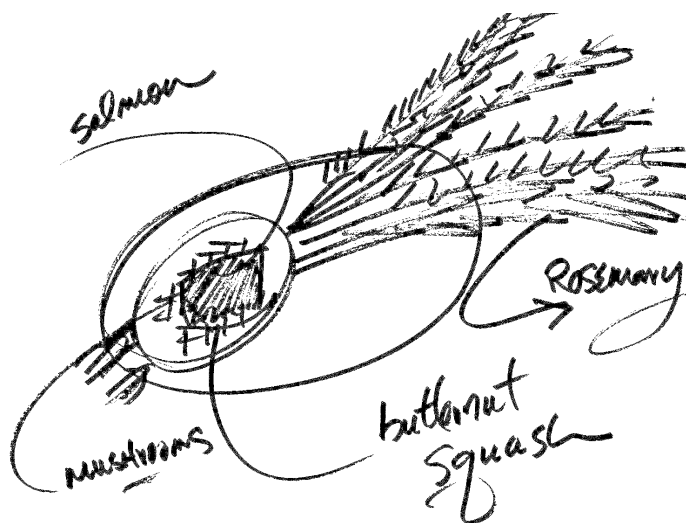
METHOD:

- 1) Combine ice cream, milk, peanut butter and chocolate sauce in a blender and blend on medium until smooth. You can adjust the consistency to your preference. If you like it thinner add more milk while blending.
- 2) Using a spatula to help, pour out the shake into a chilled glass.
- 3) Top with a dollop of whipped cream.
- 4) Put a cherry on top!

Tasting Note: experiment with different ice creams, nut butters, and toppings combinations!

Seared Atlantic Salmon

Mushrooms, honey glazed squash, rosemary aroma



The Mushrooms

INGREDIENTS:

8 oz package of a mixed variety of mushrooms, or a single type like white button, oyster, or shiitake

1 tablespoon minced garlic

1 package of thyme

Salt and black pepper

½ cup water

4 tablespoons oil

⅓ stick of butter

METHOD:

- 1) Submerge the mushrooms in a water-filled bowl for 5 minutes.
- 2) Remove from the water and place on a paper towel-lined plate to drain.
- 3) If the mushrooms are whole, cut them into ¼" wide strips.
- 4) Tightly roll a piece of medium size piece of aluminum foil into a ½" wide strip.
- 5) Bunch the thyme together at one end and tightly wrap the foil around the thyme. Pinch the foil firmly so the thyme does not come apart during cooking.
- 6) In a medium-sized pot add the oil and place it over medium-high heat.
- 7) Add the mushrooms, garlic, and thyme and stir occasionally for 5 minutes.
- 8) Lower the heat to medium, add the water and the butter, and continue to cook until there is about ½ cup of liquid remaining.
- 9) Season liberally with salt and black pepper.
- 10) Turn the heat down to low to keep warm.

The Squash

INGREDIENTS:

16 oz package of butternut squash cubes

2 tablespoons oil

4 tablespoons butter

1 tablespoon minced garlic

8 oz diced onions

3 oz honey

8 oz smoked bacon

1 tablespoon ground cinnamon

1 teaspoon ground nutmeg

Salt and pepper to taste

METHOD:

- 1) Place a large nonstick sauté pan over medium heat.
- 2) Separate the bacon strips and place them on the pan spread out.
- 3) Cook until the bacon starts to turn brown and get crispy on the edges, flipping as needed.
- 4) Transfer the bacon to a cutting board leaving the fat in the pan. Chop the bacon coarsely.
- 5) Return the pan to the burner and raise it to high heat.
- 6) Add the oil, squash, butter, and onion.
- 7) Cook for about 7 minutes before stirring. The squash will start to caramelize on the bottom, stir the mixture as little as possible while still allowing for other sides of the squash to become light brown.
- 8) Add the spices, garlic, honey, bacon pieces, and salt and pepper.
- 9) Continue the cooking process until the squash becomes tender but not mushy; set aside.

The Salmon

INGREDIENTS:

2 each, 6 oz pieces of salmon

4 tablespoons oil

Salt and pepper to taste

METHOD:

- 1) Season both sides of the salmon liberally with salt and pepper.
- 2) Place a medium-sized nonstick pan over medium-high heat and add the oil.
- 3) Carefully place the salmon in the pan and turn the heat down to medium-low.
- 4) Sauté the salmon for 5 minutes, carefully turn it over sautéing another 5 minutes.
- 5) Remove the salmon from the pan and let it rest on a paper towel-lined plate.

To Serve

YOU NEED:

2 large shallow bowls

2 medium bowls

1 large teapot of simmering water

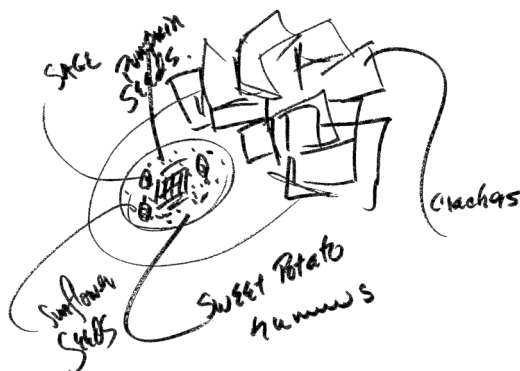
½ pound of rosemary

METHOD:

- 1) Spread the rosemary evenly in the two large bowls.
- 2) Place the medium bowl directly on top of the rosemary.
- 3) Spoon a small pile of the squash into the middle of the medium bowl.
- 4) Spoon the mushrooms over the squash making sure to get some of the liquid in each bowl. This is the sauce.
- 5) Place a salmon piece on top of the vegetables.
- 6) Place the bowls in front of each guest and carefully pour the hot water from the teapot into the large bowl with the rosemary.

Smoked and Spicy Sweet Potato Hummus

Crackers, sunflower seeds, sage



INGREDIENTS:

3 sweet potatoes

1 (15-oz) can garbanzo beans, drained (reserve liquid) and rinsed

2 tablespoons extra virgin olive oil

2 tablespoons tahini

2 tablespoons lemon juice

½ teaspoon lemon zest

¼ teaspoon ground cumin

¼ teaspoon ground coriander

¼ teaspoon ground white pepper

Salt to taste

METHOD:

- 1) Preheat the oven to 400 degrees F.
- 2) Poke holes all over sweet potatoes with a fork.
- 3) Roast sweet potatoes in the preheated oven until soft, for about 45 minutes; let cool. Cut sweet potatoes in half lengthwise.
- 4) Combine garbanzo beans and olive oil in a blender and pulse several times to mash.
- 5) Scoop the flesh out of sweet potato peels and add to the food processor, pulse to combine.
- 6) Add tahini, lemon juice, lemon zest, cumin, coriander, white pepper, and salt to the mixture.
- 7) Process until smooth, adding reserved garbanzo bean liquid as needed to make a smooth, creamy hummus.

To Serve:

YOU NEED:

2 oz chopped pecans or your favorite nut

2 oz sunflower kernels or seeds

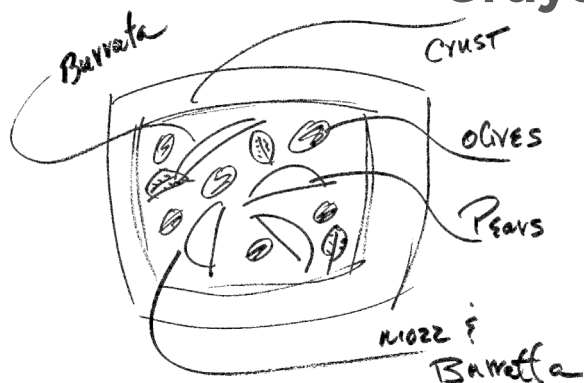
2 oz of fresh sage, leaves picked

METHOD:

- 1) Spoon hummus in a medium-sized bowl.
- 2) Sprinkle the top with sage leaves, sunflower seeds, and pecans.
- 3) Serve with your favorite crackers or pita bread.

Puff Pastry Pizza

Gruyère, olives, pear

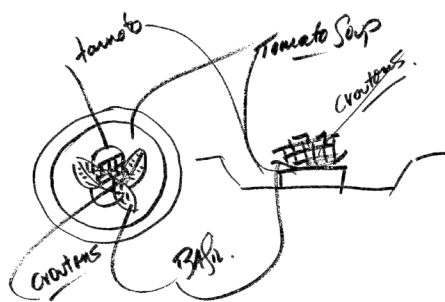


INGREDIENTS:

- 8 oz gruyère cheese, grated
- 8 oz fresh mozzarella, sliced ¼" thick
- 1 (17.5-oz) package of frozen puff pastry, thawed in the refrigerator
- 1 (14-oz) jar pizza sauce
- 5 oz pitted black olives
- 2 oz fresh basil, leaves torn into pieces
- 1 pear, cut into slices

METHOD:

- 1) Preheat the oven to 425 degrees F.
- 2) Gather all ingredients and a nonstick cookie sheet; you'll have to work quickly once the puff pastry is out of the fridge.
- 3) Remove the puff pastry from the fridge. Very gently unfold the sheet onto a cutting board. Press the pastry back together if it cracks.
- 4) Slice into 6 squares and place them 1 ½ to 2 inches apart on a nonstick cookie sheet.
- 5) Spread the tomato sauce evenly and thinly over the puff pastry leaving a ½" border around the edges.
- 6) Evenly sprinkle the cheese, olives and pear slices over the top.
- 7) Bake in the preheated oven until puffed and golden, for about 15 minutes.
- 8) Remove from the oven, allow it to cool slightly, and sprinkle with basil.
- 9) Arrange pizza on a platter.



Tomato Soup

INGREDIENTS:

- 4 tablespoons unsalted butter
- ½ large onion, cut into large wedges
- 1 (28-oz) can of tomatoes, preferably whole peeled tomatoes or crushed
- 1 ½ cups water, low-sodium vegetable stock, or chicken stock
- ½ teaspoon fine sea salt, or more to taste

METHOD:

- 1) Melt the butter over medium heat in a Dutch oven or large saucepan.
- 2) Add onion wedges, water, tomatoes with their juices, and ½ teaspoon of salt.
- 3) Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.
- 4) Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth; some texture is nice. An immersion blender does make a quick work of this, or you can use a blender.