

**food**  
network

**magazine**



FUN WITH  
CORN  
ON THE  
COB!

# ALL-AMERICAN COOKOUT!

## SO EASY! COOL SUMMER DESSERTS

LIKE THESE MIX-AND-MATCH  
ICE CREAM SANDWICHES

**109** NEW  
RECIPES

## SUMMER SIDES!

- CRAB-STUFFED ZUCCHINI
- GRILLED ROMAINE
- WATERMELON-TOMATO SALAD

PULL-OUT BOOKLET:  
**50** GRILLED  
STEAKS



GUY'S CAMPFIRE DINNER



JULY/AUG 2014 \$4.50



# Know It All: Umami

Everyone's talking about the "fifth taste." Here's a primer.

**Even if** you're not sure what *umami* means, it's a safe bet that you're experiencing it—in Caesar salad, in fries with ketchup, in miso soup. Technically, umami is the "fifth taste," along with sweet, salty, bitter and sour. It's often described as the intensely savory quality in foods like parmesan cheese and soy sauce. In 1908, Japanese scientist Kikunae Ikeda discovered that certain foods have high levels of glutamate, a naturally occurring amino acid. He called this trait umami, which roughly translates to "deliciousness." Now, more than 100 years later, food lovers can't stop talking about it.

## UMAMI ON A BUN

Umami Burger, the fast-growing Los Angeles-born chain, designed its famous burger around the fifth taste:

The U on the bun is edible seaweed-based ink.

Oven-roasted tomatoes

Sautéed shiitake mushrooms

6-ounce steak patty sprinkled with Umami Dust of seaweed, mushroom powder and other ingredients

Umami Ketchup with a hint of truffle

Caramelized onions

Parmesan crisp

Umami sauce made with tamari and miso



### UMAMI METER

Foods with high glutamate levels are high on the umami scale. Here's how some foods stack up:



Parmesan cheese  
1,200 mg



Soy sauce  
700 mg



Green tea  
666 mg



Cured ham  
337 mg



Tomatoes  
246 mg



Scallops  
159 mg



Oysters  
137 mg



Potatoes  
102 mg



Eggs  
100 mg



Cheddar cheese  
78 mg



Soybeans  
66 mg



Carrots  
33 mg

AMOUNT PER 100 GRAMS.

SOURCE: UMAMI INFORMATION CENTER

## THE QUICK HIT

These products are designed to give dishes instant umami; they're made with ingredients like tomato paste, shiitake mushrooms and "seafood essences."



Tanita Harvest's  
Umami Chile Salsa  
\$9 for 9 ounces;  
asianfoodgrocer.com



Sarayo Sauce  
\$4 for  
11.8 ounces;  
sarayosauce.com



Fifth Food's Takii  
Umami Powder  
\$10 for 3.5 ounces;  
amazon.com



Taste No. 5  
Umami Paste  
\$7 for 2.46 ounces;  
surfatable.com



Umami Spray  
\$15 for  
5 ounces;  
umami.com