

1) Work in groups of three. Discuss the questions.

- 1 Which food aromas do you really like?
- 2 Which food products have a smell that you can't stand?
- 3 Which is more important for enjoying food, its taste or smell?

2) Read the part of the text in bold to check if your answer to question 3 above is correct.

When we describe a meal as tasty, we are actually mostly talking about its aroma, not flavour. Our tongue has about 9,000 taste buds while there are between 5 to 10 million cells absorbing aromas in the nose. As a result, we are able to distinguish more than 10,000 different smells and 80% of our eating experience is determined by fragrances. That's why if you have a bad cold, everything seems tasteless. Apparently, both senses are indispensable for us to enjoy distinctive food flavours.

Each food product has hundreds of flavour compounds also known as molecules. Only some of them are strong enough to be smelled. Using this knowledge, scientists have discovered ways of predicting which ingredients should be put together to create mouth-watering delicacies. Would you believe that a strawberry and pea salad is the most delicious starter on restaurant menus? How about a red pepper and strawberry chocolate praline winning an international medal?

In the early nineties, Heston Blumenthal, a British chef whose restaurants won multiple Michelin stars, and owns a restaurant which was once chosen as the best restaurant in the world, called *The Fat Duck*, was busy making dark chocolate taste less bitter by adding salty ingredients such as ham, anchovies, cheese and caviar. After tasting the combination of chocolate and caviar, he was surprised by how perfectly they matched. He asked a colleague to analyse the flavour molecules of the two ingredients. They found that chocolate and caviar have major flavour compounds in common. At that moment, they formed their hypothesis: if two or more ingredients share the same major flavour compounds, they could be combined in a meal or drink and they would taste delicious together, however odd the combination might seem.

This hypothesis has led to a scientific trend called *Foodpairing®*. It is a method of analysing food products in order to determine which of them go well together. The Foodpairing® process starts with analysing the flavour of a product. Once the major flavour components of a product have been singled out, they are compared to a database of several hundreds of other food and drink types. Products with similar flavour molecules are matched. The results are then represented graphically on a Foodpairing® tree, a diagram showing chefs and foodies which ingredients create tasty combination with the product in question. 'Foodpairing® is to ingredients what the thesaurus is to words – a source of inspiration allowing creative chefs to unlock brand new, potential combinations of flavors', says Emmanuel Stroobant, a talented chef who uses Foodpairing® in his successful restaurant in Singapore. 'There is a whole new world of flavour combinations out there', adds Heston Blumenthal.



3) EXAM TASK Read the text in 2 and choose the correct answers.

- 1 When you have a cold, you can hardly enjoy the taste of food
 - a because 80% of your eating experience is determined by flavours.
 - b because each food ingredient has plenty of flavour molecules.
 - c despite the fact that your sense of smell is limited.
 - d because your sense of smell is limited.
- 2 Scientists have found out
 - a that the strongest flavour compounds in food have no fragrance.
 - b that we have more taste buds than cells which recognise smells.
 - c how to identify ingredients that work together the best.
 - d how to create recipes for the best-selling dishes at Michelin restaurants.
- 3 Heston Blumenthal and one of his colleagues are responsible for
 - a discovering a rule which made Foodpairing® popular among scientists.
 - b collecting the database for food flavour profiles.
 - c creating the first Foodpairing® tree.
 - d running a world-famous restaurant awarded Michelin stars.
- 4 Foodpairing® trees
 - a are created by chefs and foodies who match random flavours.
 - b always give a flavour profile of a single food product.
 - c show how a single ingredient can be successfully combined with other food products.
 - d present the stages of the Foodpairing® process.
- 5 Emmanuel Stroobant approaches Foodpairing® with
 - a criticism.
 - b indifference.
 - c enthusiasm.
 - d anxiety.

4) Work in groups. Discuss the most extraordinary flavour combinations you've had a chance to try in your life.