

GREAT TASTE WITH LESS SALT

TIPS AND TRICKS STRAIGHT FROM OUR CHEFS

Here at Unilever we have 286 chefs. They're a creative bunch, professionally trained to the highest standard, and vastly experienced thanks to time spent in real kitchens – many of them in highly awarded restaurants. Our Chefs at Unilever are experts in balancing ingredients, helping consumers prepare great tasting meals with less salt.

Not only are our chefs full of passion they're also full of great kitchen advice! Here's a few of their tips on how to create great tasting with less salt just by choosing the right ingredients and using some simple techniques.



EINAV



LUIGI



IGOR



WENDY



SIFSO

CHOOSING INGREDIENTS

For potatoes use margarine with herbs, pepper or spices to intensify the taste

CARBOHYDRATE (potato, rice, pasta)



COOKING TECHNIQUES

Make pasta more flavoursome by seasoning with herbs (basil), spices (chilli)

For great tasting potatoes use mayonnaise as a marinade Cooking techniques

For great tasting rice cook with roasted onions and garlic/herbs

To intensify taste the taste of potatoes bake them in the oven

HERBS & SPICES



Herbs give brightness to a dish and minimize the need to use other enhancers

Add Sichuan pepper to give another sensation

Use a combination of gentle herbs in your base to create a generic taste

Use a mix of spices to add complexity

Use herbs and spices to add flavour instead of salt

FLAVOUR WHEEL

SWEETNESS
Mango
Lychee
Banana
Papaya
Carrot
Onion

SOURNESS
Wine
Lemon
Lime
Mustard
Vinegar

SAVOURY
Tomatoes
Dry shitakes
Mushrooms
Aged Cheeses

HOT
Black Pepper
Chilli Peppers
Cayenne

BITTERNESS
Thyme
Rosemary
Marjoram
Basil
Celery

BEANS & PULSES



COOKING TECHNIQUES

Drain and rinse all tinned products (beans, lentils and pulses)

CHOOSING INGREDIENTS

Cook beans and pulses with onion and garlic and add herbs and spices

Cook pulses with roasted meat/ bone to add taste and richness

CHOOSING INGREDIENTS

Use herbs and spices when cooking meat to help to intensive taste, i.e. thyme and rosemary for roast meat

PROTEIN (meat, chicken, fish, soya)



COOKING TECHNIQUES

Brown the meat to caramelise

Mayonnaise and other dressings can also be used as a marinade; you don't need to add extra salt

Add dill, chives, onion and wine/lemon when steaming or poaching fish for a great flavour

Marinades and rubs boost the flavour and reduce the need for salt

CONDIMENTS



Mustard creates a strong flavour, it does contain some salt so no additional salt is required

Soy sauce (reduced salt sauce if available) and fish sauce add strong, complex flavours. They do contain high levels of salt so need to be used sparingly and no additional salt is required in the dish

CHOOSING INGREDIENTS

Use combination of aromatic and sweet vegetables like onions and carrots.

FRUIT & VEGETABLES



COOKING TECHNIQUES

Roasting vegetables will concentrate their flavour for more impact

Be careful not to overcook vegetables to dilute taste

Combine different salads leaves and herbs to create interesting contrasts (basil, rocket and lettuce)

Use margarine as vegetable topping to add flavour and to make the vegetables look attractive

PACKET SEASONINGS & BOUILLION



Seasonings can be used as a more flavoursome alternative to salt in dishes such as stir-fries

Bouillon cubes can be used to season cooking water for carbohydrates instead of salt

ROOTS (garlic, onion, ginger)



Herb roots (e.g. coriander) provide a savoury taste without the perfumed note of their leaves

Create a base (garlic, onion) by sautéing over a low heat for longer to get greater flavours

Experiment with fennels to add liquorice/sweet note

GENERAL COOKING TIPS



When using seasoning add a small amount early on when cooking, which means you will need to use less later on

Coating and then oven baking adds texture and flavour

Add a delicious, smoky note to your dishes by stir frying

Slow cook to create a rich, intense and balanced taste

VINEGAR & WINE



The sourness of wine, lemon or vinegar adds a depth of flavour

Balsamic vinegar enhances sourness/ sweetness.

Reduced Wine (50%) is a great finisher for sauces



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