

Flavor – What is it?

Pleasant for Body and Soul



It was a simple matter for the Greeks: Flavor meant spice. Today, things are no longer quite so simple. Nowadays, this term has at least three meanings: First of all, it means the pleasant, natural taste of the food, like fresh strawberries or rosemary – regardless of whether flavored or not. Sometimes, the full flavor doesn't develop without human intervention. Like chopping up onions or garlic. Or by specially treating a food, such as heating it in the case of roasted coffee beans, cakes, bread or meat.

Flavors are complex blends. In addition to numerous flavor-producing components, technical considerations also dictate that they contain further substances, e.g. carriers or solvents to afford simpler handling when used in foods.

These kinds of flavors are employed in soft drinks, sweets, soups and snacks. As well as in foodstuffs that are used as cooking ingredients, e.g. crème fraîche.

A general distinction is made between natural, nature-identical and artificial flavor compounds. Natural flavor compounds are substances that are obtained exclusively from suitable natural raw materials of vegetable or animal origin through either physical or enzymatic processes. Nature-identical flavor compounds are substances that are obtained from natural substances with the aid of chemical synthesis or isolation involving chemical processes for example. Artificial flavor compounds, on the other hand, are produced through chemical synthesis. They do not occur in nature in this form.

But regardless of how the term flavor is employed, it almost always means something very pleasant. For nose, tongue and palate, as well as for body and soul.