

Words to Describe Flavor

PLANT-BASED PROFESSIONAL CERTIFICATION

- **Acidic:** A sharp sour or tart taste. Examples: citrus, vinegar
- **Acrid:** Sharp, stinging or biting to the taste; irritating. Examples: horseradish, wasabi, mature mustard greens, very green bananas, unripe persimmons, coffee.
- **Bitter:** a taste sensation that is particularly acrid or astringent. Examples: unsweetened cocoa, black coffee, mature leafy greens (such as kale or mustard), quinine, tonic water.
- **Bittersweet:** Combination of bitter or tart and sweet flavors. Examples: dark chocolate, pomegranate, grapefruit, kumquats, tamarinds, Granny Smith apples.
- **Briny:** Salty. Examples: pickles, sauerkraut, marinated artichokes, seagreens.
- **Citrusy:** A bright flavor of lemons, limes, oranges, and other citrus fruits.
- **Cooling:** a sensation that mimics cold. Examples: mint, menthol, erythritol.
- **Earthy:** Reminiscent of fresh soil. Examples: root vegetables, mushrooms, red wine.
- **Fiery:** Hot and spicy. Examples: hot peppers, raw garlic, raw ginger
- **Fresh:** Light and crisp. Examples: fresh lettuces, herbs
- **Fruity:** Any taste that reminds one of sweet fruit flavors.
- **Herbal or Herby:** A bright, fresh, sometimes earthy taste of herbs.
- **Honeyed:** A sweet or candied taste that reminds one of honey.
- **Nutty:** A flavor similar to nuts, like aged cheese, nutritional yeast, wild mushrooms.
- **Rich:** A full, heavy flavor.
- **Robust:** Rich and earthy. Often used to describe wines or aged liquors.
- **Sharp:** Harsh, bitter, or tart. Often used to describe acidic foods.
- **Smoky:** A taste reminiscent of the smell of smoke.
- **Sour:** Very tart. Examples: lemon or lime juice, vinegar
- **Spicy:** A burning sensation from hot spices. Examples: hot peppers, fresh ginger, garlic
- **Sweet:** A sugary flavor. Examples: most fruits, cakes, candy, etc.
- **Tangy:** Pleasantly tart and tingly in the mouth. Examples: mandarins,
- **Tart:** A sharp, sour flavor. Often used to describe acidic foods.
- **Yeasty:** An earthy taste reminiscent of yeast. Examples: beer and breads.
- **Woody:** Earthy and nutty. Examples: coffees, wild mushrooms, or cheeses.
- **Zesty:** A fresh, vivid, tangy or invigorating burst of flavor. Citrus “zest” is the outermost part of a citrus fruit peel and is often added to various recipes to create a zesty flavor.

Words to Describe Texture

PLANT-BASED PROFESSIONAL CERTIFICATION

- **Airy:** Light and pillowy. Examples: meringue, gnocchi, biscuits, pumpkin cookies
- **Chewy:** Foods that require much chewing due to a heavy, fibrous, dense, or sticky consistency. Examples: raw greens, nuts, oatmeal cookies, cooked whole grains
- **Creamy:** Smooth and rich feeling in the mouth. Examples: hummus, cashew bechamel, pumpkin pie, pudding, mac and cheese, silken tofu
- **Crispy:** Light and delectable with a slightly crunchy exterior. Examples: potato chips, lightly toasted bread, graham crackers.
- **Crumbly:** Loosely structured food that falls apart into crumbs. Examples: cornbread, coffee cake, streusel topping, cookies.
- **Crunchy:** Firm and crisp texture that makes a “crunch” noise when bitten. Examples: apples, tortilla chips, raw carrots, cucumbers, crostini.
- **Crusty:** Food with a firm outer layer and soft interior. Examples: sourdough bread, baguettes, breaded deep fried foods.
- **Delicate:** A light, fine texture that may come apart easily. Example: lace cookies, croissants, madeleines
- **Doughy:** soft and heavy. Examples: steamed or simmered dumplings, soft doughnuts, underdone breads or cookies.
- **Flaky:** A light texture, with thin layers that flake off when eaten. Examples: pie crust, American biscuits, baklava, croissant, strudel.
- **Fluffy:** A light and airy texture. Example: meringue, marshmallows, whipped cream
- **Gooey:** Viscous, sometimes sticky texture. Examples: peanut butter and jelly sandwich, caramel, soufflés, melted chocolate, bread pudding.
- **Hearty:** A firm, robust texture. Examples: roasted portobellos, lentils, stews, beans
- **Juicy:** A solid food that contains a lot of moisture. Examples: fresh orange segments, berries, stone fruit, tomato.
- **Melt-in-your-mouth:** Food that seems to dissolve in the mouth. Examples: soft cakes, crackers, shortbread, sugar cookies, candy truffles.
- **Silky:** A fine, smooth texture characterized by a sleek feel in the mouth. Examples: custard, light gravy.
- **Sticky:** Gummy, tacky or gluey to touch or taste, usually from high sugar content. Examples: honey, syrups, taffy, caramels, hard candy.
- **Smooth:** Consistent in texture without lumps, bumps, grit or indentations. Examples: gravy, pureed foods, custard, pudding, gels.
- **Tender:** Soft texture, easy to chew. Examples: braised kale or collards, baked tofu
- **Velvety:** A smooth and rich texture. Examples: cream sauces, chocolate mousse.