

5 Lemons  
3/8/12

## **Some Like It Hot, But Some Don't**

You're trying a new recipe and give one last taste. Next thing your doing is grabbing a glass of water and chugging it down. You like hot, but this is ridiculous! I've done this a number of times myself. I've also made it too salty, too sweet, too bitter, and any combination of those.

So, how can you remedy the problem? First think of what the problem is. If it's too hot, then you need to add something cooling; too sweet, then sour; too sour, then sweet; too bitter, then sweet or sour. Usually if you look at the opposite of what the problem is you find a cure. Salt can also be used in some instances, especially with sweet, sour, and bitter.

Dilution is an option, as well. If you can add more of something to cut whatever is too strong that can help. One big problem we have in the spring is that we put too many bitter greens in our smoothies. If we do so, depending on the type of bitter or how strong it is, we'll dilute it with something non-bitter like spinach or some tomato juice, or we'll add a little sweet, sour, or a touch more salt.

Just don't go overboard on the remedy or you'll have an even bigger mess on your hands. Add a little at a time, see if it's creating the effect you want. If not grab one of the other remedies. In all the years I've been cooking, I've only made one dish we actually threw out. I've always been able to salvage it. It may not have been our most favorite dish, but at least it was edible. Every once in awhile the fix works so well that it becomes something we repeat.

So, don't despair. If you make a mistake there are ways to fix it. I'd love to hear your stories of how you repaired something that appeared to be inedible. All of us can always use more tips on creating delicious meals, even when we mess up.