



*The Art of Flavour  
from Meniere's Support  
No.1*

*Your taste, your brain and a lemon*

Followers of our *Spice Road Spices, Epicurean Post* emails will have been aware of our passion to explore the art of salt free flavour.

Noting this it followed that Anne Elias from Meniere's Support suggested we present a series of short articles on great flavours in food, without the need of salt.

And importantly to offer Meniere's Support readers the opportunity to create and develop a love of great food and home cheffing.

Anne mentioned that there is nothing more calming and rewarding than quietly preparing a favourite recipe in your kitchen. We agree!

We thought the obvious start for this flavour journey should be Lemon. Lemon provides a fresh magic in all recipes of course but particularly when replacing salt.

*The Magic*

First consider the magic when lemon or citrus replaces salt.

Both lemons and salt work in a similar manner on your tongue with the simple salt and sour (lemon) receptors depending solely on the tongue's ions. That is, sodium for salt and hydrogen for acidity or in our case, citrus.

The magic continues. Both saltiness and acidity lead to an increase in salivation, making food more mouthwatering. Most desirable.

And given that tasting depends on saliva's power as a solvent, the presence of saliva on

your tongue is necessary for your taste and therefore, your brain to recognise flavour.

Drawing from the above, we can conclude that introducing the dominance of a dash of lemon juice or lemon zest will alert your tongue and therefore brain that this replaces or reduces the need for salt.

At the same time freshening and highlighting the flavours of food. Even more desirable.

Clearly, all this will take a little time but when worked in harmony with a range of the Spices that we will discuss in future issues, you really can replace salt in your diet and enjoy great food from your kitchen.

Take care everybody

Arthur Huxley

*Spice Road Spices*

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## *Recipe*

*"Pan Seared, Spiced Chicken with Lemon, Creme Fraiche and Ginger"*

*Salt Free*

For the full recipe click:

<https://www.spiceroadspices.com.au/recipes/pan-seared-spiced-chicken-with-creme-fraiche-lemon-and-mint-salt-free>

