

Ingredient of the Month

UMAMI



Umami or savory taste is one of the five basic tastes (along with sweetness, sourness, bitterness, and saltiness). It can be described as a pleasant “brothy” or “meaty” taste. Umami has a mild but lasting aftertaste associated with salivation and a sensation of furriness on the tongue, stimulating the throat, the roof and the back of the mouth. Umami substances have been considered to be “flavor enhancers.” Umami occurs in many foods naturally or after cooking, aging, or fermentation. Foods rich in umami include cheese, seaweed, dried fish and mushrooms.

Civilizations have been concentrating an umami taste in their foods for hundreds of years. However, umami was first scientifically identified in 1906 by Kikunae Ikeda, a professor of the Tokyo Imperial University. He found that glutamate (a non-essential amino acid) was responsible for the palatability of the broth from kombu seaweed. He noticed that the taste of kombu dashi was distinct from sweet, sour, bitter, and salty and named it umami. Ikeda learned how to produce glutamate in industrial quantities and patented the notorious flavor enhancer MSG (monosodium glutamate). Scientists had debated whether umami was a basic taste since its discovery. However, in the year 2000, umami was found to have its own receptors rather than arising out of a combination of the traditionally recognized taste receptors, and therefore scientists now consider umami to be a distinct independent taste.

R.L. Schreiber's Umami Base

A concentrated brick red all-purpose viscous smooth paste imparting balanced flavor – boosting savory notes that add intrigue to any dish. R.L. Schreiber's Umami Base brings out the savories of protein from meat, fish, dairy and vegetables. R.L. Schreiber's Umami Base contains:

- No added MSG
- Gluten-Free
- Vegan
- Free of any big 8 allergens: Milk, Soy, Wheat, Tree Nuts, Eggs, Fish, Shellfish, Peanuts
- No artificial flavors or colors
- Zero Fat
- Zero Cholesterol

Umami Base Culinary Uses

- Brush on beef, poultry, pork, tofu, seafood, veggies, or any protein.
- Add to soups, stews, stocks, broths, chilis, purées, marinades, rubs, glazes, pasta, and grains.
- Enhance your salads with Umami croutons.
- Pair Umami Base with dips and spreads. Use it in sour cream, mayo, cream cheese, dressings, or create a compound butter to add a secret ingredient profile.
- Mix into sauces such as bolognese, mushroom sauce, Neapolitan pizza sauce, barbecue sauce, port sauce, or red wine sauce.
- Blend a teaspoonful of Umami Base in your regular ketchup and dipping sauces too.

Interesting Facts About Umami

- The name umami can be translated as “pleasant taste” in Japanese.
- This fifth taste is referred to as xianwei in Chinese cooking.
- The ancient Romans made an umami-rich fermented fish sauce called garum.



About R.L. Schreiber

R.L. Schreiber, Inc. is a third-generation owned-and-operated family business manufacturing and distributing flavor solutions to the foodservice industry. Passionately crafting superior quality flavor and soup bases, gravies, stocks & broths, seasonings, herbs, spices, and custom blends, R.L. Schreiber is known as the Gold Standard for distinctive culinary creations. For over 52 years, their excellence in service is displayed through their nationwide local Independent Purveyor network by personally delivering products with customized delivery options in their fully-stocked mobile ingredient warehouses, providing free samples, rotating inventory, offering flavor advice, no minimum orders, no hidden fees, and building lasting relationships. R.L. Schreiber occupies a state-of-the-art 125,000 square foot FDA/USDA-inspected SQF Certified facility that focuses on food safety, product consistency, and innovative research & development of over 1,000 flavor products. Our mission is simple—to provide customers with unsurpassed quality products and personalized distribution services, and partner in their success. R.L. Schreiber is The Reason to Season.®

