

# Fluvanna County Public Library

## Spice of the Month Club

### \*\*Umami Seasoning Blend

#### Flavor Profile: Savory flavor

Umami is a savory flavor, found in meats and broths, and also in mushrooms and onions. Umami is one of the 5 basic tastes, which also include sweet, salty, sour and bitter. The word umami translates to “essence of deliciousness.” Almost everyone loves the deep savory flavor in soups and stews, the taste of aged parmesan, and the way slow-cured ham lingers on the palate. What ties all these foods together is they are rich in umami.

The name umami was coined by a Japanese chemist, Kikunae Ikeda, who noticed a particular taste in asparagus, cheese, meat and especially in dashi – a Japanese stock made from kombu (kelp). After further investigations into kombu, he eventually identified glutamate – an amino acid – as the source of that savory flavor.



Glutamates, the salts of glutamic acids, are present in most foods (fish, plants, meat) and when the organic matter of those foods breaks down (cooking, fermenting, drying), these glutamates get condensed and the flavor of that food is intensified (specifically the salty profile). It’s hard to describe the umami flavor as it doesn’t have a strong characteristic like salty or sweet tastes. Instead, it’s the balanced combination of all tastes with no particular one standing out, except for maybe salt.

It’s savory, tasty, and something you want to have more of. Think of the crusty bits, caramelized bits of roasted chicken or grilled cheese, mushrooms, crispy bacon, miso soup, ramens, and salty broths.

Ikeda then learned how to produce that flavor synthetically and that is how we got MSG. Naturally occurring glutamate, which gives umami its flavor profile, is harmless and if you know which foods have it, you can use it to give your dishes more of that extra fifth taste.

#### Umami Seasoning (16 Tablespoons)

- 1 ounce dried mushrooms
  - ¼ cup granulated onion or onion powder
  - 2 Tablespoons ground mustard powder
  - 1 Tablespoon salt
  - 1 tsp. crushed red pepper flakes
  - 1 tsp. black pepper
  - 1 tsp. dried thyme
1. Add the dried mushrooms to a high-powered blender, spice grinder or food processor and blend for 5-10 seconds, or until it turns into a fine powder.
  2. Add the granulated onion, mustard powder, salt, red pepper flakes, black pepper and thyme to a bowl with the mushroom powder.
  3. Stir to combine all of the ingredients.

4. Cover and store in an airtight container in the pantry for up to 6 months.
5. \*Substitute 6 Tablespoons nutritional yeast + 2 Tablespoons garlic powder instead of dried mushrooms.
6. \*NOTE: 1 ounce of dried mushrooms equals ½ cup finely ground mushrooms.

<https://bowlsarethenewplates.com/umami-seasoning/>

Umami is as versatile as they come. Here are some suggested ways to use it:

- Sprinkled on avocado toast.
- Add extra flavor to Breakfast bowls.
- Mix into scrambled eggs or an omelet.
- Season potatoes before roasting, baking or air frying.
- Add to salad dressings.
- Sprinkle over popcorn, instead of salt.
- Toss sweet potatoes in it before roasting them.
- Season veggies such as zucchini, carrots, broccoli, asparagus, Brussels sprouts or green beans.
- Give fish like salmon a little something extra.
- Make a compound butter with the seasoning.
- Stir it into rice or cauliflower rice.
- Include it in casserole recipes.
- Stir into soups and stews.
- Season all kinds of burgers.
- Use as part of your rub or marinade for steam, chicken, or pork.
- Mix it into macaroni and cheese.

## Gluten-Free Ultimate Umami Quiche (8 servings)

### Spaghetti Squash Crust

- 1 spaghetti squash
- ½ tsp. thyme
- Ground black pepper (as much as you'd like)
- 1 egg

### Quiche Filling

- 1 cup diced onion
- 1 tsp. olive oil
- 2 tsp. Umami Seasoning
- 1 bunch of asparagus, diced into ½ inch pieces
- 1 can (13.25 oz.) mushroom pieces & stems drain and rinse
- 1 Tablespoon dried rosemary
- ¼ cup diced pancetta, ham, or bacon (optional)
- 1 cup shredded Swiss cheese
- 3 Tablespoons cottage cheese
- 8 eggs

### Spaghetti Squash Crust

1. Pierce the spaghetti squash about 4 times with a knife and place it in a glass microwave-safe dish that's filled with about 1/3 inch of water. Microwave for 7 minutes, carefully flip it to the other side, and microwave it for another 7 minutes.
2. Remove the spaghetti squash from the microwave (Careful this will be hot!) and then cut the spaghetti squash in half. Remove seeds and any pulp from the center using a fork.



3. Set your oven to 400F degrees.
4. Squeeze out as much liquid as you can from the spaghetti squash over a strainer, and use some paper towels to remove any excess water remaining. Transfer to a bowl.
5. Crack an egg over the dried spaghetti squash, then mix in thyme and black pepper.
6. Push the spaghetti squash up against the pie dish you'd like to serve this in, and bake for 8 minutes.

#### Quiche Directions

7. In a large nonstick skillet set to medium heat, add the olive oil and sauté the yellow onion. Season with 1 tsp. of the umami seasoning and stir until it starts to get a little soft, then set aside.
8. In the same skillet, add the asparagus, drained mushroom pieces, and rosemary. Stir for 5-7 minutes. Remove from stove once the asparagus is slightly softened. Next, take a few paper towels and pat down to soak up any remaining moisture from the vegetables.
9. Set your oven to 375F.
10. In a bowl, whisk the eggs, cottage cheese, and a tsp. of umami seasoning together. Fold in the onion, asparagus, and mushrooms, then add Swiss cheese. If you want to include diced pancetta, ham, or bacon, now is the time to do that too.
11. Once your filling is ready to go, pour that into the crust. Bake for about 45 minutes, until the top looks slightly toasted (Baking times vary depending on the dish size you use and your altitude).

<https://www.eatlikeyoureonvacation.com/gluten-free-ultimate-umami-quiche/>

### Air Fryer French Fries with Umami Seasoning (4 servings)

- 3 large potatoes
- ½ tsp. of salt
- 2-3 Tablespoons of oil
- 1 ½ Tablespoons of umami seasoning



1. Peel potatoes. Remove any eyes that may have grown out.
2. Cut the potatoes into the desired size fries (or 4 inch x 1 inch).
3. Soak them in the water for 30 minutes.
4. Take the potatoes out of the water, dry them with paper towels.
5. Place potatoes in a dry mixing bowl and pour oil over, add salt, and mix until potatoes are coated thoroughly.
6. Preheat the air fryer. Place potatoes in an air fryer basket and cook for 17-20 minutes at 370F. Gently shake the fries a few times in order to cook evenly.
7. Remove fries into clean paper bags, and add umami seasoning, then shake well.

<https://kitsunegolden.com/air-fryer-french-fries-with-umami-seasoning/>

### Umami Turkey Burger

- 1 package (16 oz.) Ground turkey
- ¼ cup minced yellow onion
- 2 tsp. umami seasoning blend
- Olive oil
- 4 Ciabatta rolls (halved lengthwise) or 4 brioche buns



- 4 slices Swiss cheese
- Balsamic glaze and/or yellow mustard, whichever you prefer
- Your favorite crunchy salad greens or microgreens

1. Add onion to a large bowl. Use your hands to break ground turkey into pieces and add to bowl. Sprinkle seasoning evening over meat. Use your hands to gently mix until onion, turkey and seasoning are evenly combined. If using pre-formed ground turkey patties, season both sides of each patty generously and evenly. Cover and refrigerate 20 minutes.
2. Remove turkey from refrigerator. Use your hands to form the meat into 4 patties.
3. Pan-Fry: Heat a large skillet over medium-high heat and add oil to coat the bottom of the skillet. When oil is hot, use a spatula to carefully transfer patties to skillet. Cook 6-8 minutes, undisturbed, until bottom is well-browned and releases easily from the pan. Flip patties, adding more oil to the pan if necessary, and cook another 6-8 minutes, until internal temperature reaches 168F. Transfer to paper towel lined plate, set aside.
4. If you're in a rush, you can skip ahead to assembly. But if you want warmed rolls with melty cheese, turn broiler to high. Place roll halves on a baking sheet. Top half of the rolls with a slice of cheese. Broil for 1-2 minutes to melt cheese (watch carefully to ensure rolls don't burn!). Remove pan from broiler and let cool slightly.
5. If you're in a rush, you can skip ahead to assembly. But if you want warmed rolls with melty cheese, turn broiler to high. Place roll halves on a baking sheet. Top half of the rolls with a slice of cheese. Broil for 1-2 minutes to melt cheese (watch carefully to ensure rolls don't burn!). Remove pan from broiler and let cool slightly.
6. Place burger on the bottom half of the roll with melted cheese, followed by salad greens. Generously spread glaze and mustard on top half of the roll, and place on burger.
7. **Grill:** Preheat grill to medium high. Place seasoned patties on grill and cook, covered, for 6 minutes. Flip burgers and cook, covered, about 6 more minutes or until internal temperature of patties reaches 165°F. Place a slice of cheese on each patty during the last 1-2 minutes of cooking to melt. Remove and let cool slightly before serving.

<https://www.traderjoes.com/home/recipes/umami-turkey-burgers>

## Potato Tot Poutine with Caramelized Onion Gravy

- 1 Tablespoon butter
- 1 medium yellow onion, peeled and thinly sliced
- 1 box turkey flavored gravy
- 1 ½ Tablespoons umami seasoning
- 1 bag potato tots (potato tots)
- 1 package (8 oz.) all natural fresh mozzarella, cut into large dice sized pieces
- 2 Tablespoons sliced green onions, for garnish

1. Heat the oven to 400F. Line a sheet pan with tin foil.
2. In a large 1 quart sauce pan, over medium heat, melt the butter until foaming. Add the sliced onions and cook slowly over medium heat, stirring frequently, until the onions are a deep golden brown.
3. Add the turkey flavored gravy and the umami seasoning and stir to combine. Bring to a simmer. Turn the heat off while you prepare the poutine base.
4. Spread the Tots on the lined sheet pan and place in the oven. Cook for 25 minutes until very crisp, turning at the halfway mark.



- Place half of the tots in an oven-proof dish and scatter with half of the mozzarella. Repeat with remaining tots and remaining mozzarella.
- Bake in the oven for 5-10 minutes, or until the cheese just begins to melt. While the cheese melts, turn the heat back on under the gravy and cook, stirring until hot.
- Remove tots from the oven and ladle the gravy on top. Garnish with green onions and serve immediately.

<https://www.traderjoes.com/home/recipes/potato-tot-poutine-onion-gravy>

## Umami Ground Beef

Umami ground beef can be used on tacos, with gnocchi or in a skillet supper.

- 1 Tablespoon canola oil
- 2 garlic cloves, crushed
- ½ onion, diced
- 1 pound ground beef
- ¼ tsp. kosher salt
- ½ tsp. umami seasoning
- 1 Tablespoon tomato paste
- 1 cup low-sodium beef stock (or water)

- In a skillet combine the canola oil, garlic and onion. Cook over medium-high heat for 5 minutes.
- Increase the heat to high and add the ground beef, salt and umami seasoning. Cook until browned and slightly sticking to the skillet, about 6-8 minutes.
- Reduced the heat to medium-high. Add the tomato paste and brown for 2 to 3 minutes. Stir constantly.
- Add the beef stock to the skillet and deglaze. Bring to a slight boil. Continue to cook until the liquid is reduced and absorbed by the beef, about 4-5 minutes. Stir frequently. Remove from the heat and use the umami ground beef in tacos, pastas, or skillets.



<https://www.dallasnews.com/food/cooking/2019/06/12/try-these-shortcuts-for-adding-umami-to-quick-weeknight-meals/>

## Cauliflower Crack (Perfect Roast Cauliflower)

- 1 head cauliflower
- 1/3 cup coconut aminos or soy sauce
- 3 Tablespoons avocado oil
- 3 Tablespoon Umami seasoning
- 1 tsp. garlic powder
- 1 tsp. onion powder

- Prep the cauliflower: Remove the stem and green leaves from the cauliflower. Slice the cauliflower into 1 inch steaks and then cut into smaller florets. Place on a baking sheet and preheat the oven to 425F.
- Make the rub: In a small bowl, whisk together the remaining ingredients.



3. Bring it all together: Pour the rub over the cauliflower and using your hands massage it into each piece of cauliflower until coated. Bake for 30 minutes.

[https://www.darngoodveggies.com/cauliflower-crack-perfect-roast-cauliflower/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=946882286\\_42051970\\_416374](https://www.darngoodveggies.com/cauliflower-crack-perfect-roast-cauliflower/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=946882286_42051970_416374)

### **Crispy Skinless Air Fried Chicken Thighs**

- 2.5 lbs. boneless chicken thighs, approximately 5 thighs
  - Avocado or Olive oil spray
  - 1 tsp. garlic powder
  - 1 tsp. umami seasoning
  - 1 tsp. paprika
1. Rinse and pat dry the chicken and place in bowl.
  2. Spray chicken with oil.
  3. Add all seasonings and rub to coat chicken.
  4. Place chicken in air fryer basket.
  5. Cook at 380F for 18 minutes, once the 18 minutes are up, turn chicken and set timer to 12 minutes.
  6. Remove from air fryer and serve immediately.



<https://www.foodtalkdaily.com/recipes/poultry/chicken-thighs/crispy-skinless-air-fried-chicken-thighs-with-umami-seasoning-44355661>

### **Umami White Roux with fries**

- 2 Tablespoons butter
  - 2 Tablespoons bacon grease
  - 4 Tablespoons flour
  - 2 cups of milk
  - Salt and pepper to taste
  - Umami to taste
  - French fries (made and ready to serve)
1. Heat pan to medium heat. Melt butter and bacon grease in a cast iron skillet until melted.
  2. Mix flour in to form a paste or a ball. Cook on medium heat for 1-3 minutes. Usually you can no longer smell the flour once cooking time is done. (If a darker roux is desired, the paste or ball would need to be cooked for 5-11 minutes until desired darkness is reached. Also, for a brown or dark roux, chicken or beef broth would need to be substituted for the milk).
  3. Slowly add in milk, stirring constantly. Turn heat to low and whisk until your desired thickness is reached. Remove from heat. Serve with favorite fries or other recipe.



<https://thebutteredhome.com/white-roux-recipe/>

## Dipping sauce

Ditch the ketchup and dip your fries in a snazzy aioli (aka, dressed up mayo). Whisk finely minced garlic, rosemary, and umami seasoning into mayo for an incredible dipping sauce that also works as an amazing base for a hearty burger or roast beef sandwich.

<https://grilcarnivore.com/5-ways-to-use-that-oomami-powder/>

## Creamy Umami Chicken & Mushrooms

- 4 chicken thighs, with skin (trimmed of excess fat)
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 3 ½ Tablespoons dry white wine
- 3 tsp. umami seasoning
- 1 ½ cups of mushrooms sliced
- ¾ cup chicken stock
- ½ cup cream
- Chopped parsley to serve

1. Use half the umami seasoning to coat the chicken thighs
2. In a casserole or heavy, deep frying pan, cook chicken, skin down on a medium heat for 7-10 minutes until skin has rendered (released fat). Turn and cook for 2 minutes on non-skin side, then set aside.
3. Pour out half the oil from pan, then cook onions on low heat until soft. Add garlic and umami seasoning for 2 minutes. Add wine and stir until alcohol has evaporated and it's reduced by just over half. Add mushrooms to sauté for 3-4 minutes, before adding stock and bringing to a simmer.
4. Return chicken to the pan, skin-side up and cover with a lid. Cook on low heat until tender, about 20 minutes.
5. Stir through cream 5 minutes before serving, taste for seasoning, and top with some freshly chopped parsley.
6. \*NOTE: Chicken breast can also be used, just adjust the cooking time.

<https://www.herbies.com.au/recipes/creamy-chicken/>

## Sheet Pan Umami Salmon

- 2.5 lbs. salmon
- 2 Tablespoons olive oil or avocado oil
- 4 cloves minced garlic
- 2 lbs. green beans (or other non-starchy veggie of choice)
- 1 lb. baby potatoes, cleaned and halved (any small potato)
- 1 red onion, halved and sliced
- 2 Tablespoons umami seasoning

1. Line baking sheet (or 2) with parchment paper or a silicone mat. Preheat oven to 375F.



2. Toss potatoes and red onion in 1 Tablespoon of oil – add salt, pepper, and 2 garlic cloves (1 tsp. if already minced).
3. Line baking sheets with potato/onion mix and bake for 20 minutes.
4. Remove pan and add green beans, mix and drizzle with ½ Tablespoon of oil. Shift potato/onion mix to the edges.
5. Add salmon to the center, coat with remaining ½ Tablespoon of oil, fresh garlic and umami seasoning. Bake for 15-18 minutes. (18 minutes will give you salmon that is cooked through but still moist).

<https://purelynora.com/easy-eats-sheet-pan-salmon/>

## Umami Burgers with Tomato Relish

- 2 Tablespoons vegetable oil, divided
- 1 small onion, chopped
- 1 can (14 ½ oz.) petite diced tomatoes, drained
- 1 Tablespoon light brown sugar
- 1 Tablespoon cider vinegar
- 6 tsp. umami seasoning, divided
- 1 pound ground chicken (or ground meat of choice)
- 4 hamburger rolls



1. Heat 1 tablespoon of the oil in large skillet on medium-high heat. Add onion; cook 6 minutes or until golden brown, stirring occasionally. Stir in tomatoes, brown sugar, vinegar and 2 tsp. of seasoning. Reduce heat to low; cook 8 minutes until thickened. Remove from heat; allow to cool. Refrigerate until ready to serve.
2. Mix ground chicken with remaining 4 tsp. umami seasoning in large bowl. Shape into 4 patties.
3. Heat remaining 1 tablespoon oil in large skillet on medium-high heat. Cook patties 6 to 9 minutes preside or until cooked through (internal temperature reaches 165F). Serve on rolls with tomato relish and desired toppings and condiments.

<https://www.mccormick.com/recipes/main-dishes/umami-burgers-with-tomato-relish>

**\*\*McCormick Umami Seasoning ingredients:** salt, mustard bran, onion, garlic, paprika, black garlic powder, shiitake mushroom, Chilean mushroom, parsley, sunflower oil, tomato powder, basil, black pepper, marjoram & sulfating agents.

### Additional Library Resources

The Complete Plant Based Cookbook by America’s Test Kitchen – 641.5636 AME

Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them by Christina Nichol – 641.6383 NIC

Herbs & Spices: The Cook’s Reference by Jill Norman – 641.6383 NOR

Milk Street: The World in a Skillet by Christopher Kimball –

Milk Street Noodles by Christopher Kimball – 641.82 KIM

The Science of Spice by Dr. Stuart Farrimond – 641.3383 FAR

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