

AN ITERATIVE TOAST-TASTING

Inspired by Dr. Lindsay Kelley

“I walk through the world, when I eat, it is the world that walks through me.”

Mol, 2021, p. 49

“When worlds move through bodies, bodies struggle to be extractive or exceptional.”

Kelley, 2023, p. XXXVI

This iterative tasting experiment will involve an ongoing toasting (and tasting) of a piece of bread. Using one piece of bread, you will toast, and then *taste* over a series of 6 (or more) iterations - moving slowly from raw bread to burnt toast. Upon each iteration, you will taste, swallow or spit a sample of the toast, and collect tasting notes.

Connoisseured Tasting Notes

“The aesthetic sense is not of judgement or perceived beauty, but suggests ‘the disposition to sense acutely’”

Montero, 2006, p. 240

Upon each iteration, you will write up brief hand-written tasting notes that describe the taste of the sample - using only a few *select* words. In your tasting notes explore flavour descriptors, or words that could identify and describe the flavour you are experiencing accurately. Are there shifts in the flavour, as it stays on the tongue? If so, note these changes.

For each iteration, pay attention to the following elements:

- A. Sensory evaluation:** A visual examination, assess the appearance of the sample
- B. Aromas and bouquets:** Inhale deeply, identifying the various scents of the sample
- C. Texture + palate assessment:** Taste and mouthfeel – take small bites and let the sample coat your tongue. Pay attention to flavour profiles (sweet, acidity, bitterness, saltiness). Is the flavour light, medium, heavy or full-bodied? What is the texture of the sample in your mouth?
- D. Finish:** What is the lasting impression left on the palate, after swallowing or spitting out the sample? Is the lingering aftertaste ‘long’ ‘short’ ‘clean’ or ‘lingering’?
- E.** Without thinking too much, for each iteration (1-6) you may choose to either:

Draw the shape of the aftertaste - What are the lines of this taste? Consider its textures, weight, spatial presence in your mouth. Or,

Dance the aftertaste - How might the body move-*with* this taste? For instance, move your body to echo the weight, scent, texture, feeling of this taste.

Alex Berry, 2024