

Our Scripture lesson today discusses Jesus' direction to be as Salt and Light.

Everyone knows that Light helps us see...especially when it is dark.

But what about Salt? Why would Jesus talk about Salt?

Food and Pharmaceutical industries put a lot of time and research into how things taste.

Did you know that SALT can actually makes things sweeter?

Salt is used as a universal flavour improver because at low concentrations it will reduce bitterness, but increase sweet, sour and umami, which is desirable for sweet recipes. But at higher concentrations it suppresses sweetness and enhances umami, which is good for savoury things. It's also easily obtained in a pure form without any interfering flavours.

<https://www.sciencefocus.com/science/why-does-salt-enhance-flavour/>

Try this great experiment, and you'll see what I mean.

Pour some **tonic water** into two glasses.

TEST: Add a pinch of salt to one and taste it.

Now add a little more salt, and taste again - the tonic will have become sweeter.

Carry on adding salt and tasting, and each time the tonic will be sweeter.

You'll eventually reach a point where the tonic starts to taste salty, THEN...

COMPARE: at which stage **taste the two glasses of tonic water side by side**.

You'll marvel at how the bitterness in the salted tonic has been reduced –

there is as yet no hard and fast evidence as to why this happens, though one of the more likely theories is that the salt diverts the mind away from the bitterness inherent in the tonic, and it is the reduction in bitterness that creates the perception of sweetness.

<https://www.theguardian.com/lifeandstyle/2003/sep/20/foodanddrink.shopping>