

# FLAVORED SALTS 4 WAYS

- **FLAVORED SALTS & USES**

- often used as a finishing salt or dry rub; also as a seasoning
- **uses:** grilled meats; roasted vegetables; eggs; sliced tomatoes; avocado or ricotta toasts; popcorn; chocolate; cocktail glass rims
- **coarse salt** is generally preferred; fine salt works well too
- **types:** kosher; sea salt; Pink Himalayan; Celtic Grey; Maldon; etc.
- **salt is salt** (see Food Safety Educational Poster)

- **DRY METHOD**

- **DRY SALT + DRY INGREDIENTS**

- 1 cup salt : 4 tsp to 30%

- **DRY SALT + FRESH/MOIST INGREDIENTS**

- 1 cup salt : 4 cups fresh herbs (3 to 8 tbsp citrus zest)

- **WET METHOD**

- **SALT + LIQUID (SLURRY)**

- 1 cup salt : 2 – 5 tbsp liquid (1 – 2 tbsp aromatics)

- **SALT + LIQUID (REDUCTION)**

- 1 cup salt : 3 cups liquid, reduced to 1 – 2 tbsp

- **DRYING TIMES**

- air dry: ~2 days (stirring frequently)
- oven dry: 170°F or lower for ~2 hrs
- dehydrator: 105°F for ~12 hrs

- **TOOLS**

- coffee/spice mill; food processor; salt grinder; fine mesh sieve

- **FLAVOR IDEAS**

- Herb • Garlic & Herb • Wine • Mushroom • Caper • Porchetta • Worcestershire • Tomato • Rosemary • Vinegar • Citrus • Szechuan • Sriracha Lime • Bourbon (sugar) • Chili & Smoked Paprika • Lime & Ginger (or Coriander) • Lavender • Vanilla

# RECIPES

## ROSEMARY LEMON SALT

1 cup coarse sea salt  
3 tbsp fresh rosemary leaves  
grated zest of 1 lemon

Pulse all ingredients in a food processor until all ingredients are combined and of a similar size (or use the hand-chop method). Pour onto a baking sheet and dry by your preferred method. Store in an airtight container.

*Source: [steelhousekitchen.com](http://steelhousekitchen.com)*

## TOMATO SKIN SALT

tomato skins (saved from blanched and peeled tomatoes used for another purpose)  
coarse salt

Preheat oven to 200°F. Weigh tomato skins. Measure an equal weight of salt. Spread out the tomato skins on a baking sheet lined with parchment paper, and sprinkle with the salt. Bake in the oven until skins are completely dry. A batch of skins from 4 medium tomatoes will take approximately 2-3 hours; larger batches will take longer. Remove from the oven and cool. Remove the skins from the salt and pulverize using a spice mill, mortar & pestle, or food processor. Recombine with the salt and store in an airtight container.

*Source: [food52.com](http://food52.com)*

## LEMON HONEY BOURBON SALT

1 cup coarse sea salt  
1 tbsp lemon juice, plus the grated zest of 1 lemon  
¼ cup honey  
3 tbsp bourbon

Combine all ingredients and spread out on lined dehydrator tray. Dry at 105°F for 10-12 hours. Grind up the salt, then return to the dehydrator until dry and no longer sticky, about 8 more hours. Store in an airtight container.

*Source: [nibblemethis.com](http://nibblemethis.com)*