

The Natural Goodness of Himalayan Pink Salt

Himalayan salt blocks are large hand-carved slabs of Himalayan pink salt that are specially produced for cooking and BBQ, used as a novel way to cook, cure, chill and present food.

Himalayan pink salt is 100% natural, unprocessed salt that is mined from caves formed 250 million years ago in the Himalayan Mountain range. Not only is the salt from these mines extremely pure, it is also packed with 84+ essential minerals and trace elements that lend the salt its pink hue and impart an intriguing flavor.

Himalayan Salt Cooking Tiles generally have low porosity, and virtually no residual moisture. They can take extreme heat as well as extreme cold, which makes them equally great for BBQ and stovetop cooking or serving sushi and shrimp cocktail. With an abundance of beneficial trace elements, these cooking tiles give mild yet full taste of the salt and add more flavor to the food.

WHAT CAN YOUR HIMALAYAN SALT BLOCK BE USED FOR?

Himalayan salt blocks can be used a number of different ways in and outside of the kitchen.

Cooking & BBQ - Salt blocks can be used for cooking just about anything: meats, seafood, vegetables, baking, pizzas, eggs. You can use them indoors on your stovetop or oven, or outside on the grill or BBQ.

Chilling - Try resting or chilling foods in the fridge on a salt block to give them a mild, delicious salty flavor.

Curing - Salt blocks are brilliant for either partially or fully curing meat or fish. The salinity of the block will begin working when food comes in contact with a block, meaning you can make everything from gravlax (slightly cured salmon) to beef jerky.

Serving - Try using a salt block to serve a delicious serving of sashimi, or a charcuterie plate, or even a scoop or two of ice-cream.

TEMPERING YOUR HIMALAYAN SALT BLOCK

When using a new salt block, make sure you heat it slowly at least the first couple of times. This will ensure it retains its strength for longer and will improve it as a cooking surface.

Gas Range: Place your salt block on the stove top and set to low heat. Allow to heat up to 15 minutes. Some moisture may accumulate but will eventually evaporate. Slowly increase the heat from low to medium for 15 minutes, then medium to high for 15 minutes. If more heat is required for certain cooking, you may go to full flame 5-10 minutes. The optimal temperature is 500° F (260° C). You may use a laser thermometer to check the temperature or sprinkle few drops of water (temperature is optimal if the water droplets sizzle away instantly).

Electric Range: For stovetop, you may use a circular metal ring such as a pastry or wok ring, to place on the burner. Put your salt block on top of the ring and heat just like the gas range.

Grill: Place your salt block on the grate of your gas grill and start heating on low similar to the gas range. Increase heat slowly until the block is ready to use, as described in the gas range instructions.

Oven: Ideally, your salt block should be heated on the stove or gas range to at least 300° F (149° C) before using it in the oven for baking. This will help avoid causing damage to your salt block.

IMPORTANT: For charcoal grills, make sure to keep the coals to one side, placing the block on the other side, to avoid overheating.

COOKING ON YOUR SALT BLOCK

While you can cook almost any type of food on your salt block, the effect of the salt on the food will depend on factors such as moisture, fat content, thickness, and the temperature of the block. To avoid getting food too salty, you can apply a thin layer of oil to the block.

- Make sure your salt block is completely dry and at room temperature before you begin heating.
- Ensure it is very hot before cooking food-around 400-500 degrees.
- Once the desired temperature is reached, allow it to sit for 10-15 minutes. Then it is ready to use.
- Don't over-season your food before cooking on the block.
- Thick cuts will take longer to cook. Choose thin cuts. However, if you prefer thick cuts of meat, try searing the top and bottom of the meat on the salt block, then finishing it off in the oven or BBQ.

IMPORTANT: Always cook on the same side of the block. This will ensure only one side is heated every time and will prevent cracking and fissures, so you can preserve the other side for the purpose of presentation and enjoy your salt block for longer.

CLEANING & CARING FOR YOUR SALT BLOCK

Salt blocks require delicate cleaning process. Allow it to cool first, then wipe it down softly with a moist (not soaking wet) sponge. Scrub with a brush or scourer if required, and pat dry immediately. Then allow to air-dry for as long as needed.

The antimicrobial properties of salt keep the block clean with no need for soap. Keep the block as dry as possible and never submerge in water. You don't want the salt to dissolve!

IMPORTANT: Do not use soap to clean your salt block or put it in the dishwasher.

Once clean and dry, store it somewhere cool and dry. Ideally wrap the block in plastic wrap to prevent moisture pooling.

A Himalayan salt block will give you an exciting, new and creative way of cooking. Not only will this wonder block make your food shine, it will be sure to impress your family, friends and guests too. So, get creative, get cooking. Get salted!

THE ABC OF SALT BLOCK CARE



Cool before cleaning

A

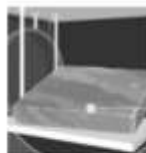
Your salt block will retain the heated temperature for 20 to 30 minutes. Avoid making direct contact with the salt block for some time after cooking the meal, as it will take several hours to cool completely.



Clean with a scrub / brush

B

Scrub with a mildly abrasive brush. (If required) run some warm water over it but do not submerge it. Avoid if possible. Wipe with a damp cloth or paper towel and remove any remaining food bits.



Store in a dry place

C

Once Clean, use a paper towel to remove excess moisture and allow it to sit in a dry environment for a few days (at least 24 hours) before your next cook. Any remaining moisture in the salt slab can cause breakage upon heating. The best place to store it is inside a ziplock bag or plastic bag. This will stop the slab from drawing excess moisture from the air (especially if you live in a humid environment).