



# Himalayan Salt Block Recipes

**SELROX**

# Himalayan Salt

## Nature's Magnificent Wonder

Himalayan salt blocks (or tiles) 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/BBQ blocks 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.

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.

So go ahead and try some of the recipes in this booklet and rediscover the rich flavor of food prepared on your wonderful new Selrox Himalayan Salt Block.

# Himalayan Salt Block Grilled Salmon



## Ingredients:

- SelroX Himalayan Salt Block
- Salmon
- 1 Romaine Lettuce Leaf
- 1 Papaya
- 3 Lemons
- 1 Mango
- 1 Kiwi
- 2 tbsp Imported Extra Virgin Olive Oil
- 1 tbsp Honey
- Pinch of freshly ground peppercorn blend

**Note:** A contactless IR thermometer is recommended to check food temperature.

## Directions:

- Preheat the salt block for 20 minutes prior to grilling until the surface temperature reaches up to 400 degrees. Use a contactless IR thermometer to check the temperature. Make sure you follow all safety information provided for proper heating and handling of the salt block.
- Dice up the mango, papaya, and kiwi into a mixing bowl. Now, add 1/3 lemon juice, salt, and honey into diced up fruit. Cover the bowl and put it into the refrigerator.
- Coat salmon fillet with peppercorn blend and olive oil on both sides.
- Apply olive oil on the salt block's surface and place the salmon fillet on top. Cook it for 8-10 minutes, then flip and cook for an additional 5 minutes until you achieve the desired doneness.
- Lay the romaine lettuce leaf on the plate and place the slices of cooked salmon on it. Squeeze some lemon juice on the salmon and add tropical fruit sauce.
- Enjoy your mouth-watering grilled Salmon!

# Salt Block Orange & Honey Caramels



## Ingredients:

- SelroX Himalayan Salt Block
- Non-stick cooking spray
- 1 cup heavy cream
- 5 tablespoons unsalted butter, cut into pieces
- 1½ cups sugar
- ¼ cup agave syrup
- Orange extract or juice

## Directions:

- Place your salt block in the freezer at least 3 hours before starting this recipe. Just before you begin your caramels, remove from freezer and place on a sheet tray, then grease thoroughly with the blood orange olive oil.
- Sprinkle 2-3tsp SelroX Himalayan Fine Pink Salt (depending on how salty you want your caramel).
- In a saucepan over medium heat, add white sugar, honey, and water. swirling the pan occasionally, allow the mixture to come to a low boil and cook until amber, 8-12 minutes.
- Slice the butter into small pats, and have the can of sweetened condensed milk open and ready. Once sugar is dark enough, remove from heat and stir in butter and condensed milk. Note: Added moisture may cause your pot to bubble.
- Once butter and milk are properly blended, place back on heat and attach a candy thermometer to your pot. stirring constantly, heat on medium until caramel reaches between 240F (115C) and 245F (120C). Then remove from heat and carefully stir in orange juice.
- Pour your hot caramel over the frozen salt block to set. Ensure caramel is poured evenly over the entire block. Place in the freezer for 30-45min, or keep on counter until caramels are set. Slice into 1" squares. Caramels can also be wrapped in wax paper or sealed in an airtight container and kept at room temperature for 2-3 weeks.

# Salt Block Seared Shrimp



## Ingredients:

- Selroxo Himalayan Salt Block
- 1 pound shrimp, peeled

## Directions:

- Place the salt block on a cookie sheet or salt block holder and put into a cold oven. Preheat your oven to 150F (65C).
- Once preheated leave it in the oven for 15 minutes. Then increase the heat to 250F (120C) and allow your salt block to heat up for another 15 minutes.
- Follow this pattern increasing your oven temperature by 100F (38C) and allowing your salt block to heat up for 15 minutes before increasing the temperature.
- Once you reach 450F (238C) allow the salt block to continue heating at this temperature for another hour.
- Place peeled and deveined shrimp on the salt block and allow it to sear for about 5 minutes. Flip your shrimp and sear the other side for five minutes or until your shrimp is pink and cooked. Be careful removing the shrimp from the salt block as it would be quite hot.
- Be sure to reheat your salt block if you plan on using it to sear a large quantity of shrimp so it's good and hot or finish cooking your shrimp on the salt block but in the oven at a lower temperature, like 350F (177C) until pink and done.
- Let your salt block to cool completely before cleaning it. Do not wash it with water, just a vegetable brush to scrape off any bits and remnants.



# Salt Block Baked Chocolate Chip Cookies



## Ingredients:

- Selrox Himalayan Salt Block
- Selrox Himalayan Pink Salt
- 1 batch original Toll House Chocolate Crunch Cookies, batter ready to use
- Himalayan pink salt (optional)

## Directions:

- Pre-heat salt block(s) as recommended, ideally on stovetop.
- Preheat oven to 350F (177C).
- Place pre-heated salt block on a parchment lined baking sheet. The size of the block will determine size and number of cookies. Sprinkle additional salt on top of cookies if desired.
- Bake until done (timing will depend). The cookies will flatten and become a little darker around the edges than the center. The center will still be a bit soft.
- Remove pan from oven and cool on rack for about 5 to 10 minutes.
- Remove cookies from salt block while still warm and place directly on rack to cool.
- Repeat batches as needed.

# Salt Block Steam Grilled Sandwich (Slider)



## Ingredients:

- Selroxx Himalayan Salt Block (12 x 8 inches is perfect for grilling six sliders)
- 1 package of meatloaf mix
- Slider buns
- 2 large sweet onions, cut in quarters and sliced into quarter-inch slices
- 2 tablespoons extra virgin olive oil
- Lettuce, tomato and other burger toppings of choice
- 1 ½ cup of shredded cheese

## Directions:

- Place the salt block on an unheated grill. Slowly bring the block up to temperature as explained in the Selroxx Salt Block Usage-Care Leaflet (insert in your salt block packaging).
- Slowly, on low heat, cook the onions in the olive oil. Move them frequently so they don't burn on the bottom.
- Continue moving them in the pan for approximately 15 to 20 minutes until they are a dark caramel brown.
- Let the onions cool for about 10 minutes.
- Assemble your patties by mixing all meats together, then add the caramelized onions.
- Add about a tablespoon of shredded cheese inside each patty as you form it.
- When the salt block looks white and opaque it is ready for the burgers.
- Place the slider patties on the salt block. Let them sear on medium-high heat for approximately two minutes with the grill lid closed.
- When the bottoms look like they have caramelized, turn the patties.
- Lower the heat to medium and continue grilling with the grill lid closed until they're cooked to desired level.
- Dress the sliders with toppings of choice and enjoy.

# Salt Block Grilled Chicken



## Ingredients:

- SelroX Himalayan Salt Block
- 4 lb chicken (good for 4 servings)
- 2 tbsp olive oil
- 4 garlic cloves
- ½ tsp coarse ground black pepper
- ½ lemon juice

## Directions:

- Place the salt block on a gas grill grate over low heat, close the lid, and warm for 10 minutes while you prepare the chicken. NOTE: Refer to SelroX Salt Block Usage-Care Leaflet (insert in your salt block packaging) for prepping the salt block.
- Turn heat to medium and heat the block for 10 more minutes. Salt block surface should be about 375F (190C).
- Place the chicken, breast side down and cut the breast side of the chicken in half lengthwise to get two chicken halves. Wash them in cold water and pat dry with paper towels.
- Coat with the olive oil and rub all over with the cut sides of the garlic cloves, then tuck the pieces of garlic under the edges of the skin. Season the halves all over with the pepper.
- Put the chicken halves, skin side down, on the grill grate and put the hot salt block on top (use using grill gloves or thick oven mitts to handle hot salt block).
- Close the lid and cook until the chicken skin is crisp and deeply grilled (approx. 15 minutes).
- Remove the block using the grill gloves, flip the chicken halves with tongs, put the blocks back on top of the chicken, close the lid, and cook. Use an instant thermometer inserted into the inside of the thigh to read 170F (77C) – approx. 10 to 15 minutes.
- Remove the salt block, put the chicken on a clean cutting board and let it rest for 5 minutes before cutting into parts.
- Put some lemon juice on top and enjoy!



# Salt-grilled Peppered Beef Tenderloin



## Ingredients:

- Selrox Himalayan Salt Block
- 1 tbsp finely cracked black peppercorns
- 1 minced garlic clove
- 3 fully chopped juniper berries
- 3 tbsp + 2 tsp extra-virgin olive oil
- 1¾ lb beef tenderloin (good for 4 servings)
- ½ lime zest and juice

## Directions:

- Mix the cracked peppercorns, garlic, juniper berries, and 3 tablespoons of the olive oil in a small bowl.
- Slit the meat lengthwise, leaving it attached along one side so that it opens like a book. Should not be more than 2 inches thick. Rub the beef all over with the spice mixture and set aside for approx. one hour.
- Put the salt block over low heat on the gas grill grate for 10 minutes. NOTE: Refer to Selrox Salt Block Usage-Care Leaflet (insert in your salt block packaging) for prepping the salt block.
- Turn the heat to medium and heat for 10 more minutes. Raise the heat to medium-high and heat the blocks to 450F (232C).
- Put the meat on the hot salt block and cook until the meat is browned on both sides and resilient but not firm (approx. 5 minutes each side). Instant thermometer inserted in the beef should read 140F (60C).
- Place the meat on a cutting board and let it rest for 10 minutes before slicing. Then cut it in ¼ inch slices.
- Spread some lime zest over the slices, drizzle lime juice and the 2 tsp olive oil.
- Serve & enjoy!

# Salt Block Crispy Flatbread



## Ingredients:

- Selrox Himalayan Salt Block
- 1 tsp tempered active dry yeast
- ¾ cup warm water
- ½ cup plain yogurt
- 1½ cups bread flour
- 1 tbsp canola oil (additional for coating)
- 2 tsp sugar
- 1 cup whole wheat flour (good for 8 servings)
- 2 tsp unsalted softened butter

## Directions:

- Mix the yeast and ¼ cup of warm water in a bowl until the yeast has dissolved.
- Mix yogurt and the ½ cup warm water in a medium bowl and stir into the yeast mixture until fully blended.
- Add bread flour and stir vigorously for 2 minutes. Cover loosely with plastic wrap and set aside at room temperature for approx. 30 minutes until its bubbly.
- Stir in 1 tbsp oil, sugar, a pinch of Selrox Himalayan Pink Salt, and whole wheat flour quantity to make kneadable dough. Knead using more bread flour to keep dough from sticking until it is smooth and elastic.
- Lightly coat a bowl with oil and turn the dough in the oiled bowl for coating. Cover it with plastic wrap and let it rise at room temperature until its double in bulk (approx. an hour).
- Put tempered salt block on a heavy baking sheet and place on the bottom rack of the oven. NOTE: Refer to Selrox Salt Block Usage-Care Leaflet (insert in your salt block packaging) for tempering the salt block.
- Turn the oven to 350F (177C) and heat the block for 15 minutes. Increase to 450F (232C) and heat for another 15 minutes. Increase further to 550F (288C) and heat for 15 to 20 more minutes.
- Divide dough into quarters. Roll each quarter into round shape and flatten into a ½ inch thick disk. Cover with a kitchen towel and let rest for 5 minutes.
- Lightly flour clean work surface with bread flour and roll each dough disk into a long oval (approx. 8 inch long and ¼ inch thick).
- Coat each oval with canola oil and stack on a platter. Put one of the breads on the hot salt block and bake until browned and puffed (approx. 3-5 minutes). Use tongs to remove and repeat with remaining breads. Brush each bread with butter and sprinkle a pinch of Selrox Himalayan Fine Pink Salt, soon as it is out of the oven.
- Its now ready to serve!

## Salt Block Egg Bagel Sandwich



### Ingredients:

- Selrox Himalayan Salt Block
- Selrox Himalayan Sriracha Seasoning
- 2 Eggs
- Sliced avocados
- Sliced cheddar
- Sliced bagels

### Directions:

- Place the salt block on a hot grill. NOTE: Refer to Selrox Salt Block Usage-Care Leaflet (insert in your salt block packaging) for tempering the salt block.
- Crack eggs on the salt block and heat until cooked through. Flip the eggs if you like them cooked on both sides.
- You may choose to toast your bagels or heat them on one side of the salt block.
- Place sliced avocado on side of the salt block to grill alongside.
- Top one of the bagel slices with cheese, salt block cooked egg and grilled avocado.
- If you like a bit of spice, sprinkle some Selrox Himalayan Sriracha seasoning (its fine ground salt not sauce) on the eggs.
- Close up with the other slice of bagel and enjoy your egg sandwich!

## Salt Block Cold Cucumber Salad



### Ingredients:

- 1 Cucumber
- 1/2 cup Thick Greek yogurt
- 1 tsp cumin powder
- 1/4 cup dill leaves, chopped
- Red onion, finely chopped
- 1 pomegranate

### Directions:

- Whisk yogurt in a bowl along with cumin powder and dill leaves.
- Slice the cucumber thinly using a vegetable peeler.
- Place the cucumber slices on cold salt block and allow it to cure and absorb the flavor. It should take about a couple of minutes on each side, depending on the thickness of cucumber slices.
- Once curing is for all the cucumber slices, put them in a salad bowl and toss with chopped red onion. Pour the yogurt sauce and give it a light mix.
- Drizzle some pomegranate pearls on top and serve the salad cold.

# The Natural Goodness of Himalayan Pink Salt

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## 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.

## Usage & Tempering

**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.

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## Cooking & Caring

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

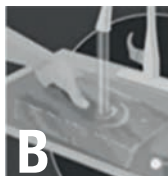
A Himalayan salt block will give you an exciting, new and creative way of cooking. Not only will this wonder block make your food shine, it will be sure to impress your family, friends and guests too. So, get creative, get cooking. Get salted!

## THE ABC OF SALT BLOCK CARE



### Cool before cleaning

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 serve hours to cool completely



### Clean with scrub / brush

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

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).

Authentic Himalayan salt products, direct from the mines.  
[www.selrox.com](http://www.selrox.com)



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The logo features the word "SELROX" in a bold, white, sans-serif font. Above the letters "LROX" is a red, stylized arch or swoosh that starts under the "L", peaks over the "R", and ends under the "X".

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