



## Guide #1 - Exotic Salts

**Exotic Salts** typically refer to naturally occurring mineral salts or salts collected from bodies of water through evaporation. The Himalayan Pink Salt is an example of mineral salt, while Fleur de Sel is an example of evaporated salt. Mineral salts are actually a type of sedimentary rock, and are mined. They often have high mineral content, and a unique set of flavors. Salts collected from bodies of water are done so through the evaporation of rivers, oceans, ponds, etc. The flavor, texture, color, etc. of these salts will differ depending on the water type, the region where the water is collected, the time of year, and the evaporation process used.

### Alaea Hawaiian Sea Salt

Harvested reddish Hawaiian clay enriches the salt with Iron Oxide. Savor a unique and pleasant flavor while roasting or grilling meats. It is the traditional and authentic seasoning for native Hawaiian dishes such as Kailua Pig, Hawaiian Jerky and Poke. **Uses:** Adds flavor to steaks, pork and fish dishes.

### Crystal Clear Sea Salt

Completely unrefined, these salts are made through the ancient, natural process of slowly evaporating Pacific Sea water to collect it's salt. **Uses:** Any recipe calling for salt, finishing and sprinkling over foods such as salads, dressings, proteins and even sweets.

### Cyprus Black Lava Flake Sea Salt

Mediterranean flake salt mixed with activated charcoal. In addition to the beautiful color, the charcoal also adds a unique, smooth taste and acts as a natural detoxifier. **Uses:** A unique finishing salt for any meal, rims of cocktails, potatoes, salads, and pasta.

### Cyprus White Flake Sea Salt

Known for their pyramid shaped crystals, these flakes are light and fluffy, with a taste characteristic of Mediterranean salts. Popular for cooking, baking, and as a garnishing salt for fish and vegetable dishes **Uses:** Finishing, spice blends, salads, meats, sea foods, sauces/soups, drink rimmers.

### Fleur de Sel de Guérande Sea Salt

Fleur de Sel is from the Guérande region of France, and is certified Organic. This is the best of the best of French gourmet sea salts. This French salt is a hand-harvested sea salt using centuries old Celtic methods. The Plaudiers (salt rakers) use only wooden tools to gather this salt. **Uses:** Great on roasted vegetables and grilled meats or an all-purpose finishing salt. Also perfect for chocolates, caramels, and sprinkled on fresh fruit.

### French Grey Salt

Favored by top chefs around the world, this salt forms as seawater flows into the Guerande Marshes in France. It obtains its natural grey coloring from the salt crystalizing on clay. Slightly lower sodium content than other sea salts, ranging from 83-87%. **Uses:** Perfect for pinching or sprinkling on salads, proteins, nuts and popcorn. Available in coarse and fine grain.

### Himalayan Pink Mineral Salt

It's one of the purest salts available on earth. Mined from deep in the Himalayan Mountains, this salt crystallized more than 200 million years ago and remains protected from modern-day pollution. It contains more than 84 trace minerals with none of the additives or aluminum compounds found in refined salts. **Uses:** Grilling or roasting meat, fish or chicken, and the coarse grain size can be used with a salt grinder.

### Hawaiian Black Sea Salt

Characterized by a stunning black color and silky texture. Solar evaporated Pacific sea salt is combined with activated charcoal. The charcoal compliments the natural salt flavor and adds numerous health benefits. **Uses:** Finishing, salads, meats, and seafood.

### Kala Namak Indian Black Mineral Salt

This Indian black salt is used in authentic Indian cuisine. It's actually pinkish grey rather than black, and has a very distinctive sulfurous mineral taste. **Uses:** Finishing, spice blends, sauces, soups, and all manor of Indian cuisine.

### Maldon Sea Salt

The pyramid-shaped salt crystals, characteristic of Maldon Salt, are fragile enough to crumble easily between the fingers, and have a different taste from regular grains of table salt. A unique product that is only produced by The Maldon Crystal Salt Company in Essex, England. Its pronounced and distinctive "salty" taste means less salt is required, an advantage for those who wish to reduce their salt intake. **Uses:** Finishing, meats, vegetables, and seafood.

### Australian Murray River Salt

A wonderfully mild flavor. The texture is ideal for use as a finishing salt. **Uses:** The crystals melt quickly and evenly making Murray River flake salt ideal for finishing, roasting, and baking.

### Peruvian Pink Mineral Salt

Comes from a natural spring located 10,000 feet high in the Mountains in Peru. The crystals have high moisture content and a light pink color. Peruvian Pink salt has a strong flavor and is a great seasoning salt. **Uses:** Finishing, salads, meats, seafood, and sauces/soups.

### Trapani Sea Salt

Handcrafted from traditional salt pans along the famous "Salt Road" in Sicily. The crystals are the first to "bloom" on the surface of the salt ponds and retain valuable nutrients, which add delicate flavor to the salt. Certified Kosher. **Uses:** Best used as a finishing salt for gourmet dishes.

### Utah Mineral salt

From Redmond, Utah, this is a natural, unrefined salt that, like our Himalayan salt, pre-dates pollution. It's slight pink color is from the 60 natural trace minerals found in this salt, which makes this a healthier alternative to the iodized salt found in most supermarkets. **Uses:** Great for adding to seasonings, blends and great for keeping on the table.