

USING YOUR HIMALAYAN SALT PLATE

This 100% natural Himalayan Salt Block, contains a reported 84 trace minerals and will add delectable flavor and essential minerals to dishes. Please keep in mind that moist foods will absorb more of the salt and its flavor than drier foods.

***First Things First - A few things to keep in mind before cooking on your salt block:**

- Make sure salt block is completely dry before heating - allow at least 24 hours for salt slab to dry completely before heating on grill, range or in the oven.
- Use with Caution: The Himalayan Salt Block retains heat when used for cooking and will become very hot. Handle with caution.
- The appearance of your Himalayan salt slab will change over time. The more varieties of foods you cook and serve on your salt plate, the more likely the surface will acquire various, interesting new colors and shades. This merely adds to the irregular beauty of the Himalayan salt slab. Your salt block may also develop small fissures and cracks over time; this is typical with regular use. And when it finally is time to replace your Himalayan salt block, you can break up what remains and shave it down to crystals to sprinkle over your food or into your bath.
- Because Himalayan Salt Blocks are a completely natural product, its appearance as well as the maximum limit for high temperatures may vary.

Himalayan Salt Plate Uses!

Foods placed on a Himalayan crystal salt slab take on a light, clean, naturally salty flavor while absorbing minerals necessary for good health and longevity. When placed on the Himalayan Pink salt brick for an extended period of time, thinly sliced fish such as salmon, tuna and whitefish will begin to cure from the salt, which acts as a preservative. Generally, a natural salt slab will add a hint of salty taste to moist or wet foods, but will have no effect on dry foods. For example, if you use your salt slab to serve cheese and crackers, it will lend a bit of saltiness to the cheese but the taste of the crackers will remain the same.

Presentation/Serving Tray for Cold Appetizers & Desserts:

Place the Himalayan salt slab in the refrigerator overnight, or freezer for frozen desserts. Arrange your food items and present to your guests! It's great for serving sushi, cold appetizers, cheeses, fruits and vegetables, cold dips, cured meats, shellfish, ice cream, frozen desserts.

Searing thinly sliced meats, fish, vegetables, fruits and more fast cooking foods*:

Grills & Gas Ranges: Begin heating on low flame, gradually increasing to low/medium (typically about 30-45 minutes) until ideal temperature is reached.

Electric Ranges: Place salt slab on heat-safe metal platform (so the salt slab is at least ½" above direct heat). Start on low heat, gradually increasing to low/medium (typically about 40-55 minutes) until ideal temperature is reached.

If using the salt slab to cook food in the oven, it is recommended to first heat the salt block on a grill or range before (carefully) putting the salt block into the oven that's been preheated to the same temperature as the block (the salt block is commonly heated to temperatures between 300-400 degrees)

Curing Foods:

Chill your salt slab for several hours, then place thin strips of tuna, salmon, or beef and observe the curing process slowly take place.

Cleaning & Caring For Your Salt Slab:

If you intend to use the Himalayan Salt Block for both cooking foods on and serving cold foods, we recommend purchasing two blocks so you have a designated block for each type of usage.

It's quite easy to clean your Himalayan Salt Block. Simply scrub with a soft brush or wipe with a damp cloth, and pat dry. Then place on drying rack for a least 24 hours to allow the block to dry thoroughly. Never run the salt slab under water or submerge. Cleansers or soap are not needed to clean your salt slab as it is naturally antimicrobial.

You can expect to enjoy many uses with your Himalayan Salt Slab. However, little by little the salt block will dissolve over time changing its size, shape and its surface. Once your salt becomes too small for cooking on or for presentation, there are still ways to get further use out of your salt slab. You can grate the salt over entrees to add amazing flavor or add it to your bath to re-mineralize your body, soothe muscle aches and pains and soften your skin.

Disclaimer: The Salt Table is not responsible for damages, injury, or loss due to any use of Himalayan salt products.