

SALT

Salt is most commonly used for flavoring foods as it enhances their aroma. It is also excellent for food preservation and cleaning due to its antibacterial properties. Different types of salt can have different effects on your foods, the size of the salt grain will impact the flavor strength and the amount of salt needed in a recipe.

Salt is essential to the human body in order for the brain to send vital electrical signals throughout the body.

Common salt is made up of primarily sodium chloride (NaCl). In its natural form as a crystalline mineral, sodium chloride is known as halite. Sodium chloride is an ionic compound which means its components are held together through ionic bonds. These ionic bonds will create crystalline structures by arranging the ions in order to maximize attractive forces and minimize repulsive forces. For sodium chloride, this creates a cubic crystalline structure.

Types and uses

1. **Kosher salt** is known for its ability to draw out the blood from a piece of meat, which is a process known as “koshering”. It’s used in traditional Jewish cuisine, which requires the blood from meat to be extracted before being cooked or cured. Because of its coarse structure, kosher salt is the most efficient of the different types of salts for the koshering process.

Today, it is the most popular salt amongst almost all chefs in the industry. The versatility of kosher salt extends to almost every corner of the culinary world: cooking, baking, finishing, and curing. Also, because of its coarser structure, kosher salt adds more pronounced bursts of flavor to your dishes, and it’s easier for picking up and sprinkling over food. Due to the lack of additives that are usually found in table salt, kosher salt lacks any metallic or bitter-tasting notes, offering a purer, cleaner flavor.

"koshering" is the act of extracting the blood,

2. **Sea salt** is salt that is gathered from evaporated sea water. It is generally obtained naturally in dry climates where there are bays and ponds. Large salt crystals are produced when the water evaporates from the salt, creating the lightest and flakiest salt type. You will find the most variety of salt colors when it comes to types of sea salt. This type of salt is regarded as a [gourmet salt](#) and is popular for specialty applications. Sea salt has various benefits. It:

- Retains minerals and nutrients from the sea that are lost in refined salts
- Gives food a more potent mouthfeel
- Creates bigger bursts of flavor
- Naturally contains zinc, potassium, and iodine, resulting in a more complex flavor profile with mineral notes

2.i.Hawaiian Red Sea Salt

Origin

Hawaiian Red Sea Salt, also known as Alaea Salt, is made from Hawaiian sea salt which has been mixed with red Hawaiian volcanic clay called alaea. Alaea sea salt was used by Hawaiians to cleanse, purify, and bless tools, canoes, homes, and temples. Then in the 19th century, Hawaiians began producing large amounts of sea salt using various European salt making techniques. This led Hawaii to become a leading salt supplier for salmon fishermen in the American Northwest. Today however, most alaea sea salts sold in the United States today are not made in Hawaii, but are actually produced in California. Authentic Hawaiian alaea salt can often be very expensive.

Characteristics

Like Himalayan Pink Salt, Hawaiian Red Sea Salt is very rich in trace minerals,

but ultimately it gets its reddish color from the iron oxide it contains.

Uses

Hawaiian Red Sea Salt is the traditional and authentic seasoning for native Hawaiian dishes such as Kalua Pig, Hawaiian Jerky and Poke. Due to its mellow and almost sweet taste, alaea salt is often used as a finishing salt for everything from stews to desserts. It is also commonly used in bath and beauty products. Many of its nutrients can be absorbed through the skin and used to draw out unwanted toxins. This makes alaea salt very popular in exfoliating skin scrubs and is frequently used in spa treatments.

Common uses: Finishing seafood and barbecue meats

2.ii Hawaiian Black Lava Salt-

Origin

Hawaiian Black Lava Salt is sea salt that is harvested using solar evaporation. It is then combined with activated volcanic carbon which gives this sea salt its unique black coloring.

Characteristics

Like Hawaiian Red Sea Salt, Hawaiian Black Lava Salt is rich in trace minerals since it is harvested from the same ocean waters.

Uses

The carbon in Hawaiian Black Lava Salt would seem an unlikely flavor enhancer, but many find it has a unique nutty flavor. Since carbon does not dissolve well like sodium chloride does, this black salt isn't often used where salt is intended to dissolve in a dish because the carbon would collect undissolved at the bottom. Instead it is often used as a finishing salt on top of cooked dishes. The carbon inside this salt is also believed to aid in digestion, though

3. Labeled as the "**Caviar of salts**" due to its high price, this salt is only produced off the coast of Brittany, France during the months of May to September. Because of its paper-thin delicate crystals, fleur de sel can only be extracted on sunny, dry, and slightly breezy days with a traditional wooden rake. This salt is perfect as a finishing salt for savory meals, and even sweets like chocolate and caramel. It features a light briny flavor and a highly desirable blue-gray tint.

Common uses: Finishing meats, seafood, vegetables, and baked goods

4. Celtic Salt

Also recognized as "sel gris," Celtic salt is extracted from the mineral-rich seawater on the coastal shores of France.

Origin

Celtic Salt, also known as Grey Salt or *Sel Gris* in French, is sea salt that has been evaporated by the sun and wind and is harvested using wooden rakes from the bottom of salt pans. The bottoms of the salt pans are covered in clay. This clay is what gives Celtic Salt its grey color. It originated in France and is produced along most of France's coastal regions, however grey salt is also produced throughout northern Atlantic regions and in Thailand.

Characteristics

Celtic Salt is often light grey in color, but it will vary depending on how much interaction the salt was allowed to have with the clay. Since it is a sea salt, it contains numerous trace minerals. This salt is moist to the touch and will retain its moisture even when stored in a cool place for a long period of time.

Moisture is usually an unwanted characteristic of salts because it causes clumping. However, the moisture found in Celtic Salt is often found by many who use it to be part of its charm and personality.

Uses

Celtic Salt is commonly used in cooking, brining, and for many bath and beauty products. However, due to its moisture and clumping, it isn't often used as a table salt because it would have difficulty smoothly being poured out of a typical salt shaker. This small amount of trapped moisture is desired in cooking when there is a large possibility of accidentally dehydrating foods by using a salt that does not contain any residual moisture.

Common uses: Finishing meats and seafood

5. **Flake salt:** Typically taken and crafted from the coastal regions of England, flake salt has most of its water content evaporated, producing a dryer, and more pyramid-like crystal. It dissolves more quickly than some other sea salts, adding dynamic pops of flavor in your dish. It's perfect as a finishing salt on meats, blending with herbs and spices to create a unique spice blend, or adding onto baked goods for a bold flavor contrast.

Common uses: Finishing meats, seafood, baked goods, or creating spice blends

6. **Rock salt** is salt that has been extracted from underground salt mines through the process of mining with dynamite and then crushed further for food use. It can be found under the rugged layers of the Earth's surface and is scientifically known as halite. Rock salt is a popular salt type for specialty applications.

Rock salt has various benefits. It:

Contains more natural minerals and elements found in the human body

Adds eye-appeal when used for rimming cocktail glasses

Gives flavor dimensions and additional texture on breads and other baked goods

Can be used to cure and remove toxins from meats

Types of Rock Salt: 6.i) Himalayan Pink salt

Being the purest salt in the world and containing 84 minerals that are found in the human body, it is no wonder that Himalayan salt is the go-to flavor booster for health-conscious people all over the globe. This vibrantly pink salt, is great for cooking and baking of all kinds. Himalayan salt also has a high heat tolerance and is often used for spa treatments to release ions into the air.

Origin

Himalayan Pink Salt is mined primarily in Pakistan's Khewra Salt Mines. These mines are the world's second largest salt mines only behind Canada's Sifto Canada Inc. salt mine in Goderich, Ontario. Since Himalayan Pink Salt is mined from underground salt deposits, it is considered a rock salt.

Characteristics

Himalayan Pink Salt can be found in a variety of colors ranging from white to a deep red color. The pink color is due to iron oxide which is naturally found in the salt. Himalayan Pink Salt typically does not contain any added iodine and is therefore not sufficient enough to meet daily iodine requirements that iodized salt can meet. Himalayan Pink Salt contains over 80 trace minerals which causes it to have a less cubic crystal structure than typical sodium chloride.

Uses

Himalayan Pink Salt is commonly used in cooking, brining, and for bath and beauty products. Due to its interesting coloration and translucent nature, Himalayan Pink Salt is also commonly used in lamps for household decoration. Large blocks of Himalayan Pink Salt are also used to cook and serve food.

Common uses: Cooking, baking, finishing, and spa treatments

7. **Curing salt**: Removing toxins from meat before cooking roasts, steak, poultry, and sausages, this curing salt makes serving meat safe for consumers. This large grained, coarse salt is even sometimes dyed pink with food coloring in an effort to inhibit the growth of bacteria, as well as help to further distinguish it from table salt.

Common uses: Curing meats before cooking

8. “Black salt” in Nepalese, kala namak is a mixture of Himalayan salt, charcoal, bark, herbs, and seeds that has been sealed in a ceramic jar and fired in a furnace for 24 hours. It is then cooled down and stored away to be aged before being sold. Kala namak is a pungent salt with a beautiful, reddish-black color. This unique salt has a faint sulfurous aroma similar to eggs, and is often used in heartier dishes, as well as vegan dishes to mimic the taste of eggs.

Common uses: Cooking hearty dishes and
vegan meals

9. **Fine salt** is a salt with extremely fine salt grains that are extracted from salt brines. This practice creates a higher yield, cleaner product, and is generally more inexpensive. By pumping water below the Earth's surface, salt deposits are dissolved, which creates salt brines. From there, the salt brine is brought to the Earth's surface and the water is evaporated from it to create the salt that we find on our tables and in our cabinets. Fine salt is one of the most popular types of cooking salt.

Fine salt has various benefits. It:

Dissolves more easily

Measures in volume more accurately

Perfect for last minute sprinkling and seasoning

10. Table Salt

Considered the perfect all-purpose salt, table salt is used as an ingredient or seasoning in most cooking and baking recipes. Table salt will usually contain added iodine as iodine deficiency has become common in many parts of the world. Anti-caking agents are usually added into table salt to prevent clumping and keep the salt flowing freely. Table salt has uniform crystal size, which is great for concise and consistent cooking when measuring in volume.

Common uses: Cooking, baking, and last-minute seasoning