

Unique Cheat Sheet on Specialty Salts from NutriQuorum



1. Himalayan Pink Salt

Characteristics:

Mined from ancient sea salt deposits in the Himalayan mountains, this salt is prized for its pale pink color and mild, slightly sweet flavor.

Uses:

It can be used as a finishing salt on a wide range of dishes, including grilled meats, salads, and even desserts. It's also sometimes used to rim cocktail glasses.



2. Fleur de Sel

Characteristics:

Means "flower of salt" in French, is harvested by hand from the surface of saltwater evaporation ponds. It has a delicate, flaky texture and a subtle briny flavor.

Uses:

This luxurious salt is best used as a finishing touch on dishes like fresh salads, roasted vegetables, and grilled seafood.



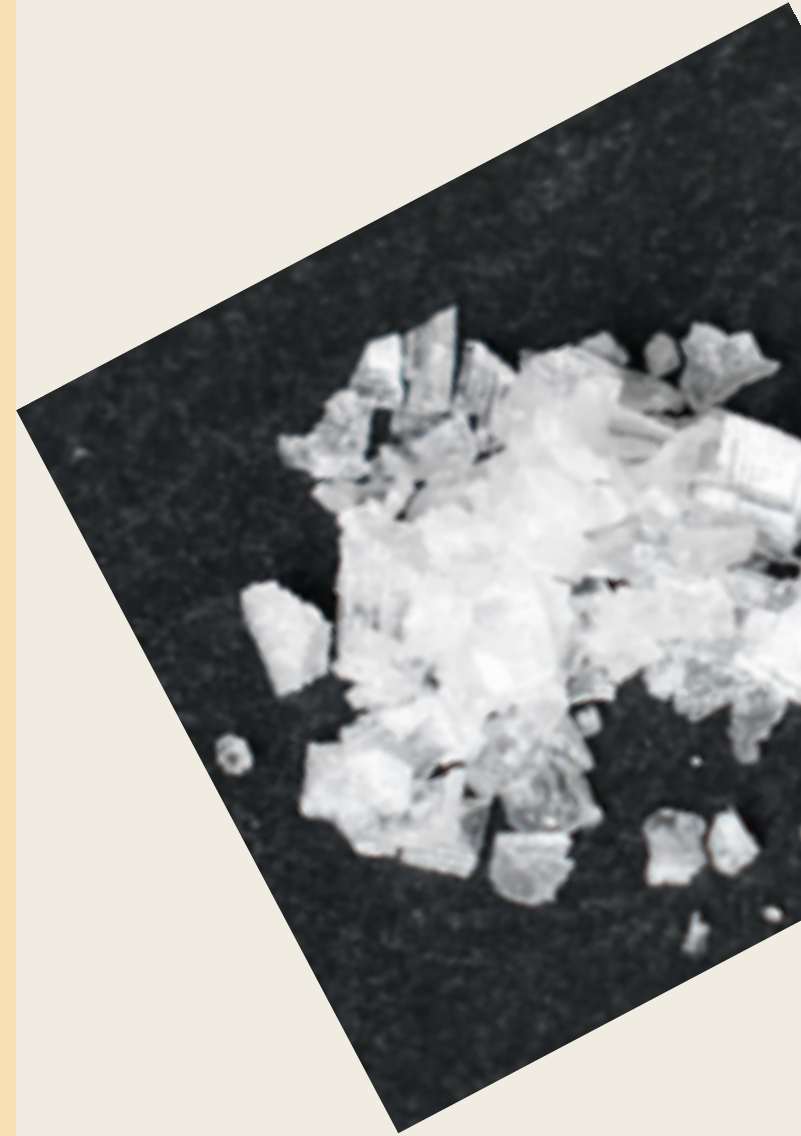
3. Maldon Sea Salt

Characteristics:

Maldon sea salt, from England, is known for its pyramid-shaped crystals and pure, clean taste with a gentle crunch.

Uses:

It's a versatile finishing salt that adds a burst of saltiness and texture to everything from grilled meats and vegetables to chocolate desserts.



4. Black Lava Salt

Characteristics:

Black lava salt gets its color from activated charcoal and is often combined with sea salt. It has a striking black color and a slightly smoky flavor.

Uses:

This salt is excellent for dramatic presentation and can be used to finish dishes like grilled fish, salads, or dark chocolate desserts.



5. Smoked Salt

Characteristics:

Smoked salt is typically sea salt that has been naturally smoked over wood fires. It has a strong smoky aroma and flavor.

Uses:

Smoked salt adds a unique smokiness to grilled meats, vegetables, or even cocktails like a smoky margarita.



6. Cyprus Flake Salt

Characteristics:

This salt is known for its large, pyramid-shaped flakes with a delicate texture and mild salinity.

Uses:

Cyprus flake salt is an elegant finishing touch for dishes like salads, grilled fish, and fresh fruits.



7. Truffle Salt

Characteristics:

Truffle salt combines sea salt with finely ground truffles or truffle oil, infusing the salt with a rich, earthy aroma and flavor.

Uses:

Use truffle salt sparingly as a finishing touch on dishes like pasta, risotto, scrambled eggs, or popcorn for a luxurious and aromatic twist.



8. Sel Gris

Characteristics:

Sel Gris, or gray salt, is harvested from salt ponds in France. It has a moist texture, a complex briny flavor, and a light gray color due to mineral content.

Uses:

Sel Gris works well in cooking and baking, as it dissolves easily. It's great for seasoning soups, stews, and bread dough.



9. Red Alaea Salt

Characteristics:

Originating from Hawaii, this salt gets its reddish color from volcanic clay called "alaea." It has a slightly earthy flavor.

Uses:

Red alaea salt is traditionally used to season Hawaiian dishes like poke, but it can also add a unique touch to grilled meats and vegetables.



10. Bamboo Salt

Characteristics:

Bamboo salt is made by baking sea salt in bamboo canisters sealed with clay. It has a smoky, slightly sweet flavor and is used in traditional Asian cuisine.

Uses:

In Asian cooking, bamboo salt can be used to season stir-fries, soups, and marinades, as well as for pickling and preserving.

