

Herb Infused Salt Blends

Infused salts are easy to make and can add a sophisticated flavor to your foods. Why spend the money on fancy culinary salts when you can make your own at home?! The combinations are endless so think about what you intend to use it for. Infused salts can be added during cooking time or at the end to bring out the flavors in your dish. They can also be used to add some dimension to your favorite desserts.

Here are some ideas to get you started:

Savory Salts

1. Lemon zest, thyme, chives, parsley, and garlic
2. Lime zest and cilantro
3. Rosemary
4. Basil, oregano, garlic and dried minced onion
5. Dried porcini mushrooms

***Add savory salts to roasted vegetables, meats, eggs, dips, popcorn and salads**

Dessert Salts

1. Dried hibiscus flowers and vanilla bean
2. Cocoa powder, cayenne and cinnamon
3. Chocolate mint
4. Orange zest and apple mint
5. Lemon verbena and lime zest

***Add dessert salts to the tops of homemade caramels, chocolate gelato, cookies, brownies and hot cocoa**

Instructions:

1. Place 1/2 cup COARSE ground salt into an electric hand chopper.
2. Add your flavorings from the list above or create your own mix.
3. Pulse ingredients until they are of consistent size.
4. If using dried ingredients only, transfer your salt blend to a clean container for storage (I used 150 ml jars).
5. If using any fresh ingredients (garlic, herbs, fruit zest), allow to dry for a day on a cookie sheet lined with parchment paper before transferring to your storage jar.

