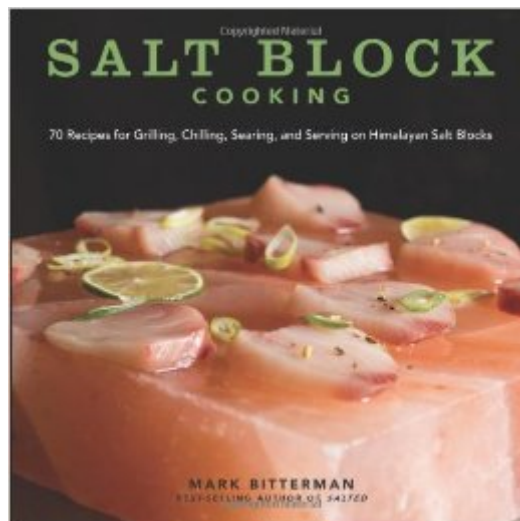


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# Salt Block Cooking: 70 Recipes For Grilling, Chilling, Searing, And Serving On Himalayan Salt Blocks (Bitterman's)



## Synopsis

This is the original book to focus on salt block cooking with 70 recipes designed for using this unique cooking tool. Mark Bitterman is the foremost salt expert and one of the largest importers and retail distributors of salt blocks. The precious pink mineral mined from ancient hills in Pakistan's Punjab province has arrived on the American cooking scene as an exciting and enticing new form of cooking. Himalayan salt blocks are available at specialty retail stores around the world and the market is growing. This is the definitive text on Himalayan salt blocks, written by the man who wrote the definitive text on salt. Enough with salting your food—now it's time to food your salt! Mark Bitterman knows more about salt than anyone else on the planet. If you've ever wondered what to do with those handsome slabs of Himalayan salt you see at cookware shops, Salt Block Cooking will inspire you with wildly innovative uses you've never dreamed of, from cocktails to candy, from curing to grilling, and from ceviche to pizza. Along the way, you'll learn the half-billion-year history of the only food that starts as a rock.

“Steven Raichlen, author of the Barbecue! Bible series and host of Primal Grill on PBS: Cooking on salt blocks will blow your mind, jump-start your creative process, make your food taste better, delight your friends, and cut down on the time you spend cleaning pots and pans. And what better guide for your new experience than Mark Bitterman, a man who has forgotten more about salt cookery than I will ever learn.”

“Andrew Zimmern, host of Bizarre Foods with Andrew Zimmern on the Travel Channel: Salt Block Cooking is an essential guide to working with salt blocks. It opens readers' eyes to possibilities never imagined before and gives a unique perspective on a completely new and interactive way to cook. Mr. Bitterman has changed the way I cook every day. He made me understand that salt is the most essential part of the seasoning process and is just as important as the ingredient itself. I encourage you to follow Mr. Bitterman's lead and I promise you will never think about salt in the same way again.”

“Vitaly Paley, chef/owner of Paley's Place Bistro and Bar, Imperial, and Portland Penny Diner; coauthor of The Paley's Place Cookbook: A precious mineral mined from ancient hills deep in Asia has stormed the American cooking scene. With crystals of rose, garnet, and ice, Himalayan salt blocks offer a vessel for preparing food as stunningly visual as it is staggeringly tasty. Guided only by a hunger for flavor and an obsession with the awesome power of salt, award-winning author Mark Bitterman pioneers uncharted culinary terrain with Salt Block Cooking, which provides simple, modern recipes that illustrate salt block grilling, baking, serving, and more. Everyone who loves the excitement and pleasure of discovering new cooking techniques will enjoy this guide to cooking and entertaining with salt blocks. The introduction is your salt block owner's manual, with everything you need to

know to purchase, use, and maintain salt blocks with confidence. The chapters that follow divide seventy recipes into six techniques: serving, warming, curing, cooking, chilling, and of course, drinking. You'll find recipes ranging from a minty watermelon and feta salad to salt-tinged walnut scones, beef fajitas served tableside, salt-cured candied strawberries, and salt-frozen Parmesan ice cream!

## Book Information

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## Customer Reviews

Well this was a new thing for this reviewer, cooking on salt blocks. Salt block cooking is a bit of a new trend or fad for some cooks, using a pink Himalayan salt block as a cooking surface, whether placed on the grill, the stove top or in an oven. No, this is not a late April Fool's trick or a reprint from "The Onion". The author is sold on the idea, as you might expect, describing salt blocks as the "boldest new idea in cooking since the matchstick." The book's marketing materials join in, describing this book as something that "... will inspire you with wildly innovative uses you've never dreamed of, from cocktails to candy, from curing to grilling and from ceviche to pizza. Along the way, you'll learn the half-billion-year history of the only food that starts as a rock." Certainly if you are a bit of a foodie and like trying out some of the latest trends this might be something for you to look at. Even if you never plan to try salt block cooking, this book could just be an interesting resource so you can, with grave authority, tell friends and family about this "bizarre way of cooking". Whether you are using a salt block (or salt plate as some vendors call it) to heat things up or cool things down, it certainly appears to be a versatile tool. If you are entertaining and have a bit of an audience

it can also add to the visual theatre! You get a very great, deep introduction to the background, art and science of salt block cooking from this book before you are given further advice and recipes for more specific uses - curing, warming, cooking and chilling on salt blocks are considered as well as even drinking from salt cups!

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