



Flavored Salts



This Photo by Unknown Author is licensed under CC BY-SA-NC

Do you have any suggestions for making flavored salts? Janine P. Morro Bay

Ever wonder why salt is used in so many foods? It enhances flavor by reducing bitterness and bringing out sweetness. A full-bodied red wine will boost the flavor of salt, producing a pretty and tasty finishing salt.

Cabernet Finishing Salt

Ingredients:

1 cup kosher or sea salt, medium or coarse grain

3 cups Cabernet or Zinfandel wine

Directions:

Line two cookie sheets with parchment paper. Gather your wine and salt.

Pour wine into a stainless-steel shallow pan and bring to a boil, lower heat to simmer. Stir and adjust the temperature until wine has reduced to approximately 1/4 cup and the syrup is thick enough to coat the spoon. This can take 20-40 minutes—sometimes longer. Watch carefully as liquid can go from thick to burnt quickly.

Pour salt into a bowl, add reduced wine, and mix thoroughly to infuse salt. If the mixture is too wet, don't fret—add more salt and keep mixing.

Once the salt and wine are mixed, spread onto parchment lined cookie sheets and allow to air dry for two days (or longer depending on the humidity), stirring frequently. Or to speed up the process, use the "heat dry" technique in the oven at 170°F or lower for two hours, stirring frequently about every 15-30 minutes. The salt can also be dried in a dehydrator at 105°F for about 10-12 hours. Once dry, store in an airtight container. (Note: oven drying will alter the color of the salt.) For more color, consider starting with pink Himalayan salt.

Use your finishing salt on a variety of foods. Sprinkle on salad greens. Add it to your grilled steak, prime rib, lamb, or pork tenderloin. Use a bit on a steamy bowl of French onion soup or cream of mushroom soup. Sprinkle on homemade pretzels or crackers before baking. Finish your pasta tossed with fresh tomatoes, basil, and garlic with a few shakes! Don't just think savory, try a small amount on top of dark chocolate brownies, fudge, or a chocolate chunk cookie. Be creative—and enjoy!

For more information and other flavors visit steelehousekitchen.com/homemade-flavored-salts.

We are still here!!!

No in-person workshops for now, but you can visit our website at:

<http://cesanluisobispo.ucanr.edu/>, email us at slomfp@ucanr.edu, or call our helpline at: 805-781-1429. We also check pressure canner gauges at no cost. Contact us for more information!

Authors: Ostby, K., George, D., Ravalin, D., Soule, K.E.

Published by The Tribune on Wednesday February 24, 2021 page 1C. It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.