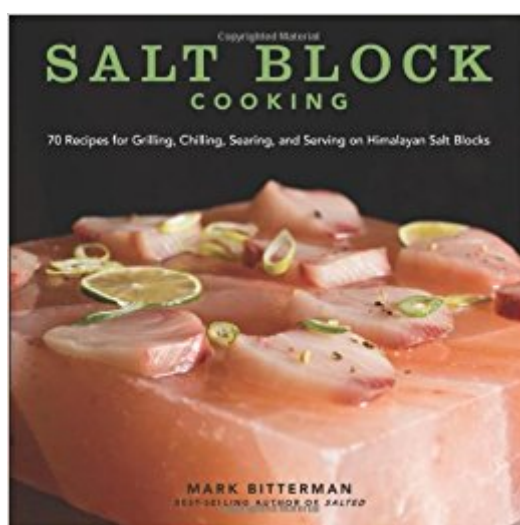


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Salt Block Cooking: 70 Recipes For Grilling, Chilling, Searing, And Serving On Himalayan Salt Blocks (Bitterman's)



Synopsis

OVER 100,000 COPIES SOLD! 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

Q:--Barbara Goldberg "Is the idea of cooking and serving on salt blocks new?" A:--Mark Bitterman "It's less than a decade old. Its discovery is a little shrouded in mystery. I think there was some opportunistic cooking maybe on salt stones in ages past. But in terms of salt-block cooking the way we think of it now, all evidence I have is that it's an American invention." (This article can be found on Reuters and Yahoo News! 07/23/14) (Barbara Goldberg, Chicago Tribune)"The salt expert gives lessons on cooking with salt bricks, which adds a subtle saltiness and can get hot enough on a grill to sear steak." (Food & Wine)"If the subject of salt is intriguing to you, as it is to me, here are some books available on the subject: Mark Bittman. Salted: A Manifesto on the World's Most Essential Mineral. And also Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing and Serving on Himalayan Salt Blocks. Bittman is an expert on salt and tells the tale beautifully." (Lou Jane Temple, Kansas City Star)"SALT BLOCK COOKING follows up on the author's prior 2010 introduction to the concept in SALTED and provides a powerful account on how to use Himalayan salt blocks for grilling, baking, and cooking. Some seventy recipes are

used to display all the basics of using salt blocks to maximum advantage , and include everything you need to know about the process, from shopping for a block and maintaining one to heating, cooling and serving all kinds of foods." A "must" for any cookbook collection looking for the basics on salt block use" (James A. Cox, Midwest Book Review)"Good read. Salt Block Cooking by Mark Bitterman is the home cook's guide to a technique once only practiced by top chefs. Himalayan salt blocks are sold at specialty retail stores around the world, including The Spice & Tea Exchange, 309 N. Park Ave. in Winter Park. This book is the first to address salt-block cooking and includes 70 recipes designed for this reusable cooking tool. The process involves heating the blocks and cooking meat or seafood directly on the surface. When not used for food preparation, the blocks make nifty serving platters for cold and room-temperature items. Bitterman is an expert on culinary salt, chocolate and cocktail bitters. He won a James Beard Award for his first book, Salted." (Heather McPherson, Orlando Sentinel)

Mark Bitterman is the author of the James Beard Award-winning book, Salted. He is the leading expert in culinary salt, and has led the charge into the culinary adventure of cooking on salt blocks. As owner of the speciality store, The Meadow, with locations in Portland, OR and New York City, he is one of the largest importers, retailers, and wholesale distributors of salt blocks. He lectures at culinary schools such as the French Culinary Institute, the Institute of Culinary Education, and Le Cordon Bleu and has been recognized as a Local Food Hero by Cooking Light, and a Tastemaker by Food & Wine. He has been featured in the New York Times, The Atlantic, O magazine, GC, Rachael Ray, Wine Spectator, and on The Splendid Table, All Things Considered, CBS News, ABC News, Fox News, MSNBC, CNN and more. Andrew Schloss, who frequently develops recipes for The Meadow's various communications and activities, contributes his expertise to the development of the recipes for the book. Schloss is the author of sixteen cookbooks including: Mastering the Grill (a New York Times best-seller) and The Science of Good Food (winner of an IACP Cookbook Award, a James Beard finalist, nominated by Le Cordon Bleu Food Media Awards as Best Food Book in the World), both co-authored with David Joachim. His latest books are Fire it Up (also with Joachim) and Homemade Sodas. He is the culinary force behind Cookulus, the first interactive cookbook app.

I purchased this as a gift to a family member, to which we also gifted a salt block to start with! I have one of my own and will have to purchase my own copy of this book as well at a later date. This book is not only great for showing you some great cooking ideas for your salt block, but it also if very

informative as well. The information contained within this book describe the origin of your salt block, the process it undertook before reaching you, specific instructions on how to use your salt block and the many various types of heating sources, cleaning and caring of your salt block, and storage and what you can do with your salt block once it ceases to be useful as a cooking utensil! This book has it all! It is a great book for the beginners of salt block cooking and for those experienced as well!

Happy Journey!

I got this as part of a gift to my mother. I got her a large salt block for mother's day since she is an avid cook, and it seemed like a neat thing to cook with. Immediately upon opening it, she started putting some cut in half cherry tomatoes on it, and within seconds they were infused with salt! If you're getting a salt block for someone that's never had one before, this book is definitely a necessary addition. It has some helpful tips on cleaning and taking care of the salt block. It also has some great recipes and gives the cook ideas for new ways to use it. If you know someone who is an avid cook, a salt block and this book is a great gift!

I've been aware of salt blocks for cooking for a few years now. However, they were too pricey for us to want to ship them into where we live. We have just found some at a reasonable price in Idaho USA and we are taking a few home with us. Salt Block Cooking gets off to strong start. Mark Bitterman explains that they are just for cooking but they can also be used for other purposes like serving, and freezing. He does an excellent job of explaining how to heat treat the block(s) before their first use. More importantly he delves into why this must be done slowly and properly. He explains what differences can be expected with cooking different kinds of foods at high versus lower heats (foods absorb more salt at lower heats). He also gets into cleaning methods. He also discusses accessories like using extreme heat resistant gloves or mitts rather than just run of the mill oven mitts. Part of the reason for this is he has a section for cooking foods BETWEEN 2 salt blocks. I would have given this book a higher rating if he had a) more recipes and b) better recipes. That is not to say that he does not have some good recipes. He does. When I look at the first one half of his recipes I found myself saying - Yes - I would do that. By the time I got into the last one half of his recipes I found myself saying I would never bother doing that. The book is worth having to get you going safely with salt blocks along with the knowledge of how to treat them and use them. I am sure many people could adapt some of the Authors recipes to their own cooking preferences and tastes. Finally, It is worth mentioning. Salt Blocks used for cooking will not last forever and this is discussed in the book. When they eventually crumble into unusable piece they can be hammered

or crushed into salt for cooking or grinding onto foods. Himalayan Pink Salt is often called the Purest Salt on Earth. It has 80 trace mineral elements into in a very close balance to what is found in your body.

Good if you have a salt block, but salt block cooking is not as practical as it is often suggested... For example, while you can use a salt block for serving dishes or cooking them, you cannot use the same block for both... Wish I had realized the limitations of this product before investing. But the book helps make use of a salt block if you decide to go this route.

I started out reading Marks first book "Salted" and loved it. I went from the person who NEVER cooked with salt to using sea salt on everything. I visit the Meadow frequently and have a few of the salt blocks, some to cook, some to serve, serving bowls... now what to do with them? There are many basics that I figured out, but then this book was coming out. Must say I Love this book! It's as fun to read as it is to use. Now I need a salt block for my butter! Back to the Meadow I go!

I really like this book. In addition to the recipes, some of which are pretty esoteric and should be fun to do, it has great tips on the use and maintenance of the salt block.

Definitely a MUST if you are purchasing a salt block for the first time as a gift or for yourself for cooking/serving. Tons of tips, how to's.. Lots of recipes. Way more helpful info than what the block comes with. Important info if you are just learning how to cook on a block. Great narration.. He's a pretty funny guy! :) Easy to read. HIGHLY recommend.

I purchased this book used for a very small price. I had not heard of "salt block cooking" before and wanted to see if it was something I might like before investing in the salt block. It has many interesting recipes and I enjoyed reading it. I got exactly what I was looking for in this purchase.

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