



Infused Salts: How to Add Flavor to Any Dish

INFUSED SALTS METHODS, SUGGESTED FLAVORS
AND USES

The Dry Method

Recipe

Combine your dry ingredients in a food processor and pulse until all ingredients are combined. Alternatively, chop and muddle ingredients as small as possible.

Add dry ingredients with salt in a bowl and mix until well combined.

Pour mixture onto a baking sheet lined with a sheet of parchment paper and allow to air dry for two days or heat dry in the oven set at 170°F for two hours or until completely dry. Stir frequently to prevent caking, whether air drying or heat drying.

Once completely dry, store in an air-tight container.

The Dry Method

Tips

Three tablespoons of dry flavor to one cup of kosher or sea salt is a good ratio. Add more dry flavor to taste.

This technique infuses salt with “dry” ingredients like herbs, and low-water content fruits and vegetables.

Blending ingredients in a food processor is recommended but not necessary.

The easiest method to allow to air dry instead of heat dry in the oven.

The Dry Method

Suggested Flavors and Uses

- ▶ Fresh herbs
- ▶ Black truffles
- ▶ Sun-dried tomatoes
- ▶ Garlic
- ▶ Lavender
- ▶ Chilies
- ▶ Kaffir lime
- ▶ Matcha tea
- ▶ Tangerine
- ▶ Blueberries
- ▶ Smoked paprika

Chicken, steaks, seafood, corn on the cob, eggs, chocolate, heirloom tomatoes, fried foods, sliced avocados, and much much more!

The Wet Method

Recipe

Add wet ingredients with salt in a bowl and mix until well combined.

Pour mixture onto a baking sheet lined with a sheet of parchment paper and allow to air dry for two days or heat dry in the oven set at 170°F for two hours or until completely dry. Stir frequently to prevent caking, whether air drying or heat drying.

Once completely dry, store in an air-tight container.

The Wet Method

Tips

One-to-two tablespoons of wet flavor to one cup of kosher or sea salt is a good ratio. Add more dry flavor to taste.

This technique infuses salt with “wet” ingredients like such as condiments or thick sauces.

Both air drying and heat drying works well for this method.

The Wet Method

Suggested Flavors and Uses

- ▶ Sriracha
- ▶ Mustard
- ▶ Ketchup
- ▶ Barbecue sauce
- ▶ Adobo sauce
- ▶ Chimichuri
- ▶ Chipotle sauce
- ▶ Fruit preserves
- ▶ Hoisin sauce
- ▶ Horseradish
- ▶ Pepper jelly

Red meat, grilled or roasted vegetables, popcorn, omelets, cocktail glass rims, fried foods, French fries, and much much more!

The Reduction Method

Recipe

In a heavy-bottom pot, bring three cups of liquid per cup of salt to a boil. Reduce heat to low and simmer until reduced to a thick syrup (about two-to-three tablespoons).

Immediately add kosher or sea salt and stir.

Pour mixture onto a baking sheet lined with a sheet of parchment paper and heat dry in the oven set at 170°F for three hours. Remove from the oven and allow air dry until completely dry. Stir frequently to prevent caking.

Once completely dry, store in an air-tight container.

The Reduction Method

Tips

Reduce three cups of liquid down to two-to-three tablespoons of “syrup” and then add one cup of salt. Blend until completely combined.

This technique reduces a liquid down to a thick syrup, which makes the flavors more intense and increases the viscosity of the mixture so the salt does not dissolve on contact with the hot syrup.

A combination of air drying and heat drying is recommended for this method.

The Reduction Method

Suggested Flavors and Uses

- ▶ Bourbon
- ▶ Tequila
- ▶ Rum
- ▶ Gin
- ▶ Red wine
- ▶ Whiskey
- ▶ Scotch
- ▶ Limoncello
- ▶ Moonshine
- ▶ Flavored vodkas
- ▶ Grand Marnier

Grilled meats, seafood, roasted chicken, lamb, “adult” milkshakes, cocktail glass rims, and much much more!