I am John Cawrse, owner of Ava Jane’s Kitchen and Salt Revolution. I won’t lie; I am passionate about family, food and surfing. Which is how I discovered sea salt.

**Salt Revolution Started On A Surf Trip**

Some families were traveling South of the border for a surf trip. We picked up a bag of locally harvested natural sea salt as we have a habit of tasting the local specialties. Later, cooking dinner back at our place, we were blown away by the extraordinary flavor and lovely texture. We thought salt was just sodium chloride but this salt tasted better than the refined table salt we were using at home. It tasted *special*.

**Our Salt Is Moist and Coarse**

It turns out that refined table salt has all the good stuff removed and bad stuff added. Eighty plus minerals essential to your body’s needs, *gone*, replaced with Iodine and anti-caking agents, added “for our health and convenience”. Our salt is moist and coarse, this is because we don’t remove any of the essential minerals or add anti-caking agents. Every crystal has a bit of crunch in every bite. Just pinch it between your fingers over your food, crushing it as you go. If you prefer your salt fine, just follow these simple drying instructions before you put it in your grinder.

**Dry It To Grind It - How To**

To grind your salt, you must first dry it. This prevents clumping and clogging in the grinder. Did I mention that we prefer to pinch our salt? Have you tried that yet?

1. Pre-heat oven to 250 degrees Fahrenheit.
2. On a large baking sheet covered in parchment paper, spread a thin layer of Salt.
3. Place salt on center rack of oven.
4. Bake for 30-90 minutes.
5. Stir to break up clumps.
6. Continue until the salt has dried to your liking (humid climates may take longer).
7. Turn oven off and leave in oven to cool.
8. Store in an airtight container.

**How to re-moisten your Sea Salt**

In a glass container, add 1 teaspoon of water for 8 ounces of salt. Stir in using a wood utensil. Seal for six hours. Stir; check that the salt breaks apart into moist crystals when pinched. Repeat if necessary.
Top 7 Things You Must Know About Table, Kosher and Commercial Sea Salt

1. Refined table salt is a manmade chemical of 100% Sodium Chloride sold by chemical companies.
2. Hand harvested, unrefined sea salt has not been stripped of the trace minerals that make each sea salt unique in both flavor and health properties.
3. The FDA allows manufactures to add up to 2% of government approved “safe” chemicals including iodine, anti-caking and free-flowing agents.
4. Most commercial salt, including Himalayan salt, is mined from the ground using the same method as coal mining.
5. Commercial sea salt, Kosher salt and table salt are identical except for crystal shape and size.
6. Natural, hand-harvested, solar evaporated sea salt has a low environmental impact and often helps to protect the surrounding ecosystem.
7. Unrefined sea salt and the 80+ trace minerals found in it, play a large role in proper nerve and muscle function, help to stabilize and regulate heartbeats, and naturally balance hydration as it acts as a sponge to keep fluid in your body.

Try These Recipes!

Crispy Sweet Potato Fries

Ingredients:
2 large sweet potatoes, peeled
1-2 tbs avocado or coconut oil
2 tsp curry powder (or cinnamon, for sweet fries)
1/2 tsp garlic powder (omit for sweet fries)
1/2 tsp Sea Salt (or to taste)

Method: Preheat oven to 400 °F and grease baking sheet. Cut potato into fry shape, soak in water for 45 minutes. Drain and pat dry. Toss fries with oil in a large bowl. Add all other ingredients and mix well.

Spread fries on baking sheet. Bake 25-30 minutes, turning half-way.

For crisperier fries, leave in oven longer or broil for the last 1-2 minutes. Put it on parchment paper to absorb some of the moisture.

Mexican Coleslaw

Ingredients:
1/2 small green cabbage (4 cups)
1/2 small red cabbage (2 cups)
1 cup green onions, chopped
1/2 cup cilantro, roughly chopped
1/2 jalapeno, seeded and finely chopped
3 tbs mayonnaise
juice of 1 lemon
1 tsp Sea Salt

Method: In a large bowl, mix all ingredients together. Chill for at least one hour before serving.

Just Pennies A Pinch!

At about $.10 a serving, Aztec Sea Salt is without a doubt the most economical upgrade you can make in your kitchen.