



# **Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks**

*Mark Bitterman*

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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!

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