



## Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's)

By Mark Bitterman

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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!

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### Editorial Review

#### Review

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)

#### About the Author

**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.

## **Users Review**

### **From reader reviews:**

#### **Eunice Buckley:**

Reading a guide tends to be new life style with this era globalization. With reading you can get a lot of information that could give you benefit in your life. Along with book everyone in this world may share their idea. Guides can also inspire a lot of people. A lot of author can inspire their own reader with their story or perhaps their experience. Not only the storyline that share in the publications. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on this planet always try to improve their skill in writing, they also doing some analysis before they write to the book. One of them is this Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's).

#### **Robert Harriman:**

The publication with title Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's) contains a lot of information that you can learn it. You can get a lot of gain after read this book. This kind of book exist new understanding the information that exist in this book represented the condition of the world right now. That is important to yo7u to understand how the improvement of the world. This specific book will bring you inside new era of the globalization. You can read the e-book on your smart phone, so you can read it anywhere you want.

#### **Bernice Bland:**

Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's) can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into joy arrangement in writing Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's) however doesn't forget the main place, giving the reader the hottest along with based confirm resource facts that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial imagining.

**Rodolfo Buker:**

Reading a book make you to get more knowledge from this. You can take knowledge and information originating from a book. Book is published or printed or outlined from each source that will filled update of news. With this modern era like today, many ways to get information are available for a person. From media social such as newspaper, magazines, science publication, encyclopedia, reference book, new and comic. You can add your knowledge by that book. Ready to spend your spare time to spread out your book? Or just seeking the Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's) when you needed it?

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