

Fluvanna County Public Library

Spice of the Month Club

Sea Salt (Coarse)

Sea salt is made by evaporating salt water. Aside from its culinary uses, it is often added to body scrubs, baths, beverages, and countless other products.

People around the world have used sea salt since prehistoric times, and it's commonly found in many kitchens today.

Sea salt is mostly composed of sodium chloride, a compound that helps regulate fluid balance and blood pressure in the body.

Sea salt vs. table salt

Some people believe sea salt is healthier than other types of salt because it is minimally processed, it contains some minerals, including potassium, iron, and calcium. There is little research to back these claims. The nutrients in sea salt are only present in trace amounts. You would have to eat extremely large amounts of it to get close to the amount of potassium, iron, calcium, or magnesium that you could easily get from whole foods.

Sea salt granules are also larger than table salt granules so fewer salt granules can be packed into a teaspoon. As a result, regular salt provides approximately 2,300 mg of sodium per teaspoon (6.1 grams), while sea salt contains 2,000 mg of sodium per teaspoon (4.2 grams). It's not because it contains less sodium than table salt.

However, if the amount of sodium you consume exceeds the recommended limit or your personal tolerance, using sea salt in place of regular salt makes no difference. In fact, some people find that they need to use more sea salt in cooking to achieve the same level of flavor.

Getting enough sodium is important for fluid balance, hydration, and digestion, but it's unnecessary to consume sea salt to meet your sodium needs. Excessive sodium consumption has been linked to high blood pressure levels and an increased risk of heart disease.

The non-culinary uses of sea salt, such as adding it to your bath, may improve skin health and provide other benefits. However, no strong research supports the many health claims associated with it.

Overall, you can use sea salt in many ways, but it should not be considered a health remedy.



KOSHER SALT

Kosher salt is much lighter than table salt.

Salting meats, sprinkle on roasted vegetables. Also used for cleaning cookware.



PINK SALT

Has a bold flavor, perfect for baking dishes

Seasoning meats, soups, salads, and vegetables. Used in spa treatments to improve skin conditions.



TABLE SALT

Also known as iodized salt.

Used in general cooking and baking.



FLEUR DE SEL

Flake salt has unique large flat, square crystals.

Used in fancy sweet treats like candies, caramels, or creme brulee



SMOKED SALT

Add salty and smoky flavors.

Adding to dry rubs and marinades to add a smoky taste.



PICKLING SALT

Grained finely to dissolve easily in water.

Used for pickling, canning, and preserving foods.



SEA SALT

Sea salt is evaporated from sea water

More affordable versions for salting meats, seafood, and vegetables



RED SALT

Salt of the Hawaii islands with a lovely reddish color.

Seasoning salads, vegetables, barbecued meats, fish, and poultry.



Sweet and Salty Candied Pecans (Yield: 1 ½ cups)

- 2 cups water
- 1 cup walnut or pecan halves
- 1/8 tsp. cinnamon
- 1/8 tsp. cayenne pepper
- 1/8 tsp. black pepper
- ¼ cup powdered sugar
- ¼ tsp. sea salt



1. Preheat oven to 350F. Line a sheet pan with parchment paper.
2. Bring 2 cups of water to a boil in a medium saucepan.
3. Add nuts and boil for 3 minutes. Afterwards, drain nuts using a colander.
4. Combine cinnamon, black pepper, cayenne pepper, and powdered sugar.
5. Add nuts to sugar mixture, coating nuts evenly so all the sugar is dissolved.
6. Transfer evenly onto parchment-line baking sheet.
7. Bake for 15-20 minutes, stirring occasionally until sugar is caramelized.
8. Top with ¼ tsp. sea salt while nuts are still hot.

<https://www.mortonsalt.com/recipe/sweet-and-salty-candied-nuts/>

Easy Homemade Flavored Finishing Salts

- 1 Tablespoon dried rose petals, or freeze-dried blueberries or 1 tsp. dried Meyer lemon peel
- 2 ½ Tablespoons unrefined sea salt or flake salt



Place dried flavoring in the bowl of a clean coffee or spice grinder. Give it 2-3 quick pulses to break up the flavoring. Add 1 tablespoon of sea salt and pulse another 2-3 times to incorporate, then add remaining 1 ½ tablespoons salt and pulse once more to combine. Transfer to a decorative tin or jar. The salt will keep best in an airtight container.

NOTE: To dry lemon peel, finely zest lemons, and spread zest onto a paper towel-lined plate. Place in the oven with the oven light on overnight or until dried. Alternatively, you can microwave the zest on a paper towel-lined plate for 1 to 2 minutes or until dry.

<https://www.loveandliveoil.com/2016/04/flavored-finishing-salts.html>

Salted Caramel Fudge

- 1 can (14 ounces) sweetened condense milk
 - ½ cup caster (superfine) sugar
 - ½ cup dark brown sugar, packed
 - 1 1/3 ounces Light corn syrup (40 milliliters)
 - ¼ cup golden syrup (or brown rice syrup)
 - ½ cup unsalted butter
 - 1 cup chopped white chocolate
 - 2 tsp. sea salt flakes
1. Line an 8 x 8 inch baking pan with parchment paper.



2. Chop the white chocolate and set it aside.
3. In a saucepan mix together the sweetened condensed milk, caster sugar, dark brown sugar, corn syrup, golden syrup and butter.
4. Heat the mixture, over low heat while stirring continuously until the sugar completely dissolves.
5. Slightly increase the heat to bring the mixture to a simmer. Keep stirring for 6 to 8 minutes until it thickens slightly.
6. Remove from heat. Stir in the chopped chocolate and most of the sea salt flakes until it becomes smooth.
7. Pour this mixture into your pan. Sprinkle with remaining sea salt flakes. Let it cool at room temperature for 30 minutes.
8. Cover the pan with plastic wrap. Refrigerate overnight to allow it to set properly.
9. Once fully set, cut your fudge into 36 squares.

<https://nodashofgluten.com/salted-caramel-fudge/>

Homemade Coconut Scrub

Just mix your Course Sea Salt or Sugar with your Oils at a 2:1 ratio. For example mix 1 cup salt with $\frac{1}{4}$ cup Coconut oil and $\frac{1}{4}$ cup Vitamin E Oil. If you are only using one oil mix $\frac{1}{2}$ cup Oil with 1 cup Salt. Then add 3-4 drops of Essential oil for fragrance and stir it up.



<https://wonkywonderful.com/homemade-coconut-salt-scrub/>

Sea Salted Caramel Chocolate Popcorn

- Popcorn
- Oil for popping
- 1 bag of wrapped caramels
- $\frac{1}{2}$ can of sweetened condensed milk
- 1 bag milk chocolate chips
- 1tsp. vegetable oil
- 2 Tablespoons milk
- Sea Salt (Coarsely ground)



1. Pop one batch of popcorn in a huge pot.
2. Spread the popped popcorn out on a large piece of wax paper.
3. Next combine caramels and $\frac{1}{2}$ can of condensed milk into a saucepan and melt over very low heat, stirring frequently (watch carefully!).
4. In a separate saucepan, combine chocolate chips, milk and vegetable oil. Melt on a very low heat until glossy and smooth. Stir frequently, and be careful not to burn.
5. When the caramel is fully melted and smooth (note: you can add more condensed milk if needed), drizzle over popcorn with a spoon, then sprinkle lightly with sea salt.
6. When the chocolate is ready, drizzle it evenly over the top with a spoon, and do a final sprinkling of sea salt.
7. After it has cooled, break it apart, or cut into pieces with spatula.

<https://eightymphmom.com/sea-salted-caramel-chocolate-popcorn/>

The Best Salted Caramel Pretzel Bark (24 servings)

- 12 oz. semi-sweet chocolate chips
- 8 oz. pretzels
- 11 oz. Kraft caramel
- 2 Tablespoon heavy cream
- Sea salt for sprinkling

1. Line a large baking sheet with parchment paper and set aside.
2. In a microwave safe bowl, melt the chocolate chips in the microwave in 30 second increments and stir in between each time.
3. Spread about 2/3 of the melted chocolate on top of the parchment paper lined baking sheet. Top the chocolate with the pretzels, don't worry about them being perfectly place on top. Gently press them down onto the chocolate.
4. Melt the caramels with the heavy cream in a microwave safe bowl for 2 minutes. Drizzle the caramel evenly on the pretzels.
5. Drizzle the bark with the leftover melted chocolate then sprinkle some flakey sea salt on top. Chill in the fridge until set then cut into pieces and serve. You can let it set at room temperature for about 2 hours instead of chilling it in the fridge if you don't have room.



<https://lifestyleofafoodie.com/salted-caramel-pretzel-bark/>

Creamy Cucumber Salad

- ½ cup sour cream
- 2 tablespoons fresh dill (chopped)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ½ tsp. garlic powder
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 24 oz. cucumbers (sliced into circles or half circles; approximately 6 cups or 12 mini cucumbers)
- 1 small red onion (sliced into thin quarter moons; about 1 cup)

1. In a large bowl, whisk together the sour cream, dill, olive oil, lemon juice, and garlic powder. Season with sea salt and black pepper to taste.
2. Stir in the sliced cucumbers and red onions.



<https://www.wholesomeyum.com/recipes/best-creamy-cucumber-salad-recipe-low-carb-gluten-free/>

Brown Butter Salted Caramel Cookies (36 cookies)

- 2 ½ cups all-purpose flour
- 1 tsp. baking soda
- 2 tsp. cream of tartar
- ½ tsp. ground cinnamon
- ½ tsp. sea salt
- 1 cup unsalted butter (cut into tablespoon pieces)
- 1 ¼ cup brown sugar



- ½ cup granulated sugar
- 1 large egg
- 1 egg yolk
- 1 tablespoon vanilla extract
- 1 tablespoon plain Greek yogurt
- 18 caramels cut in half
- Flaked sea salt (for sprinkling on top of cookies)

For the Cinnamon Sugar

- ¼ cup granulated sugar
- 2 tsp. ground cinnamon

1. In a medium bowl, whisk together the flour, baking soda, cream of tartar, cinnamon, and salt. Set aside.
2. To brown the butter, heat a thick-bottomed skillet on medium heat. Add the sliced butter, whisking frequently. Continue to cook the butter until melted. The butter will start to foam and brown specks will begin to form at the bottom of the pan. The butter should have a nutty aroma. Watch the butter carefully as it can go from brown to burnt quickly. Remove butter from the heat and cool to room temperature.
3. In the bowl of a stand mixer, combine the brown butter and sugars. Mix until blended. Beat in the egg, egg yolk, vanilla extract, and Greek yogurt and mix until combined. Slowly add the dry ingredients and mix until just combined.
4. Form the dough in a ball and cover with plastic wrap. Chill in the fridge for between 30 minutes and 2 days.
5. When ready to bake, preheat the oven to 350F. Measure about 2 tablespoons of dough and roll into balls. Flatten the ball slightly with the palm of your hand and place a caramel piece in the center of the dough. Wrap the cookie dough around the caramel, making sure the caramel is completely covered with dough.
6. In a small bowl combine the cinnamon and sugar. Roll the balls in the cinnamon-sugar mixture. Place dough balls on a large baking sheet lined with parchment paper. Make sure the cookies are about 2 inches apart. Sprinkle the cookie tops with sea salt.
7. Bake the cookies 8-10 minutes or until the edges of the cookies begin to turn golden brown. The centers will still be soft. Don't over bake. Cool the cookies on the baking sheet for 2-3 minutes, or until set. Transfer cookies to a wire cooling rack and cool completely.

<https://www.twopeasandtheirpod.com/brown-butter-salted-caramel-snickerdoodles/>

Rachel's Simple Creamy Shrimp Salad (4 servings)

- 1 ½ lbs. small, cooked shrimp, tails and shells removed
- 1 large red bell pepper, finely diced
- 3 celery ribs, finely diced
- 1 red onion, finely diced
- ½ cup plain Greek yogurt
- 1 fresh lemon, juice and zest
- ¼ cup chopped fresh cilantro or parsley
- Sea salt and ground pepper, to taste



1. Finely dice all your veggies and place them in a large serving bowl.
2. Add in your cooked shrimp, yogurt, lemon juice, lemon zest, cilantro or parsley, sea salt, and pepper.
3. Stir well to combine.
4. Refrigerate for 1 hour, then serve chilled.
5. Stays good in the fridge for about a day. Best enjoyed within a few hours.

<https://cleanfoodcrush.com/rachels-simple-creamy-shrimp-salad/>

Homemade Almond Butter Cups (12 servings)

- 8 oz. high quality dark chocolate
 - 1 tablespoon coconut oil
 - ¼ cup dripping almond butter*
 - Coarse sea salt, to taste
1. First, line a mini muffin tin with 12 mini muffin liners and set aside. Then, roughly chop 8 oz. dark chocolate and place into a microwave-safe bowl and add about 1 tablespoon coconut oil.
 2. Microwave for 2 minutes at 50% power, stirring every 30 seconds.
 3. Once the chocolate has fully melted, spoon in around 1 tsp. of melted chocolate onto the bottom of each muffin liner. Then, tap the pan so that the chocolate evens out. Freeze for about 10 minutes to set.
 4. Next, scoop in a heaping ½ tsp. of almond butter and place on top of the first chocolate layer. Tap the pan to even out the almond butter so there isn't one big lump of almond butter in the middle of each cup. Freeze for around 10 minutes to set.
 5. Finally, spoon in the second layer of melted chocolate on top of the almond butter, there should be enough chocolate left for around 1.5 tsp. of chocolate per cup (or a little more). Tap the entire pan to even out the melted chocolate and then sprinkle on coarse sea salt.
 6. Finally, freeze for 30 minutes to an hour to fully set.
 7. *NOTE: Almond Butter – If your almond butter is not drippy, you can add about a tsp. of melted coconut oil in order to thin it out.



<https://fitfoodiefinds.com/almond-butter-sea-salt-cups/>

No Fail Sea Salt and Garlic Kale Chips (4 servings)

- 1 medium-sized bunch of kale, washed and dried very well
 - 2 tsp. olive oil
 - A pinch or two of sea salt
 - A pinch of garlic powder
1. Preheat your oven to 300F.
 2. Wash and dry one bunch of kale, making sure the leaves are completely dry, if there's any moisture left on the leaves you'll end up with soggy kale chips.
 3. Rip the leaves off the stems and away from the chewy veins of the kale and into chip-sized pieces.
 4. Arrange the pieces of kale on an unlined baking sheet.
 5. Drizzle the olive oil as evenly over the kale as possible. Using your hands, gently massage the oil into the kale leaves, making sure to massage the oil well into all the folds and onto the entire surface of each of the kale leaves. At first it may not seem that 2 tsp. of oil will be enough but adding more oil will only add to much moisture. If you find you need a tiny bit more oil, add it one drop at a time.
 6. Once you've finished massaging the kale, sprinkle a pinch or two of sea salt and a pinch of garlic powder over the kale and add the pan to your preheated oven.
 7. Bake for 10 minutes. Rotate the pan, flipping any pieces that are starting to look crispy and bake for another 10-15 minutes, watching the pan closely for the last 7-8 minutes to prevent over browning.
 8. Remove the pan from the oven and leave the kale chips on the pan for 3-5 minutes before serving so they can crisp up even more!



<https://thebusybaker.ca/sea-salt-and-garlic-kale-chips/>

- 2-Ingredient Watermelon Sorbet (4 cups)
- 6 cups cubed watermelon
- 3 tablespoons lime juice
- Pinch of sea salt (optional)

1. Prep your watermelon. Dice watermelon into 1-inch cubes. Place cubed watermelon in a single layer on a parchment paper lined baking sheet in the freezer for 5 hours, or until frozen.
2. Blend. Add frozen watermelon chunks, lime juice, and sea salt (if using) in a high-powered blender. If needed, wait a few minutes so it is easier to blend. Blend until watermelon is broken down into shaved ice consistency.



<https://eatthegains.com/watermelon-lime-sorbet/>

Salted Caramel Crunch Cookies

- 2 $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup light brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 1 tsp. baking soda
- 1 tablespoon cornstarch
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter, melted and slightly cooled
- 2 large eggs
- 2 tsp. vanilla extract
- 1 cup toffee bits
- 1 cup caramel squares, cut into fourths (example: Werther's chewy caramels)
- 1 cup chopped pecans
- Flakey sea salt, optional



1. Preheat oven to 350F. Line two large baking sheets with parchment paper, set aside. (Unless you plan on chilling the dough for best texture results, then skip this step for now.)
2. In a large bowl, whisk together the flour, brown sugar, granulated sugar, baking soda, cornstarch, salt and cinnamon.
3. Add butter, combine with spatula or with handheld mixer until crumbly. Add eggs and vanilla extract and beat until well-combined. Fold in toffee chips, caramel squares and pecans. (Optional: reserve a few toffee chips, caramel squares and pecans to top cookie dough with for a prettier presentation.)
4. Optional: Cover and chill the dough in the refrigerator for 2 hours, or up to 24 hours.
5. Roll two heaping tablespoons of cookie dough into a ball and place on prepared baking sheet leaving 2-inches per cookie for spreading. (If you reserved extra toppings, place them on top of the cookie dough now).
6. Bake for 12 minutes, or until the edges of the cookies are set and golden brown. Remove from oven and immediately sprinkle with flakey sea salt, to taste.

7. Let cookies cool and set up for 10 minutes on baking sheet before transferring to a wire rack to cool completely.

https://thenovicechefblog.com/salted-caramel-crunch-cookies/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1103022864_50471830_109591

Israeli Couscous Salad (8 cups)

- 1 cup Israeli pearl couscous
- 1 ½ cup water
- ¼ tsp. sea salt
- 1 tsp. olive oil
- 1 cup grape tomatoes quartered
- 1 cup chopped cucumbers
- 2 tablespoons fresh mint leaves chopped
- 2 tablespoons fresh parsley chopped
- ¼ red onion finely chopped
- 5 green onions finely chopped
- ¼ cup fresh squeezed lemon juice (about 2 lemons)
- ½ cup olive oil more or less to taste
- Sea salt to taste
- 1 pita
- 1 tablespoon butter



1. Add water to a medium sized pot and bring to boil. Salt the water if desired for extra flavor. Once boiling stir in couscous pearls and olive oil. Cover and reduce to simmer for 8 minutes.
2. Scrape cooked couscous pearls into a large bowl and let cool.
3. Chop tomatoes, cucumbers, onions, green onions, and herbs. Add to couscous.
4. Pour lemon juice and olive oil over couscous and veggies and toss everything together. Add sea salt to taste.
5. Slice pita in bit sized pieces. Coat both sides with butter. Bake in toaster oven at 350F for 203 minutes or until light golden brown.
6. Serve immediately or store in fridge then toss before serving.

<https://www.mightymrs.com/israeli-couscous-salad/>

Library Resources

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Flour water salt yeast by Ken Forkish – 641.815 FOR

Homemade Condiments by Jessica Harlan – 641.33 HAR

Salt, fat, acid, heat: the four elements of good Cooking by Samin Nosrat – 641.523 NOS

Spiced – 641.6383 AME

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