



Himalayan Salt Plates

Himalayan Salt Plates are a gourmet tool for adding drama and beauty to your tableside presentation, and an innovative method to add natural mineral flavor to your cooking.

Himalayan Pink salt is harvested from ancient sea salt deposits in the Himalayan Mountain Range, crystallized more than 200 million years ago during the Jurassic Era. Ancient sea beds were covered by volcanic lava, protecting the salt from pollution, and lending to the belief that Himalayan Pink is the purest salt to be found on earth.

COOKING:

One popular use of the plates, slabs and bricks is as a cooking aid. The salt can be heated in an oven, atop a range, or on a grill. Since it is a natural product, heating the plates will change the appearance, and may bring out internal flaws, so caution should be used. You may wish to use one slab for cooking, while saving one for more aesthetic applications.

When cooking on your salt, ensure that it is completely dry prior to applying any heat. Typically dry time is at least 24 hours. The salt is commonly heated to between 300° F to 400° F.

For gas ranges or grill: Heat on a low flame, gradually increasing to medium low until desired temperature is reached, generally around 30 to 45 minutes.

For electric ranges: Set the salt on a heat-safe metal platform so that the salt is at least ½ inch above direct heat. Direct contact could be damaging to both your equipment and/or your salt. Begin on low heat and gradually increase to medium low for approximately 40 to 55 minutes, or until salt reaches desired temperature.

Caution: Salt slab will become very hot as it retains heat applied to it.

SERVING PLATTERS:

Another great application for these items is as a serving platter. The salt can be chilled in the refrigerator for serving items such as sushi or cheese, or even frozen in the freezer, providing a new way to present cold desserts, even sorbet! Moist foods will pick up more salty flavor, while their denser and drier counterparts will be presented beautifully and imaginatively.

CARE:

To clean after use, scrub with a mildly abrasive brush. You may use a moist cloth as well. Do not run salt plate under water or submerge. Pat dry. Place on drying rack to allow the slab to air dry for 24 hours. Himalayan salt does not require the use of any cleanser, as it is inherently antimicrobial.

While your Himalayan plate should give you multiple uses worth of enjoyment, the salt will dissolve little by little, reducing the size and possibly causing irregularities in the surface, such as small depressions. Someday, when your salt gets too small for cooking or serving on, it will be a perfect size to grate over your food, break up for making soup, or even to throw in your tub for a detoxifying salt bath.



DISCLAIMER:

Himalayan Salt Slabs are a natural product. As so, each slab is unique in all characteristics including color and inclusions within the salt slab. Each piece may have a different threshold for pressure and temperature. SaltWorks is not responsible for damages, injury, or loss due to any use of Himalayan salt products.