

A Sea of Knowledge

Specialty Sea Salts & Their Enhancement Property Uses

-Kate LaPlante-

Regular table salt has a high amount of sodium chloride, as well as being processed with many chemicals. Each of these specialty salts brings a unique flavor profile and texture that can enhance and elevate specific dishes, turning everyday meals into gourmet experiences. Let's dive into the unique qualities and best uses of these specialty salts:

Celtic Sea Salt



Organic: Not Specified

Kosher Certified: YES

Non-GMO Verified: Not Specified

Vegan friendly: Not Specified

Characteristics: Light grey color, moist texture, rich in trace minerals.

Potential Health Benefits: Rich in minerals, can support electrolyte balance.

Mineral Boost: Adds essential minerals to your diet.

Best Uses: Ideal for finishing dishes to add a delicate crunch and mineral-rich flavor. Great for seafood, roasted vegetables, and even baking.

Flavor Profile: Mellow, slightly briny with a hint of sweetness.

Flavor Enhancement: This salt has a subtle, mineral-rich flavor that doesn't overpower, making it perfect for enhancing the natural taste of ingredients.

Delicate Flavor: Ideal for subtle seasoning without masking natural flavors.

Texture: Adds a subtle, crunchy texture to dishes.

Example Dishes:

Roasted Vegetables: Sprinkling Celtic Sea Salt on roasted carrots, parsnips, and potatoes enhances their sweetness and earthiness.

Fresh Seafood: Use it to season grilled shrimp or a delicate white fish like sole or cod to highlight their natural flavors.

Manufacturer Details:

Manufacturer: Selina Naturally

UNSPSC Code : 50171500 (Herbs and spices and extracts) Report an incorrect code

ASIN : B07C4ZWHRV

Best Sellers Rank: #1,657 in Grocery & Gourmet Food (See Top 100 in Grocery & Gourmet Food)

#15 in Sea Salts

Hawaiian Black Lava Sea Salt



Premium Natural, Infused and Smoked Sea Salts

- ✓ Since 2007, the #1 source for dynamic, all-natural salts from around the world.
- ✓ Large collection, from pantry staples to world-class finishing salts.
- ✓ No-frills pouches and shakers to deliver the most salt at the lowest cost to you.
- ✓ Save with our direct harvester networks and global supply chain.



Organic: YES

Kosher Certified: YES

No Additives: YES

Non-GMO: YES

Characteristics: Black color due to activated charcoal, slightly smoky flavor.

Color & Texture: Black, due to activated charcoal, slightly coarse.

Visual Appeal: Provides a striking contrast in dishes, making them visually stunning.

Potential Health Benefits: Hawaiian black sea salt is believed by some to aid in detoxification, improve digestion, and whiten teeth. The activated charcoal in our black salt offers potential health benefits. Contains activated charcoal, which is believed to have detoxifying properties.

Flavor Profile: Earthy, slightly smoky. Add this Hawaiian black lava sea salt to various recipes, from sauces and dips to marinades and spice blends. This Hawaiian black lava salt is a versatile ingredient that elevates any dish with its smoky and earthy essence.

Best Uses: Adds a dramatic touch and unique taste as a finishing salt. Perfect for grilled meats, sushi, and salads.

Example Dishes:

Grilled Steak: Finish a perfectly grilled ribeye or sirloin with a sprinkle of this salt to complement the charred, meaty flavors.

Sushi: Enhance the look and taste of sushi rolls or sashimi with a pinch for a visually striking and tasty finish.

Salads: Add to a fresh green salad or a caprese salad for a unique flavor twist and eye-catching presentation.

Manufacturer Details:

Manufacturer : Sea Salt Superstore

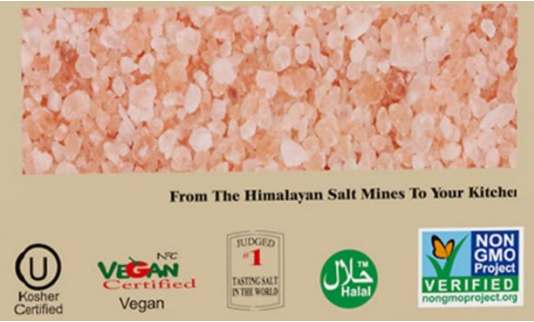
ASIN : BOBTQRQTJQ

Country of Origin: USA

Best Sellers Rank: #6,391 in Grocery & Gourmet Food (See Top 100 in Grocery & Gourmet Food)

#54 in Sea Salts

Himalayan Sea Salt



Organic: YES

Kosher Certified: YES

Non-GMO Verified: YES

Vegan friendly: YES

Characteristics: Pink color, contains numerous trace minerals.

Color & Texture: Pink, fine to coarse crystals.

Presentation: They add a visual and textural appeal, making dishes more interesting.

Health Benefits: Contains 84 minerals and trace minerals, which include potassium, sodium, magnesium, and iron. Some people prefer these salts for their potential health benefits and lack of additives like anti-caking agents.

Flavor Profile: Clean, slightly mineral-rich taste. Enhances food flavors without an overly salty taste.

Best Uses: Versatile for both cooking and finishing. Enhances the flavor of meats, soups, and sauces. Himalayan Salt is a top-favorite salt to use for seasoning meats, grilled vegetables, a variety of salads, soups, and stews, and baking. Himalayan Crystal Salt is also excellent for preparing meat salt RUBS and BRINE solutions.

Baked Goods: Adding a pinch to homemade bread or scones brings out the richness of the butter and flour.

Example Dishes:

Soups and Stews: Use it in a hearty beef stew or a creamy potato leek soup to enrich the broth and bring out the flavors of the ingredients.

Grilled Meats and Vegetables: **Perfect** for seasoning before grilling, as it enhances the natural flavors of the food while cooking.

Desserts: A light sprinkle on chocolate truffles or caramel sauce can add a delightful contrast and elevate the sweetness.

Manufacturer Details:

Manufacturer : WBM

ASIN : BOBHC9Q9S9

Country of Origin : Pakistan

Best Sellers Rank: #20,318 in Grocery & Gourmet Food (See Top 100 in Grocery & Gourmet Food)

#10 in Salt Substitutes