

YOUR GUIDE TO

SALT

Salt comes in many varieties. What's the difference? Read on to find out.

Salt should be simple – it's just sodium + chloride, right? But there are so many varieties! The big difference among them is rock salt comes from mineral deposits left by dried-up seas or lakes, and sea salt is harvested from evaporated sea water. Use this guide to find out which salt is best in whatever you've got cooking.

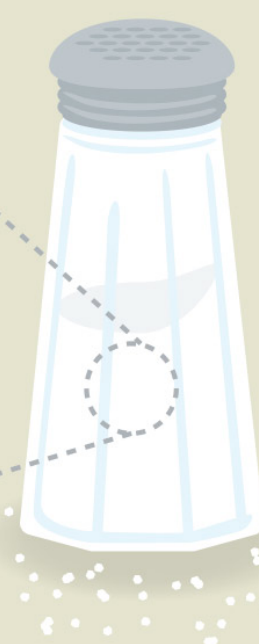
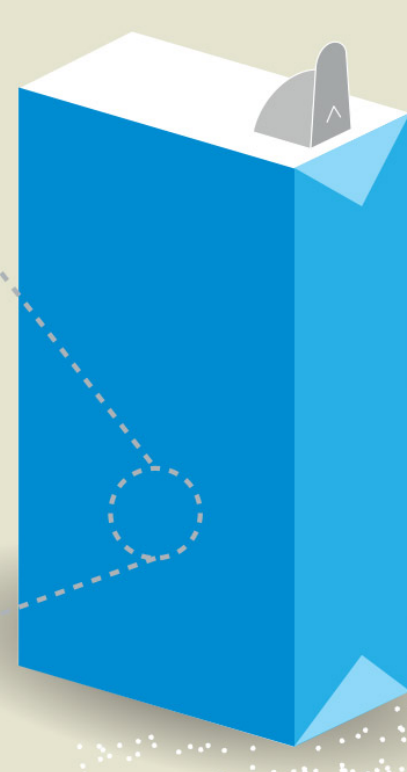


Table Salt (Iodized)

What it is: Finely ground rock salt refined with iodine and anti-caking additives to improve flow.

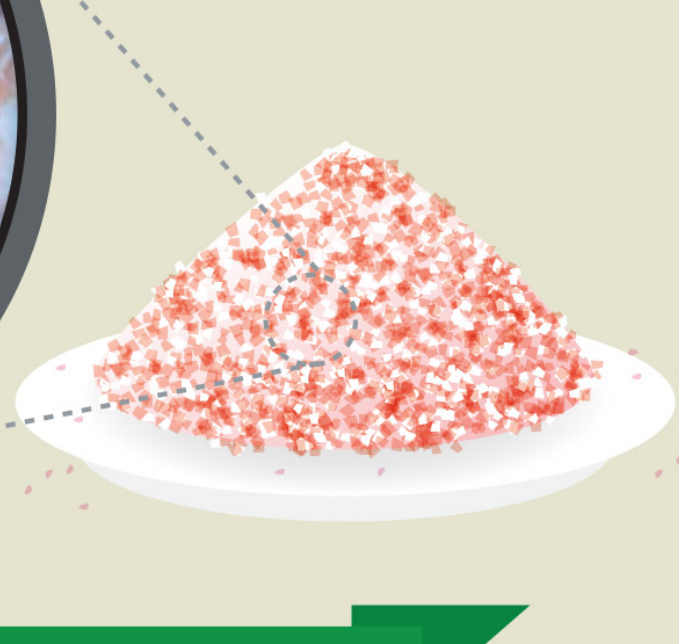
How to use it: As an all-purpose seasoning in soups, stews and roasts, and your go-to for baking. Its small particles dissolve quickly in liquid and are dense, so halve quantities if substituting for kosher or coarse salt.



Kosher Salt

What it is: Preservative-free pure rock salt produced in large, irregular crystals. Named for the koshering process, in which coarse salt is used to draw blood out of meat.

How to use it: For everyday cooking and seasoning, this is a terrific staple to keep in your kitchen. It is easy to pinch, distributes evenly when sprinkling and has a pure salt taste.



Himalayan Pink Rock Salt

What it is: Coarse rock salt mined near the Himalayas that has an appealing peachy-rose colour from trace minerals and a subtler flavour than kosher or sea salt.

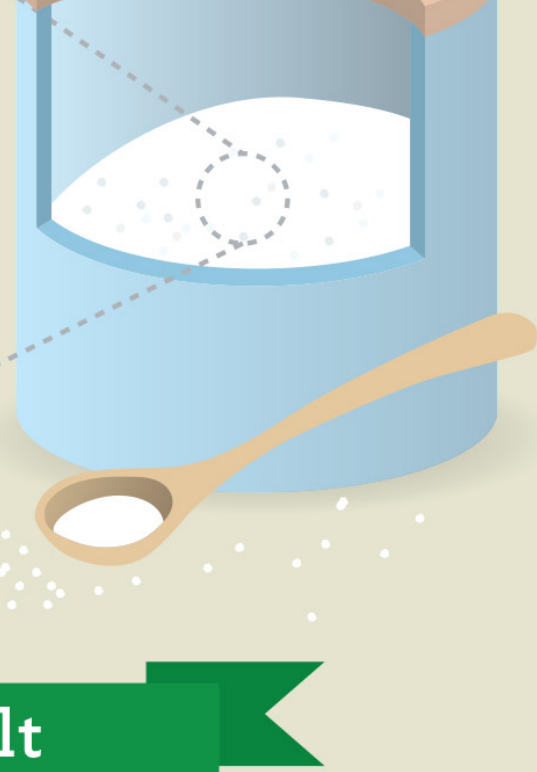
How to use it: On sliced ripe tomatoes or melon wedges to bring out the sweetness. Its delicate flavour is also perfect on fish or steamed asparagus.



Sea Salt

What it is: Evaporated salt water, produced in fine to coarse granules, with a distinctive earthy flavour from trace minerals. Fleur de sel is a fancy type of sea salt with big, delicate crystals.

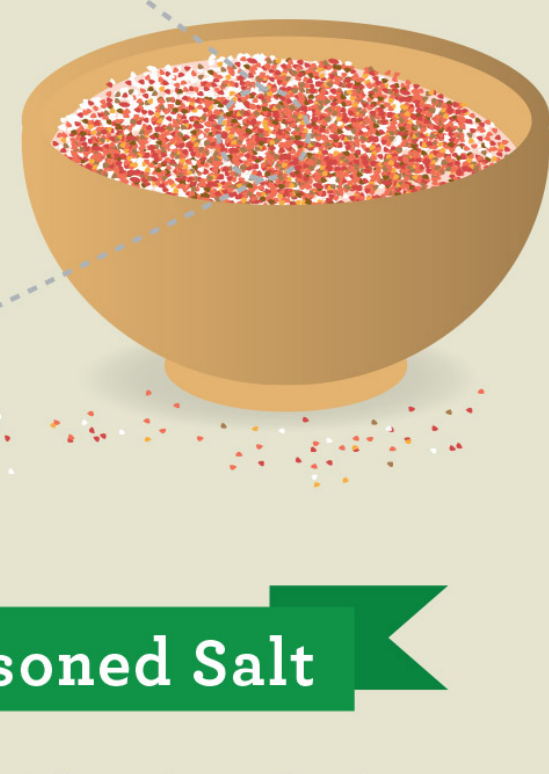
How to use it: As a finishing salt on grilled or roasted meat, fish and vegetables.



Pickling Salt

What it is: Quick-dissolving granules of pure rock salt without anti-caking additives or iodine.

How to use it: As its name suggests, it's the go-to for pickling because it keeps brines crystal clear. Kosher salt works in a pinch, but check for equivalent measurements.



Flavoured or Seasoned Salt

What it is: Rock salt infused with spices, herbs or smoke. Think spice cabinet classics like celery or garlic salt, or modern umami boosters such as mushroom or vanilla salt.

How to use it: As a finishing salt to add bold flavour. Scatter smoked salt over grilled steak, sprinkle rosemary salt on focaccia before baking or use lemon salt to season chicken salad.