
From: Spices Inc. <customerservice@spicesinc.com>
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Subject: Your Teaspoon of Saturday Flavor- A Taste of What's Good in Food! - Preview

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NaCl



The Salt Life

Today salt is an inexpensive food additive but just 200 years ago in the 1800s, it was an extremely expensive ingredient. Costing more than four times the amount of beef, salt was a necessary nutrient for living creatures, but also an incredible preservative used in many food storage processes all across the country. Now salt is everywhere, causing nearly as much commotion as sugar does here in the United States. We as a company see a growing number of concerned customers wondering about their salt intake every day. Through the course of over a decade of being in business, we have continued to develop more salt-free blends to help ease our customers' transitions into a lower sodium lifestyle.

Salt Basics

Whether your salt is Smoked Applewood or a Himalayan Pink Salt, there is very little difference between them chemically. Most salts are made up of at least 97.5% sodium

chloride, with the final 2.5 percentage being made up of the other things that give color or flavor to the salt. They may also differ in texture, but that mostly has to do with how the salts are formed or harvested. Kosher salts are larger grain salts, perfect for taking a pinch and adding an even amount of salty flavor to the whole thing. Kosher salts are mostly mechanically pressed to get their long, flaky appearance and texture. Table salt is quite fine and is thus much saltier per pinch than kosher salt would be. Sea Salt is in between the two, with a more medium grain. Natural salts tend to fall on the sea salt part of the spectrum, because they have a medium grain when harvested directly from water. Of course, there are some exceptions like fleur de sel, but for most salts this generalization works. Outside of the realm of size differences, salts also come from different places and are treated differently.

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Salty Products & Recipes



Smoked Bourbon Barrel Salt



Jiao Yan



Hawaiian Alaea Red Salt



Smoky Citrus Salt



Butter Cauliflower Burritos



Hibiscus Margaritas



Santa Maria BBQ



Patatas Bravas

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