

Master Your KROK 🔥

1 message

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Master Your KROK With 3 Techniques

Hi Tyson,

Are you new to the world of mortars and pestles? Master these three easy techniques to maximize your KROK's potential:

[Read Full Guide & Watch Video](#)

1. Smash

This is the easiest and the most fun. Smashing is the first step for larger ingredients before you can effectively grind. This goes for dry spices like peppercorns, ingredients too large to initially grind like a garlic clove or anything else you need to break down before grinding.

2. Grind

Grinding is the technique you will use most often. Whether you're crushing pepper into a fine powder, making a spice blend, or a curry paste, the grinding process will be your best friend. Moving the pestle around on top of the ingredients while applying pressure will continue to break down any ingredient. Most use a circular motion while grinding but rocking the pestle back and forth is also very helpful, especially for tougher ingredients.



3. Emulsify

When you are making pesto or sauces with your mortar and pestle, the final and most important step is to emulsify the ingredients. This just means incorporating all the ingredients into one consistent final product. Oil is usually the most difficult ingredient to emulsify into a sauce because of its consistency and non-polar molecules. The best method to achieve emulsification is to swirl the pestle around consistently while slowly incorporating the oil. Start with drips and work your way up to a steady pour until you achieve your desired consistency.

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