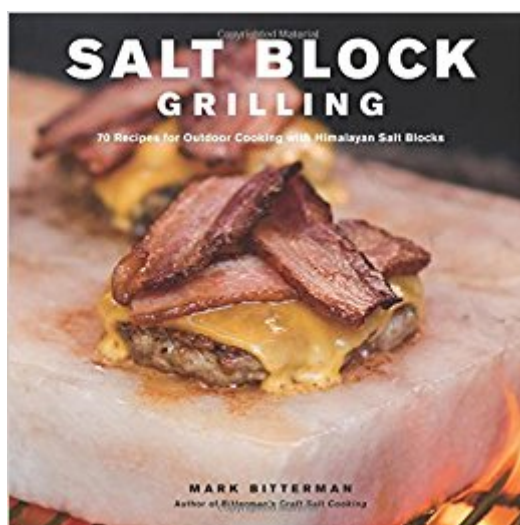


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# Salt Block Grilling: 70 Recipes For Outdoor Cooking With Himalayan Salt Blocks (Bitterman's)



## Synopsis

Over 70 all new recipes for grilling traditional and nontraditional dishes on a Himalayan salt block from salt expert and best-selling author of Salt Block Cooking, Mark Bitterman. Everyone who loves the excitement and pleasure of discovering new cooking techniques will enjoy this guide to grilling and entertaining with salt blocks. The introduction is your salt block owner's manual, with everything you need to know to purchase, use, and maintain salt blocks with confidence. The six chapters that follow are divided into over 70 recipes organized by key ingredients: Meat, Seafood, Poultry, Vegetables and Fruit, Dairy, and Doughs. You'll find recipes for Salt Seared Smoked Pork Belly, Lamb Satay with Mint Chutney and Spicy Peanut Crumble, Salt Seared Tuna Nicoise Salad, Hot Salted Edamame with Sesame, Shiso, and Szechuan Pepper, and Salty, Smoky Walnut-Chocolate Chunk Cookies. Bitterman is the foremost salt block expert and one of the largest importers and retail distributors of salt blocks. The precious pink mineral mined from ancient hills in Pakistan's Punjab province has arrived on the American cooking scene as an exciting and enticing new form of grilling. Himalayan salt blocks are available at specialty retail stores around the world and the market is growing.

## Book Information

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## Customer Reviews

A salt fanatic since his first bite of a juicy salt-studded steak at a truck stop in France, Mark Bitterman has traveled the globe for over 25 years in search of flavor. Mark won a James Beard Award for his first book, *Salted*. His second book, *Salt Block Cooking*, has sold over 134,000

copies and his third, Bitterman's Field Guide to Bitters & Amari is a Spirited Awards finalist. As CEO of Bitterman Salt Co. and owner of The Meadow retail shops in Portland Oregon and New York City, Mark teaches at institutions such as the Smithsonian and the Institute for Culinary Education, and collaborates with leading restaurants around the world. Mark has been featured in the New York Times, the Wall Street Journal, The Guardian, The Atlantic, O, GQ, Rachael Ray, Esquire, and on The Splendid Table, All Things Considered, Bizarre Foods, and other major network TV and radio stations. Andrew Schloss, who frequently develops recipes for The Meadow's various communications and activities, contributes his expertise to the development of the recipes for the book. Schloss is the author of 23 cookbooks including: Mastering the Grill (a New York Times best-seller) and The Science of Good Food (winner of an IACP Cookbook Award, a James Beard finalist, nominated by Le Cordon Bleu Food Media Awards as Best Food Book in the World), both co-authored with David Joachim. His latest books are Grill School (also with Joachim) and Amazing (Mostly) Edible Science. He is the culinary force behind Cookulus, the first interactive cookbook app.

Not enough basic instruction

Here are the pros and cons of this book: PROS: Lots of good info about caring for, heating, freezing and cleaning salt blocks. This info will definitely help maximise your usage and enjoyment of salt block grilling. CONS: As a newbie to salt block cooking, the recipes in here are far too exotic & intricate with lots of ingredients I have never even heard of, let alone have knocking around my kitchen or supplied by our local supermarket. This is really off-putting if you're a beginner like me that just wants simple recipes for grilling meat, poultry and fish to take advantage of the flavours and methods of salt block cooking. If you're well advanced into salt block cooking then this book may be good for you, but if you're just getting started and are looking for simple recipe ideas - look elsewhere.

Fascinating, & informative, I found this book amazing!! I knew nothing of Salt block grilling and I can't wait to get my hands on a copy of this, written by the kitchen master himself! This book not only has tasty recipes to get you going, but gives you the ins, the outs, the how to's the where to purchase, and how to take care of your salt block! Well written and thoroughly explained, this has everything you wanted to know, and then some, about Salt Block Grilling!!

Just bought Salt Block Grilling a few days ago. The photography in this book is absolutely stunning. I made the pizza last night for my dinner party. It was simple, easy and was a huge hit with my guests. I can't wait to explore more of these Himalayan salt block recipes.

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