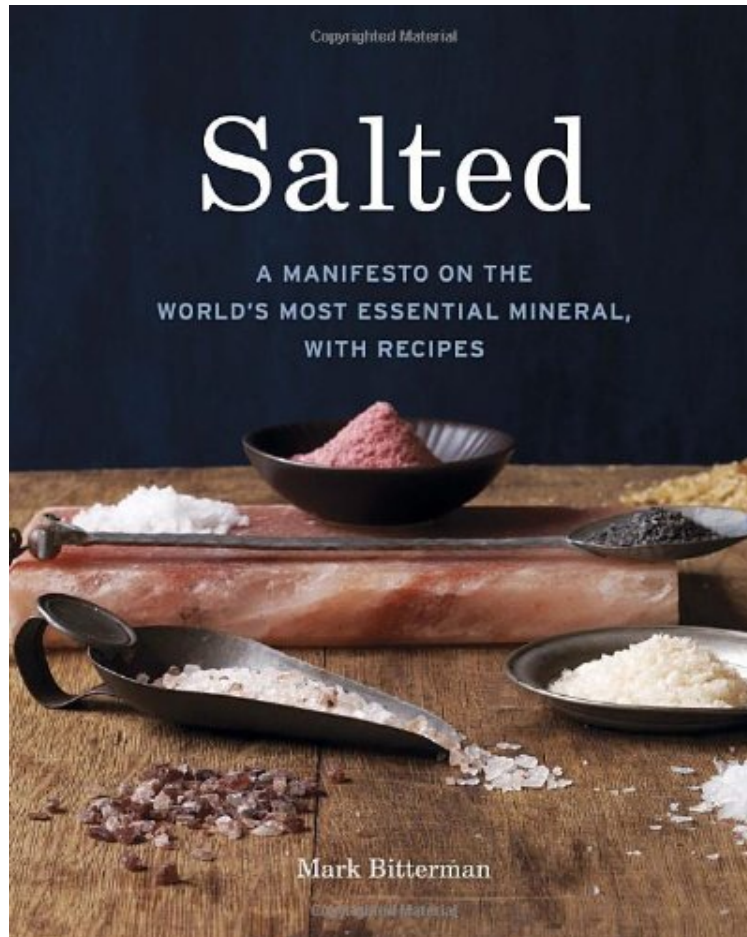


[Library ebook] Salted: A Manifesto on the World's Most Essential Mineral, with Recipes

Salted: A Manifesto on the World's Most Essential Mineral, with Recipes

Mark Bitterman

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Mark Bitterman : Salted: A Manifesto on the World's Most Essential Mineral, with Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Salted: A Manifesto on the World's Most Essential Mineral, with Recipes:

4 of 4 people found the following review helpful. I am NOT disappointed that there are not more recipes By On the Cape Exactly what I wanted in a book about salt. I am NOT disappointed that there are not more recipes. I wanted the tables of kinds of salt, the history, etc. This is it! 2 of 2 people found the following review helpful. Fascinating look at the world of salt By lalalaI recently visited the pre-inca salt mines in Maras, Peru and have since become interested in learning more about salt production around the world. This book is not only a great educational read on where different salts come from and how they are produced, but also a useful resource on when to use different salts. There is a chart that indicates the flavors and suggested uses for different salts which is very handy. A highly recommend this

book for anyone curious about common everyday products we take for granted, such as salt. I would also recommend this book for novice - pro chefs interested in using salt to enhance their cooking. 2 of 2 people found the following review helpful. Good general info - should have more usage notes and recipes. By Jeff Hardy. And if you are going to tell the history stuff, get a little below the surface. Skipping like a stone across the surface of information is like eating half a cookie (better to not have the cookie at that point). But overall, solid effort and the passion of the author for the topic is evident. But passion for a topic does not necessarily translate into good story-telling and writing. I just suggest a little more work be done there, else hire a helping hand. That said, the images are good and helpful as well. Overall, I liked it and it filled in some of the information gaps that I had, cooking-wise.

James Beard Cookbook Award Winner. IACP Cookbook Award Finalist in two categories. In *Salted*, Bitterman traces the minerals history, from humankind's first salty bite to its use in modern industry to the resurgent interest in artisan salts. Featuring more than 50 recipes that showcase this versatile and marvelous ingredient, *Salted* also includes a field guide to artisan salts profiling 80 varieties and exploring their dazzling characters, unique stories, production methods, and uses in cooking; plus a quick-reference guide covering over 150 salts. Salting is one of the more ingrained habits in cooking, and according to Bitterman, all habits need to be questioned. He challenges you to think creatively about salting, promising that by understanding and mastering the principles behind it and becoming familiar with the primary types of artisanal salts available you will be better equipped to get the best results for your individual cooking style and personal taste. Whether detailing the glistening staccato crunch of fleur de sel harvested from millennia-old Celtic saltmaking settlements in France or the brooding sizzle of forgotten rock salts transported by the Tuaregs across the Sahara, Bitterman's mission is to encourage us to explore the dazzling world of salt beyond the iodized curtain. Mark Bitterman is a man truly possessed by salt. As selmelier at The Meadow, the internationally recognized artisan-product boutique, Bitterman explains the promise and allure of salt to thousands of visitors from across the country who flock to his showstopping collection. Salt can be a revelation, he urges, no food is more potent, more nutritionally essential, more universal, or more ancient. No other food displays salt's crystalline beauty, is as varied, or as storied. Winner 2011 James Beard Cookbook Award Reference Scholarship Category

From Publishers Weekly Bitterman explains that his love of salt began after eating a sublime steak at a relais on a trip to France. After learning about the cooking method and cut of meat, Bitterman concluded it was the "hefty nuggets of opalescent salt" that were responsible for his unforgettable meal, and he set out to meet the family of salt makers responsible. After opening an artisan-product boutique with his wife, which includes a showcase of salts, Bitterman takes on the role of official "selmelier." In this entertaining and well-researched volume, he profiles 80 varieties of artisan salts, along with a quick reference guide to more than 150 salts for an easy-to-understand crash course on salt. The text-heavy though beautifully photographed title covers the history of salt and all things related. Recipes round out the work, and although pedestrian dishes such as hamburgers, potato chips, and sauerkraut are included, beginners may be intimidated by sophisticated selections like roasted marrowbones with sel gris; salt crust roasted partridge with figs and chocolate-balsamic syrup; and jal jeer (an Indian lemonade). An informative and easy-to-follow "Cooking on Salt" chapter just may have the more adventurous home cooks and the DIY crowd running out for their very own Himalayan salt block. (Oct.) (c) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "If you care about salt you will be over the moon about *Salted* by Mark Bitterman." --6 best food books coming this fall, Christian Science Monitor --csmonitor.com/Books/2010/0916/6-best-food-books-coming-this-fall/Salted-by-Mark-Bitterman About the Author Mark Bitterman is selmelier of The Meadow, in Portland, Oregon, and New York City, which specializes in salt, chocolate, specialty foods, and flowers. He is a leading expert on artisan-made salt and his clientele spans chefs from top restaurants around the country, high-end food manufacturers, specialty retailers, as well as thousands of visitors. He has been recognized as a Local Food Hero by *Cooking Light* and a Tastemaker in *Food Wine*, and his presentations on salt have garnered national broadcast coverage. Mark lives in Portland, Oregon.