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Italian Sea Salt



One would think that with all of the exciting food products that we can write about, why would we ever think about writing about salt? Well because it is so common and it's the most commonly used natural ingredient used in food and food preparation. It is the oldest preservative in our history. In fact, Salt is an ancient natural ingredient with many vital uses due to its minerals such as Iodine which is crucial for our immune system. Today, salt has become a fashion statement in the food industry. It is not only used for basic tasks but is an accent used for flavoring and decoration. Your kitchen has a choice of salts from a variety of sources around the world. Salt is defined in the dictionary as - a **crystalline compound NaCl that consists of sodium chloride, is abundant in nature, and is used especially to season or preserve food or in industry** —called also common salt.

Salts born of just the Sun and the Sea

For centuries, Italy has been a popular source for salt. Italian sea salt harvesting techniques go back 2000 years with earliest history recorded by the Phoenicians. Using ancient traditional methods, Sea Salt of Cervia (near Venice) and Sea Salt of Trapani (in Sicily) still hand-harvest their sea salt between June and September. Off the coast of Noirmoutier in France, Fleur de Sel crystals are

delicately skimmed off the surface of pristine salt ponds. And from a protected source deep in the Himalayas, Himala-Salt's pink primordial Himalayan sea salt crystals created 250 million years ago are ethically sourced and artisan made.

Italian Sea Salt is produced from the low waters of the Mediterranean Sea along the west coast of Sicily in the region of Trapani. Thus, they are commonly referred to as Sicilian sea salts- Sale Marino or Trapani Sea Salts in reference to the regions producing the salt. It is a natural salt rich in minerals, such as iodine, fluorine, magnesium and potassium, with a slightly lower percentage of sodium chloride than regular table salt. The salt pans are filled with the seawater in the spring and left to evaporate, relying on the heat of the Sicilian sun and strong African winds. Harvesting takes place once the water has evaporated and the salt is crushed and ground without any further refining. These salts have a delicate taste and plenty of flavors, without being too strong or salty.

Why Professional Chefs Prefer

Sea Salt While sea salt and table salt each have the same nutritional value, professional chefs often choose sea salt over table salt for its subtle flavor, varying texture (from fine to crunchy) and natural, unrefined goodness. Common table salt is typically mined from underground rock salt deposits. It's then

refined, removing most of its minerals and adding anti-caking, flow and bleaching agents. Sea Salt is *unrefined*, so in addition to the correct balance of sodium and chloride, they still contain traces of dozens of natural mineral elements including iron, zinc, iodine, calcium, magnesium, potassium and more. Nothing else is added.

Some of the Many Uses of Sea Salt

Sea Salt's delicate flavor lends itself best to use as a finishing salt. It is wonderful on salads or on sliced sun ripe tomatoes with some good Extra Virgin Olive Oil. It's great as a garnish on bruschetta or used to finish roasts and sauces and why not use it to season pasta water? Add it to your marinades and use it for cooking. You can smother a pork shoulder with sea salt; add a few springs of rosemary and slow roast for a few hours. Simply delicious!

Now that we have your appetite, I can tell you that we offer four Italian Sea Salt Products produced by "Sosalt" from Trapani, Sicily. They are packed as *coarse* (269669) or *fine* (269670) as well as *iodized fine* (269671). We also offer handpicked Sea Salt *crystals* (269672) that are best used for salt grinders or for decoration. They are all packed 12/2.2 lb.

Enjoy and Buon Appetito!