

# *Salts Worldwide*

*How To Use  
Salts Of The  
Earth*



BY SALTS WORLDWIDE

# Salts Worldwide

## How to Use the Salts of the Earth

By Salts Worldwide

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## Your Code

First things first, your promised promo code! Use code **SALTY** for 10% off your order at [Salts Worldwide!](#)

Second, salt isn't bad as it's made out to be.

Health concerns over the salt that we eat today only came about because of abuse.

Wine is actually good for the heart, until we started drinking them by the bottle.

Fried food are delicacies, until we started to consume too much of it.

The same thing can also be said with salt.

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## The Dangers of Refined Salt

In ancient times, salt was used to preserve food. Our ancestors relied heavily on its use because it was the only way they knew to make food last longer. This preservation technique lives on today, with many foods borne out of using the method considered delicacies in many cultures, including ours. And so, with salt being as ubiquitous as the food stocked on shelves all over, it's easy to understand why so many health concerns grew out of its heavy consumption.

But many of the health risks posed by its overconsumption do not stem from salt itself but one of its components - sodium. Sodium, when consumed in excessive amounts, could lead to high blood pressure, heart disease, kidney disease, stroke, and many more.

Refined salt is made from sea salt that has been processed stripping all other minerals, leaving you with almost pure sodium chloride. Because of its purity, heavy usage of refined salts, commonly known as table salt, could lead to a high intake of sodium, which puts you at risk.



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## Unrefined Salts

[Unrefined salts](#), on the other hand, are more nutritious and are considered as excellent alternatives to table salt.

Not only do they provide nutrition, the minerals found in unrefined salts also function as electrolytes, which hydrate the entire body.

They also help regulate blood pressure in the body as well as aid the healthy functioning of various body organs.

Right after these salts are harvested or mined, there is no additional processing, leaving all the natural minerals intact.

So not only do they contain sodium and chloride, they also contain an abundance of trace minerals such as potassium, magnesium, sulfur, calcium, and bromine, as well as an array of other trace minerals.

Discover wholesome, nutritional recipes that introduce you to a world of exquisite flavors as they make use of nutritious, gourmet salts that elevate your food to another level.

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## Pink Himalayan Salt



[Himalayan salt](#) is a type of rock salt that is harvested near the foothills of the Himalayas near the Punjab region of Pakistan. It has a pinkish color due to the presence of various trace elements, which is also the source of its numerous health benefits, which include balancing the body's pH levels, regulating blood pressure and blood sugar, improve quality of sleep, and reduce signs of aging.

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## Cooking with Pink Himalayan Salt



While cooking, [Pink Himalayan salt](#) can be used to add additional flavor to meats, sauces, soups, and marinades. Finely ground pink salt is available so you can sprinkle on meats after searing.

Large blocks of Pink Himalayan salt are also used as a cooking surface. The salt block is used to grill or sear your favorite protein.

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## Grilled Pork Chops with Pink Himalayan Salt and Basil-Garlic Rub

This pork recipe takes you to a world of flavors. It's salty, zesty, garlicky, smokey, and oh-so-good. Delight your taste buds. Best served on a bed of arugula drizzled with balsamic vinegar, black pepper, and olive oil with cherry tomatoes on the side.

Prep Time: 10 minutes

Cook Time: 30 minutes

### Ingredients:

- 4 ribeye pork chops, bone intact
- 3 cloves garlic
- 1 cup fresh basil
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- ½ tsp. black pepper
- 1 tsp. pink Himalayan salt

### Instructions:

1. Prepare the rub by adding garlic and fresh basil in a food processor and mince.
2. Mix in the lemon juice, olive oil, pink Himalayan salt, and pepper and continue running the machine.
3. Rub generously on both sides of the pork chop. Let it sit for 15 to 30 minutes.
4. Prepare your grill. Scrub the grate clean and apply oil. Set the grill to medium-high heat.
5. After a few minutes, place the pork chops on the grill and cook for 5 to 6 minutes on each side or until internal temperature reaches 145°F.
6. Take the meat off the grill and place on a wooden board. Let it rest for 3 minutes then serve.

This recipe serves 4.

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## Roasted Cauliflower with Chipotle and Lime

This healthy vegan recipe is so packed with flavor, you won't even notice that it's cauliflower.

Prep Time: 10 minutes

Cook Time: 1 hour 30 minutes

Ingredients:

- 1 large head cauliflower
- 2 tbsp. pure avocado oil
- 1 tbsp. organic chipotle powder, ground
- ½ tsp. garlic powder
- ½ tsp. Pink Himalayan salt
- 1 lime, freshly squeezed

Instructions:

1. Preheat the oven at 325°F.
2. Prepare a sheet pan by lining with parchment paper. Set aside.
3. Remove stem and leaves from the cauliflower and slice into small, bite-sized pieces. Add to a medium-sized bowl.
4. Drizzle the cauliflower with avocado oil. Gently toss until all pieces are covered with oil.
5. On a separate small bowl, mix ground chipotle powder, garlic powder, and pink salt.
6. Sprinkle the seasoning mix on the cauliflower and mix thoroughly.
7. Transfer the flavored cauliflower pieces and spread evenly onto the sheet pan.
8. Bake for 60 minutes or until cauliflower pieces are soft on the inside and crispy on the outside. Flip the cauliflower halfway through cooking.
9. Remove from oven and squeeze the lime over the cooked cauliflower.
10. Garnish with chopped cilantro and serve.

This recipe serves 2.

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## Herbal Coffee Cold Brew with Himalayan Pink Salt and Maple Syrup

If you don't drink coffee (or have been told not to for a while) then you're going to love this. This coffee substitute lets you enjoy full-bodied earthy flavors of coffee heightened with maple syrup sweetness and balanced out with a dash of salt. Best enjoyed with lots of ice.

Prep Time: 1 minute

Cook Time: 1 minute

Ingredients:

- 8 oz. coffee substitute, mostly a blend of cacao, chicory, and dandelion root, chilled
- 4 oz. milk, dairy preferred
- 1-3 tsp. maple syrup, according to preference
- 1/8 tsp. Pink Himalayan salt
- Ice

Instructions:

1. Combine coffee substitute, milk, and maple syrup in a mason jar. Shake well until combined and frothy.
2. Sprinkle salt before drinking.
3. Drink and enjoy.

This recipe serves 1.

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## Pink Grapefruit Salt Soak

No, it's not edible but definitely worth a try. It's so easy to mix up and a perfect way to detoxify your body.

Prep Time: 1 minute

Ingredients:

- 1 ½ cups Pink Himalayan salt
- 1 tbsp. almond oil
- 10-15 drops pink grapefruit essential oil

Instructions:

1. Add all ingredients to a bowl and mix thoroughly.
2. Divide the mixture between 2 jars.
3. Store inside the fridge to keep contents fresh until use.

This makes 2 bath soaks.

\*Note:

1. When used for bathing, it is recommended that you drink lots of water before and after the bath. Do not use on broken skin and keep away from the eyes. Before taking a bath, add 1 jar to a tub filled with warm water. Allow salt to dissolve or stir with your hand. Soak in the tub for 20 to 30 minutes and dry with a towel if you want the mineral-rich water to soak into your skin, or rinse off with cold water.
2. For a foot soak, simply dissolve 1/3 of the jar's contents into a basin of very warm water and dissolve completely. Soak your feet in the basin for 15 to 20 minutes and pat dry.

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## Black Truffle Salt



[Black Truffle Salt](#) is a type of seasoning salt that is made by mixing sea salt with black truffles harvested from Italy. But this mixture is unlike any other.

As both the salt and truffles are sealed tightly inside a container, the salt is immediately infused with flavors from the truffles while the aroma permeates through the salt.

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## Cooking with Black Truffle Salt



One of the best ways to infuse truffle flavors when cooking with [Black Truffle salt](#) is by topping food off with this seasoning salt. This gives any dish a dash of earthiness with a subtle garlicky flavor that you just can't help but fall in love with.

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## White Cheddar Macaroni and Cheese with Mushrooms and Black Truffle Sea Salt

This lovely mac and cheese dish is so rich, creamy, and oozing with flavor. The Black Truffle Sea salt gives it an extra infusion of earthy goodness.

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

- 1 box dry pasta
- 16 oz. sharp white cheddar cheese, grated
- 1 pint heavy cream
- 1 cup chopped Cremini mushrooms
- 2 tbsp. olive oil
- 1 tsp. Black Truffle Sea salt

Instructions:

1. Prepare the pasta by cooking in a large pot of boiling water with salt for about 12 minutes. Once cooked, drain and wash with running cold water to stop the cooking process. Set aside.
2. In a sauce pan, heat the olive oil and add the mushrooms. Halfway through cooking, add about  $\frac{1}{4}$  tsp. of truffle sea salt. Stir and cook mushrooms thoroughly. Set aside.
3. Using the same sauce pan, heat the heavy cream over medium heat. Just before it begins to boil, set heat to low and add the grated cheese. Continue stirring until all the cheese melts. Season with Black Truffle salt to taste.
4. Add in the pasta and mushrooms. Stir well until mixed completely.
5. Garnish with chopped parsley and serve while hot.

This recipe serves 4.

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## Grilled Steak with Black Truffle Sea Salt Butter

You can never go wrong with a nice, juicy ribeye steak. Here's a simple yet decadent recipe that's topped off with some Black Truffle salt and butter. You might never want to go out to an expensive steak house ever again.

Prep Time: 30 minutes

Cook Time: 10 minutes

Ingredients:

- 1 pc. Ribeye steak
- 1 tsp. cumin
- 1 tsp. black pepper, ground
- 1 tbsp. unsalted butter
- 1 tbsp. olive oil
- 1/8 tsp. Black Truffle salt

Instructions:

1. Place butter in one small bowl and allow it to soften under room temperature.
2. Once the butter is soft enough, add the Black Truffle salt. Set aside.
3. For the steak, allow the steak to rest in room temperature for 30 minutes. 20 minutes into the resting period, preheat the grill on high heat for 10 minutes.
4. Lightly brush the steak with a mixture of olive oil, cumin, and black pepper.
5. Grill the steak for 5 minutes on each side.
6. Take out of heat and place on a platter. Top the steak with the salted butter mixture and let it rest for 5 minutes more.
7. Serve while hot and enjoy.

This recipe serves 1.

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## Oven-Baked French Fries with Black Truffle Salt

Here's one not-so-guilty pleasure that you can serve for the entire family. Your kids are sure to love this one.

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 4 medium Russet potatoes
- 4 tbsp. olive oil
- 2 tsp. ginger powder
- 1 tsp. granulated garlic
- Black Truffle salt to taste

Instructions:

1. Fill a large bowl with cold water and add 1 tbsp. of table salt.
2. Peel the potatoes and cut into strips (French fry cut). Place in bowl with water and set aside.
3. Preheat the oven to 450°F. Fit a piece of parchment paper onto a sheet pan and set aside.
4. Drain the potatoes in a colander and re-place on the bowl. Add the olive oil, ginger powder, garlic, and about a tbsp. of Black Truffle salt. Toss until well-mixed and each individual piece is coated.
5. Lay out the fries onto the sheet pan. As much as possible, do not let the fries touch each other.
6. Let the fries bake for 20 to 30 minutes, or until they are crispy and the edges are brown.
7. Remove from the oven and rest for 5 minutes. Add more salt if needed.
8. Serve while hot.

This recipe serves 4.

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## Roast Chicken with Lentils and Squash

Your entire meal is covered in this succulent combination of protein and vegetables. It's a healthy yet flavorful dish that's perfect for dinner parties and family gatherings.

Prep Time: 15 minutes

Cook Time: 2 hours

Ingredients:

- 1 whole chicken
- 1 tbsp. fresh thyme leaves, chopped plus 6 sprigs
- 2 large cloves of garlic, peeled
- 1 tbsp. unsalted butter, melted
- 1 onion, quartered
- Extra virgin olive oil
- 1 cup French green lentils
- 2 lbs. Kabocha squash, cut into  $\frac{1}{2}$  in-thick wedges
- 1 tsp. kosher salt
- 1 tbsp. Black Truffle salt
- 2 tbsp. Sherry vinegar
- $\frac{1}{4}$  cup fresh scallions, chopped
- $\frac{1}{2}$  cup fresh parsley, chopped
- Black pepper, ground, to taste

Instructions:

1. Prepare the oven by preheating to 425°F. Separately, place a roasting rack on a rimmed baking sheet. Lightly coat the grills with olive oil.
2. Mix the truffle salt, chopped thyme, and pepper on a small bowl. Add in the garlic by grating using a rasp or garlic press. Mix thoroughly using your fingers.
3. Create a pocket on the chicken by gently separating the skin over the breast meat. Grab about half of the salt mixture and rub the seasoning on the meat. Repeat this process on the thighs.

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4. Brush melted butter over the chicken and sprinkle the remaining salt over the chicken skin. Gently rub the chicken to make sure the entire chicken is covered. Then stuff its cavity with the onion quarters.
5. Tuck the wings behind the backbone and tie them together using a kitchen twine. Grab another piece of twine and tie the drumsticks together above the breast.
6. Place the chicken on the rack, breast side down. Add 1/3 cup of water to the bottom of the pan to keep the chicken moist while baking. Roast the chicken for 40 minutes.
7. Separately, add water to a large pot and bring it to a boil. Add the lentils and allow to cook until they are cooked thoroughly yet still firm, for about 20 minutes.
8. Take out the chicken from the oven and transfer the rack with the chicken onto a cutting board. Add the squash to the baking sheet and drizzle olive oil and about ½ tsp. salt. Re-place the rack and the chicken on the baking sheet. Use tongs to turn over the chicken, breast side up. Roast the chicken and veggies for an additional 20 minutes.
9. Remove the rack and chicken again and add the lentils to the bottom of the pan. Roast again for an additional 40 minutes until the juices run clear.
10. Remove the pan setup and transfer the chicken to a platter. Let it rest for 10 minutes.
11. Grab a small bowl and whisk together the vinegar, scallions, parsley, olive oil, and ½ tsp. salt. Pour this vinaigrette over vegetables and mix thoroughly. Adjust flavor with salt and pepper if necessary.
12. Carve the chicken and serve with the vegetables.

This recipe serves 4.

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## Black Truffle Salt Risotto

This is a simple dish that truly brings out the flavors of Italy. This dish is one of the most appreciated dishes in Italian cuisine and it's easy to know why. It's simply tasty!

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

- 8 cups low sodium chicken broth
- 2 tbsp. extra virgin olive oil
- 1 medium yellow onion
- 1 clove garlic, large
- 2 cups Arborio or Carnaroli rice
- ¼ cup dry white wine
- ½ cup Parmigiano-Reggiano cheese, grated
- 3 tbsp. butter
- Black Truffle Salt and black pepper to taste

Instructions:

1. Add the chicken broth to a sauce pan and bring to a boil. Reduce the heat to low and keep the broth warm.
2. In a separate Risotto pan over medium heat, warm the olive oil. Sauté onions until soft for 5 minutes. Add the onions and sauté for another minute. Add the rice and stir until the grains become translucent with a white dot on the center. Add the wine and continue stirring until it is absorbed.
3. Using the ladle, begin adding the broth to the sautéed rice while continuing to stir. Make sure the broth is almost completely absorbed before adding more.
4. When the rice is tender but still firm to bite, after about 20 to 25 minutes, add the cheese and butter. Season with Black Truffle salt and ground black pepper.
5. Serve immediately in individual bowls, adding more salt to taste.

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This recipe serves 2.

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## Fleur de Sel Salt



[Fleur de Sel](#) is a French sea salt whose name literally means “flower of salt” in French. This gourmet salt is quite popular among restaurateurs and chefs because of its smooth flavor and light, crunchy texture. It is harvested in its natural form from the evaporation of sea water and may sometimes take on a pink or gray tinge due to the presence of minerals or the growth of some algae.

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## Cooking with Fleur de Sel



[Fleur de Sel](#) is best used to add additional flavor on finished dishes as it's sprinkled on dishes before they are served. They are also perfect for adding an extra layer of flavor on pastries and desserts.

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## Juicy Burgers

You can never go wrong with a nice, juicy burger. It introduces your mouth to layers and layers of flavor, which starts from a perfect burger patty.

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 1.6 lbs. ground beef, with 20% fat
- 3 whole yellow onions, sliced into rings
- 2 tbsp. olive oil
- 4 slices of Swiss cheese
- Fleur de Sel salt for seasoning
- Black pepper, ground, to taste
- 4 soft burger buns, lightly toasted
- Lettuce
- Tomato slices
- Ketchup, mustard, relish, pickles

Instructions:

1. Separate the beef into four equal portions. Gently form into patties roughly equal in size with your buns. Make a dent on one side of the patty to prevent it from becoming dome-shaped and shrinking while cooking.
2. Heat 1 tbsp. of olive oil in a cast iron skillet. Add onions until they caramelize. Season with Fleur de Sel and pepper and transfer to a small plate.
3. In the same skillet, heat another 1 tbsp. of oil until smoke begins to rise. Add the patty and cook for 2 minutes on each side, seasoning generously with salt and pepper as you flip. Do not press the patties.
4. After flipping, cook for 1 minute then add cheese slice. Cover with lid and cook for 1 minute, or until cheese begins to melt.

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5. Spread condiment of choice on slightly-toasted buns, topped with lettuce and tomato. Add the patty over the tomato then top with caramelized onions, pickles, and relish, then add more condiments. Add the top bun on top.
6. Serve immediately while hot.

This recipe serves 4.

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## Multi-Seed Savory Crackers

This fantastic recipe for savory crackers is truly a delight. It's full of healthy goodness and is best served topped with cheese.

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

- 8 oz. wholemeal flour, sifted
- 4 oz. semolina, sifted
- 2 oz. sesame seeds
- 2 oz. flax seeds
- 2 oz. pumpkin seeds, roughly ground
- 1 tbsp. honey
- 4 tbsp. vegetable oil
- $\frac{3}{4}$  tsp. Fleur de Sel salt

Instructions:

1. Preheat the oven to 375°F. Prepare 2 to 3 baking trays by lining them with non-stick parchment paper.
2. Mix wholemeal flour, semolina, and salt in a large bowl. Add the sesame, flax, and ground pumpkin seeds and thoroughly mix.
3. Grab a separate bowl and whisk  $7\frac{1}{4}$  oz. water with the honey and about  $3\frac{1}{2}$  tbsp. oil. Mix thoroughly then add to dry mixture. Mix to create a mildly-firm dough.
4. Knead the dough for 5 minutes and return to the bowl. Cover with cling wrap and set aside for 20 minutes.
5. Brush the work surface with the remaining oil and roll the dough until it has a thickness of about 3 mm.
6. Use a ruler and sharp knife or pizza cutter to cut dough into similar sizes of approximately 2 x 6 in. Place the cut pieces of dough on the parchment-lined sheets with ample space between each piece.

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7. Spray the dough with water and add more seeds as toppings if desired.
8. Bake in the oven for about 15 minutes then turn off the oven. Open the door for about 30 seconds then close again without taking out the trays. Leaving them inside to cook in residual heat for 10 to 15 minutes adds extra crispness.
9. Transfer to a wire rack to cool then serve.

This recipe makes 48 crackers.

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## Crispy Fried Beet Chips

Beet chips are everyone's guilt-free alternative to potato chips. These crispy, savory chips are sure to satisfy your cravings.

Prep Time: 10 minutes

Cook Time: 30 minutes

### Ingredients:

- 1 quart canola oil
- 3 medium beets, choose different hues for color
- Fleur de Sel salt to taste

### Instructions:

1. Scrub the beets clean and peel off the skin. Slice the beets as thinly and evenly as possible using a kitchen mandoline. If you don't have one, a sharp knife and steady hands will do just fine.
2. Prepare a cooling rack on a baking sheet and place it near the oven. This will be used to drain the chips after frying.
3. Heat the oil in a large pot to 375°F. You can use a candy thermometer to measure the right temperature. If you don't have one, a wooden chopstick or spoon will suffice. At the right temperature, bubbles will instantly form as you dip the chopstick. If no bubbles form, it's not hot enough. If it splatters, it's too hot.
4. Once the oil is hot enough, place about a third of the beets into the pot. They should sizzle once placed in the pot. If they don't, take them out immediately and heat the oil.
5. Fry the beets for about 3 to 5 minutes, or until they're cooked through. You'll know when the sizzling starts to slow.
6. Using a slotted spoon or wooden tongs, take out the beet chips and place them on the cooling rack.
7. Repeat the process for the remaining beets.
8. Sprinkle with Fleur de Sel as desired.
9. Let the chips cool down to become crispy.
10. Serve.

This recipe serves 4 to 6.

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## Fleur de Sel Salted Brownies

These salted brownies are what you serve when you can't decide between going casual with cookies or going all-out with cake. These sweet and decadent brownies are sure to be a hit.

Prep Time: 30 minutes

Cook Time: 2 hours

Ingredients:

- 1 ½ sticks butter, unsalted
- 2 oz. unsweetened chocolates, broken into pieces
- ¼ cup and 2 tbsp. unsweetened cocoa powder
- 2 cups sugar
- 3 large eggs
- 1 ½ tsp. pure vanilla extract
- 1 cup all-purpose flour
- ½ tsp. Fleur de Sel salt

Instructions:

1. Before you begin, make sure you preheat the oven to 350°F. Prepare a 9-inch square cake pan by lining with non-stick baking parchment paper that drape over the edges. Lightly butter the paper lining and set aside.
2. In a large saucepan over very low heat, melt the butter together with the pieces of unsweetened chocolate while lightly stirring. Remove from the heat.
3. Add the eggs, sugar, and vanilla extract to the chocolate and mix thoroughly. Add in the flour one cup at a time as you continue to stir. Add the cocoa powder and mix thoroughly.
4. Spread the batter into the cake pan. Sprinkle Fleur de Sel over the batter and lightly infuse using a butter knife.
5. Place the cake pan into the oven and bake for about 35 minutes, or until the edges are set and firm while still being soft in the center.

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6. Take the pan out of the oven and let it cool under room temperature for an hour.
7. Place in a refrigerator and refrigerate for one more hour.
8. Finally, take the brownies out of the pan and peel off the paper. Cut the brownies into bite-size portions.
9. If desired, garnish the brownies with a little more Fleur de Sel before serving.

This recipe serves 4.

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## Caramel Fleur de Sel Ice Cream

This homemade ice cream gives you a nice, rich vanilla flavor perfectly complemented by a slight hint of saltiness from the Fleur de Sel. Best enjoyed on a warm day when you just want to cool off and relax.

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 4 cups heavy cream
- 2 cups whole milk
- 2 cups sugar
- 10 egg yolks, well-beaten
- 2 tsp. vanilla extract
- ½ tsp. Fleur de Sel salt

Instructions:

1. In a large saucepan over medium heat, combine cream and milk and let cook until hot but not boiling. Keep warm under very low heat.
2. In a separate saucepan, mix in sugar with ½ cup water. Bring to a boil under medium-high heat and cook until sugar dissolves. Let the solution boil undisturbed for 5 minutes or until caramel develops a deep amber color. Remove from heat.
3. Immediately add the combined milk and cream mixture to the caramel and mix thoroughly until smooth.
4. Slowly add 3 cups of the hot caramel mixture into egg yolks and whisk until well-blended. Add the yolk mixture to a saucepan and continue to whisk.
5. Place the saucepan with the yolk mixture over low heat. Continue to cook the mixture while checking the temperature from time to time. Immediately remove from heat when the temperature reaches 160°F.
6. Set the pan in a large bowl filled with plenty of ice. Stir the mixture occasionally while you let it cool. Stir in vanilla extract and Fleur de Sel.

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7. Pour the mixture into an ice cream maker and follow the manufacturer's instructions.
8. Serve chilled. Sprinkle more Fleur de Sel if desired.

This recipe serves 16.

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## Dead Sea Salt



[Dead Sea salt](#) refers to salt harvested from the Dead Sea, not sea salts that have given their lives for humanity. Most sea salts contain about 85% sodium chloride, which is the main component of salt, Dead Sea salt only has about 30%. The other 70% is made up of various minerals that make this salt inedible. But while these minerals make the salt inedible, they also make this salt one of the best in exfoliation and detoxification.

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## Dead Sea Salt Recipes



No, you won't be cooking with [Dead Sea salt](#). Instead, we'll be focusing on creating your own spa treatment at home. You can use it to create your very own exfoliating scrub, mask, or lotion.

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## Dead Sea Salt Lotion

Use as regular lotion to detoxify the skin and bring back its natural glow. Apply daily to rejuvenate and rehydrate the skin.

### Ingredients:

- ½ cup organic shea butter
- 1/3 cup Aloe Vera jelly
- 2 tbsp. safflower oil
- 1 tbsp. dead sea salt
- 8 drops essential oils, your choice

### Instructions:

1. Place the shea butter inside the microwave and let it soften for a few seconds. Don't let it melt into a liquid. Using a hand mixer, blend the butter until it becomes creamy.
2. In a separate bowl, mix the salt with the Aloe Vera jelly and mix thoroughly until the salt dissolves.
3. Combine the aloe and salt mixture with the shea butter. Add the safflower oil with the essential oils. Blend completely using the mixer until smooth.
4. Transfer the lotion into a tightly covered opaque container and store in a cool, dry place, preferably away from direct sunlight.

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## Homemade Spa Scrub

Use while taking a bath to help exfoliate the skin and remove dead skin cells. Also helps to restore that natural glow.

### Ingredients:

- 2 cups Dead Sea salt.
- 1 1/3 cups mineral oil
- 10 capsules vitamin E
- 2 tbsp. honey

### Instructions:

1. Place the Dead Sea salt in a bowl.
2. Break open the vitamin E capsules and squeeze all contents into the bowl.
3. Mix in the mineral oil and stir thoroughly until evenly mixed.
4. Add in the honey and continue stirring until smooth.
5. Transfer into a tightly-sealed container.

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## Sea Salt Exfoliating Scrub

Apply on rough patches on the skin to bring back smoothness and glow. It is also great for exfoliating.

### Ingredients:

- 2 cups Dead Sea salt
- 4 cups almond oil
- 5 drops essential oils, your choice

### Instructions:

1. Mix all ingredients in a bowl and stir thoroughly until evenly-mixed.
2. Transfer the mixture into a tightly-sealed container and store in a cool, dry place.

# Salts Worldwide

## Peppermint Foot Scrub

Use after taking a bath or foot bath to remove rough patches on the feet.

### Ingredients:

- 1 ½ cups Dead Sea salt
- 1/3 cup extra virgin olive oil
- 3 drops peppermint oil

### Instructions:

1. Blend together all ingredients in a mixing bowl using a hand mixer.
2. Store in a dry contained with a tight lid.

# Salts Worldwide

## Lavender-Scented Sea Salt Scrub

Combine with your favorite body wash while in the shower or while taking a bath for a nice, sweet-smelling scrub.

### Ingredients:

- $\frac{1}{4}$  cup Dead Sea salt
- $\frac{1}{4}$  cup extra virgin olive oil
- 5 drops lavender essential oil

### Instructions:

1. Combine all ingredients in a bowl and mix together completely until the salt dissolves.
2. Store in a small container that has a tight lid.

# Salts Worldwide

## Refresher Sea Salt Spray

Instantly rejuvenates the skin after each spray. Use as a refresher and a toner for best results.

Ingredients:

- 1 cup distilled water
- 1 pinch Dead Sea salt
- 3 drops essential oils, your choice

Instructions:

1. Add water and salt into a spray bottle and shake vigorously until salt is dissolved.
2. Add essential oils for added fragrance and shake well.

With salt being our passion, our goal is to make this e-book a valuable resource where people can gain new and refreshing ideas that help them cook better food and create an even better experience for the people around them through the flavors that they introduce.

We hope that through this resource, people are introduced to the wonderful world of wellness that can be created through these tiny particles called salts.

We are committed in our advocacy in advancing the salt cause. We will continue to make great resources like this so people can also gain more out of salt.

Get 10% off your order of Dead Sea Salt with promo code **SALTY**. Visit <https://saltsworldwide.com/buy/dead-sea-salt/> to get Dead Sea Salt!

# Salts Worldwide

## Salts Worldwide

Use code **SALTY** for 10% off your order!

Visit <https://saltsworldwide.com/> to get your premium authentic salt.

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