

# The Root Of Flavor: *Salt*

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Catering • Event Planning



## Salt 'sòlt

sodium chloride (NaCl)

**starts** as **BRINE** [concentrated solution of water & natural salt]

### REFINED

Also known as **table salt**, has its minerals removed and contains anti-caking additives, this allows for a longer shelf life, and more uniform white color

### UNREFINED

Also known as **sea salt**, contains all naturally-occurring elements, including **potassium, calcium, silicon, sulfur, iron**, and more.

### IODIZED

Table salt that is mixed with the element **iodine** to help prevent iodine deficiency, which can cause goiters and developmental delays

## A FEW TYPES OF SALT

***kosher***

Large irregular flakes of compacted granular salt. It is named for its ability to easily draw blood from butchered meat (koshering process)

***pickling***

Made from pure, unrefined salt, ground very fine for pickling ease. Table or Kosher salts can be used as substitutes, but may not perform as well.

***fleur de sel***

French for “flower of salt” comes from a thin layer of salt that rises to the top of shallow seawater pools. Mainly produced in France, Spain, and Portugal.

***rock***

The common name for halite. It is a rock, rather than a mineral and is mined from dried lakebeds. It is often used in homemade ice cream, and for de-icing walkways.

## Salt Facts

The average human adult has 250g of salt in their body

Towns in the UK which have endings ‘wych’ or ‘wich’ mean ‘brine town’

The term “salary” comes from the Roman word “salarium” as Roman soldiers were paid in salt

Overdosing on salt was a ritual suicide in China amongst the nobility since it was so expensive

After aviation fuel is purified, salt is mixed with it to remove all traces of water

17% of the salt used in the US is used for de-icing streets/highways (6% is used for food)