

GINGER: IN-DEPTH HERB PROFILE PG. 39

THE **Herb** COMPANION

NOVEMBER  
2010

**SWEETEN**  
YOUR HOLIDAYS  
WITHOUT REFINED SUGAR

Grow • Cook • Heal

HEALING  
CITRUS:  
3 RECIPES

HERB & SALT  
PAIRINGS  
CHART PG. 32



Turn to page 22  
to find this Pecan  
Pie Tart recipe.

## Guide to Pairing Herbs and Salts

Artisanal salts come from all over the globe, and if you're crazy for fine foods, you can find some pretty rare specimens. But the following are all yummy, and are available widely in specialty food stores.

| Type  | Origin                       | Color                      | Best Uses  | Herb Pairing Suggestions   |
|---|------------------------------|----------------------------|--|--|
| Kosher \$   | various sources              | white                      | Everyday cooking; great texture is easy to pinch and dissolves well; smooth, unaggressive flavor   | complements all herbs and spices   |
| Gray Sea Salt \$  | various coasts               | gray to gray-green         | Cooking and finishing salt; unrefined; mineral content; moist, briny; sometimes harsh flavor works well with meats, veggies and seafood  | garlic, cumin, bay leaves, thyme   |
| Himalayan \$\$  | Himalayan mountains          | pink                       | Cooking or finishing salt; potent, rich flavor of mineral; great with poultry, fish and in brines and sauces   | rosemary, oregano, basil, garlic, bay leaves, thyme                              |
| Red Alaea \$\$\$  | Hawaii                       | red                        | Great for roasting and grilling, and in rubs; trace minerals; Combined with red clay ('Alaea'); moist; crunchy texture; color stands out when served; mineral and buttery flavors go well with seafood | pepper, cinnamon, cloves, allspice, turmeric, saffron, garlic, bay leaves, thyme |
| Black Lava (or Hiwa Kai) \$\$\$                           | Hawaii                       | black                      | Finishing salt; sulfuric aroma; combined with activated charcoal; silky texture; sharp, earthy flavor is best on sushi and grilled meats and veggies   | pepper, garlic, bay leaves, thyme  |
| Maldon \$\$   | England                      | white                      | Finishing salt; thin, flat crystals dissolve slowly on the tongue like snowflakes; delicate flavor, light taste  | delicate flavors such as lavender and lemon balm                                 |
| Sel Gris \$   | France                       | gray                       | Cooking and finishing salt; great mineral content; lower sodium; high moisture; bright mineral flavor  | rosemary, garlic, bay leaves, thyme  |
| Fleur de Sel (rare byproduct of Sel Gris) \$\$            | France                       | white                      | The caviar of finishing salts; unrefined, light, moist crystals; violet-like aroma   | great garnish for any herbed dish  |
| Kala Namak (also known as 'Indian Black' or 'Sanchal') \$ | India                        | light pink with gray       |  |  |
| Applewood Smoked \$\$                                     | various sources of aged wood | pale orange to light brown |  |  |
| Hickory Smoked \$\$                                       | various sources of raw wood  | light to dark brown        |  |  |



### RESOURCES

**Artisan Salt Company**  
www.artisanalt.com  
gourmet salts, smoked salts

**Celtic Sea Salt**  
www.celticseasalt.com  
gourmet salts, salt blends

**Formaggio Kitchen**  
www.formaggiokitchen.com  
gourmet salts, smoked salts, salt blends (including Profumo del Chianti)

**Frontier Natural Products Co-op**  
www.frontiercoop.com  
gourmet salts, salt blends

**HimalaSalt**  
www.himalasalt.com  
Himalayan salt, salt blocks

**J & D's**

### LIST OF LIKES

## 6 Herbal Foodie Faves

This holiday season, try our picks for flavorful bliss.



Pepper Fusion by **Frontier Natural Products Co-op**, \$6.49 to \$6.79  
Season your meals with aromatic peppers. These black peppercorn infusions include cayenne, garlic, lemon and chipotle.  
[www.frontiercoop.com](http://www.frontiercoop.com)

Tuscan Almonds by **Sahale Snacks**, \$3.99 to \$4.99  
Munch on this basil-, oregano- and thyme-seasoned snack in between meals as a healthy substitute for sodium-laden chips.  
[www.sahalesnacks.com](http://www.sahalesnacks.com)



Spice and Nut Grinder by **Cuisinart**, \$39.95  
Save money by blending your own spices with this dishwasher-friendly appliance.  
[www.cuisinart.com](http://www.cuisinart.com)



Organic Superfood Chocolate Kits by **Navitas Naturals**, \$9.99  
Make antioxidant-rich chocolate at home with raw, organic ingredients. Superfood flavors include Goji Berry, Cacao Nib and Goldenberry. [www.navitasnaturals.com](http://www.navitasnaturals.com)

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**Enter Our Sweepstakes**  
Register at [www.herbcompanion.com/listoflikes](http://www.herbcompanion.com/listoflikes) for a chance to win some of these products.

Epicurean Organics seasonings by **Mountain Rose Herbs**, \$4.50  
Add zest to dull dishes with one of 19 global blends, such as Herbs de Provence, Thai Curry or Pumpkin Pie Spice.  
[www.mountainroseherbs.com](http://www.mountainroseherbs.com)



Himalayan Salt Bowl by **Himala Salt**, \$44.95 to \$47.95  
Use this pink salt bowl to toss salads or serve chocolate fondue.  
[www.himalasalt.com](http://www.himalasalt.com)