



Herbal salt

Making your own herbal salt is easy and can be amazingly tasty. You can really choose herbs according to your own taste and make different salts for different purposes. Say goodbye to monosodium glutamate all-round spice blends and start making your own.

Herbal salt is good for almost all cooking and may be that magic spice that brings a course from mediocre to culinary. The most important thing to remember is to pick the herbs a dry and sunny day, as that is when they taste the most.

This is what you need:

2 litres mixed fresh herbs
2 tablespoons finely ground sea salt or Himalayan rock salt
½ squash
2 tomatoes
½ leek
2 cloves garlic
½ – 1 red chilli fruit
½ red paprika
2 cm horseradish

Good herbs to use are:

Lovage – has a rich and powerful broth taste and is the main ingredient in many herbal salts
Parsley – I usually add a lot as it has a lovely rich flavour
Basil
Oregano
Thyme
Marjoram
Chives
Ramson
Wild garlic

1. Chop the herbs coarsely and put them in a food processor.
2. Cut the vegetables and put them too in the food processor.
3. Run the processor until all is properly mixed, the consistency is supposed to be like thin porridge.
4. Add the salt and run the processor for a few moments more.
5. Spread the green porridge on a baking tray covered with non-stick paper and place in the oven at 40 °C over night or until the porridge is completely dry.
6. Run the dry porridge (which has now turned into flakes) in the food processor to a powder. Sometimes the powder has to dry a bit more.
7. Store the herbal salt in an air tight glass jar.

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