

POMEGRANATE Sweet & Tart Drink

Drink | Cooking Time: 10 minutes | Difficulty: Easy

This POMEGRANATE Sweet AND Tart is a fun drink to serve at your next holiday party. Fruity pomegranate juice adds sweet and tart flavors that pair perfectly with the spicy ginger beer in this cocktail.

Ingredients

- Ice
- 2 ounces (¼ cup) vodka
- ½ cup ginger beer
- 1 tablespoon lime juice
- ⅛ teaspoon Salt Shore Fine Himalayan Pink Salt
- ¼ cup pomegranate juice
- 2 tablespoons pomegranate arils (garnish)
- 1 teaspoon Salt Shore Fine Himalayan Pink Salt (garnish)
- 1 teaspoon sugar (garnish)
- 1 sprig fresh mint (optional)



Instructions



1

Fill a copper mug with ice. Pour in vodka, ginger beer, lime juice, and Fine **SALT SHORE** Himalayan Pink Salt.

2

Fill with pomegranate juice and stir to mix.

3

Garnish: Roll pomegranate arils in **SALT SHORE** Himalayan Pink Salt and sugar and add to the mug. Garnish with a sprig of fresh mint if desired.



Tip: A pinch of Salt Shore Fine Himalayan Pink Salt balances out the sweet and spicy flavors in this drink. Rolling pomegranate arils in a mix of sugar and **SALT SHORE** Himalayan Pink Salt makes a colorful, party-worthy garnish.



CLASSIC AND SWEET SLAW

Side | Cooking Time: 10 minutes | Difficulty: Easy

This robust slaw is an autumnal variation on a classic, with a sweet and tangy apple cider vinaigrette. Consider using firm Fuyu persimmons or crisp Asian pears instead of apples.

Ingredients

- 2 cloves garlic
- 1 teaspoon **SALT SHORE** Himalayan pink salt
- 4 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 teaspoons dijon mustard
- 5 tablespoons olive oil
- Black pepper to taste
- 1/2 cup chopped pecans
- 6 cups shredded purple cabbage
- 4 cups shredded Dino kale
- 1 tart red apple, cored and diced



Instructions



1

Preheat the oven to 300 degrees.

2

Whisk together the garlic, sea salt, apple cider vinegar, honey, and Dijon mustard. Slowly pour in the olive oil and whisk vigorously to combine. Finish with a few twists of freshly ground black pepper. Set aside.

3

Arrange the chopped pecans on a baking sheet. Roast until fragrant and browned, about 10 minutes. Set aside to cool.



4

In a large bowl, combine the shredded cabbage and kale. Toss with the dressing and let stand for about 10 minutes. To serve, fold in the nuts and diced apple, and toss again

Tip: Make ahead: Prep everything in advance and store the dressing separately. Toss the cabbage and kale with the dressing about 30 minutes before serving. Top with the pecans and apple.

You can release excess water from the cabbage in this slaw by pre-salting before making the salad. Add the shredded cabbage to a colander, and toss with a teaspoon or two of **SALT SHORE** Himalayan pink salt. Set the colander to drain over the sink, and give a light rinse at the end to remove excess salt, draining once more.



FUDGE BROWNIES

Dessert | Difficulty: Easy

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- 2 tablespoons flax meal
- 6 tablespoons warm water or coffee
- 1 1/4 cups chopped dark or semisweet chocolate, divided
- 1/4 cup vegan butter
- 1 cup coconut sugar
- 1 teaspoon vanilla
- 3/4 cup whole wheat pastry flour
- 1 1/2 teaspoons baking powder
- 1/4 cup cocoa powder
- 2/3 cup walnut halves or pieces
- 1/8 teaspoon **SALT SHORE** Coarse Himalayan Pink Salt



Instructions

1

Preheat the oven to 350 degrees F. Line an 8-inch square baking dish with parchment or grease with a little coconut oil or vegan butter.

2

To make the flax egg, stir the flax meal and water in a small bowl. Set aside to gel for 5–10 minutes.

3

Place 1 cup of the chopped chocolate in a medium glass bowl with the vegan butter. Place over a small saucepan filled with 1–2 inches of simmering water and stir until melted. Alternatively, melt in the microwave at 30-second intervals, stirring in between, until just melted. Transfer the melted chocolate and butter to the bowl of a mixer.

4

Add the flax egg, coconut sugar, and vanilla to the mixing bowl with the melted chocolate. Beat on medium speed for 3–5 minutes, until smooth.

5

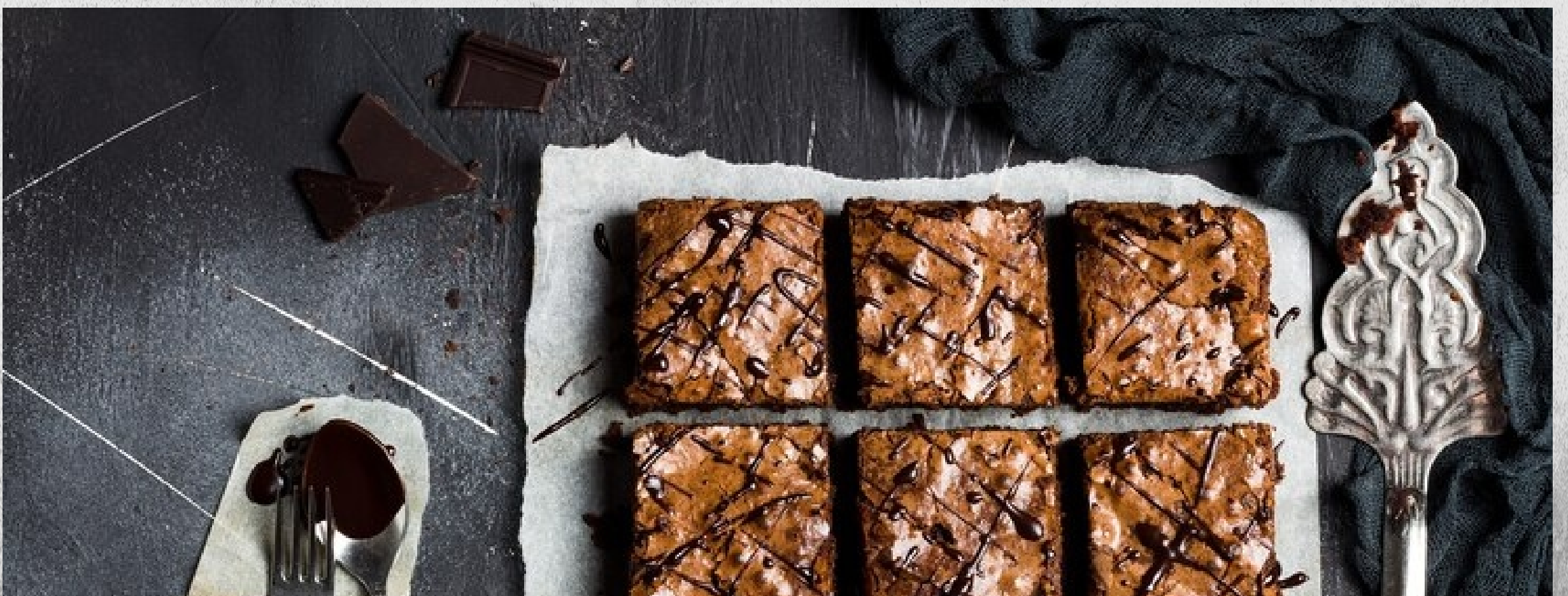
Sprinkle the flour, baking powder, and cocoa powder on top of the wet ingredients. Beat again until just combined. Fold in the walnuts and remaining 1/4 cup chocolate chunks.

6

Bake for 30–35 minutes. Immediately sprinkle the top with the salt. Let cool at least 20 minutes before cutting into squares.

Tip:

- These fudgy vegan brownies are rich. Though I've shown them cut into 9 large squares, I prefer to cut them into 36 small squares.
- You can use vegan chocolate chips, but we found these to be most delicious when using freshly chopped dark chocolate. Be sure not to accidentally buy bittersweet chocolate, however.
- Once completely cooled, store in an airtight container at room temperature for up to 3–4 days. They can also be frozen for up to 3 months.



NUTS TRAIL MIX

Snack | Difficulty: Easy

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- Crunchy Rice Cereal
- Pretzels
- Mixed nuts
- Raisins
- Candy corn
- Salt Shore Fine Himalayan Pink Salt



Instructions

1

Gently mix together all ingredients in a large bowl, using a large spoon.



Tip: Keeps for 1 week in an air-tight container.



BUTTERNUT SQUASH AND BEEF HASH

Side | Difficulty: Easy

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- 3/4 pound peeled butternut squash, cut into 1/2-inch dice
- 1/2 pound peeled parsnip, cut into 1/2-inch dice (or use all butternut squash)
- 8 slices Beef, cut crosswise into thick slices
- 1/2 small onion, chopped
- Salt Shore Fine Himalayan Pink Salt
- Freshly ground black pepper
- 2 garlic cloves, chopped
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons olive oil
- 6 ounces (1 small bunch) kale, stems removed and leaves sliced thin
- 1 teaspoon apple cider vinegar
- Fried eggs, for serving
- Torn parsley leaves, for serving



Instructions

1

Place chopped squash and parsnip in an even layer on a microwave safe plate, and cook on high in the microwave until heated through, but still firm to the touch (5 minutes)

2

Cook Beef over medium heat in a large cast-iron (or nonstick) skillet until crispy (10 – 12 minutes). Lower the heat if needed to keep the Beef from burning. Using a slotted spoon, transfer Beef to a paper towel-lined plate. Pour off all but 2 tablespoons of bacon fat from the skillet.

3

Return the skillet to medium-high heat. Add the squash and parsnips to the skillet along with a pinch of salt and cook, stirring occasionally, until golden on most sides (5 to 6 minutes). You'll want to let the veggies cook undisturbed for 1 – 2 minutes, then toss, stir, and repeat. Avoid moving the veggies around too much in the pan.

4

Add the onion to the skillet, season with salt and pepper, and cook, stirring occasionally until tender (about 3 minutes). Stir in the garlic and red pepper flakes, and cook until fragrant (30 seconds). Move the veggies to one half of the skillet. Place olive oil in the other half of the skillet. Let the oil warm for a moment, then add the sliced kale and a small pinch of salt—stirring to combine. Cook, stirring occasionally, until the greens wilt (2 to 3 minutes). Take the skillet off the heat, stir in the vinegar and cooked Beef, and season to taste with additional salt and pepper.

5

To serve, divide hash between 4 small plates and top each with a fried egg and a scattering of torn parsley leaves.



CHOCOLATE COVERED POPCORN

Snack | Cooking Time: 10 minutes bake time | Difficulty: Easy

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- 5 cups popped popcorn
- 3/4 cup chocolate chips
- 3 tsp **Salt Shore** Himalayan Pink Salt



Instructions

1

If your popcorn is not already popped, see notes. Take all 5 cups of popped popcorn and add to a large bowl. Preheat your oven to 320 degrees F and line a large baking sheet with parchment paper.

2

Add your chocolate chips to a small bowl. Microwave in 30-second increments, stirring each time to melt completely. Mine took about a minute.



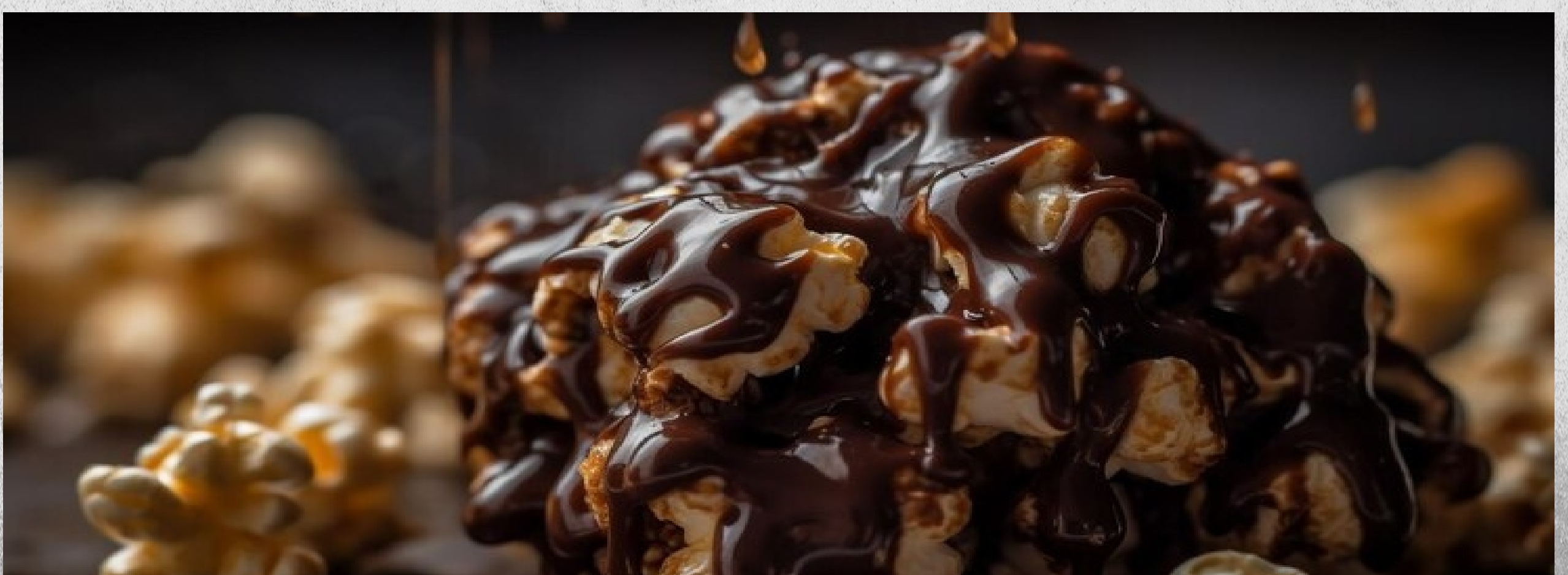
3

Pour your melted chocolate over popcorn in bowl, stirring to coat. Spread covered popcorn in a single layer over your baking sheet. Try not to overlap kernels if possible, as we want them to crisp up nicely. Sprinkle all popcorn with **Salt Shore** Himalayan Pink Salt.

4

Bake for 10 minutes or until crispy. Let cool completely before enjoying!

Tip: To pop your corn on the stove, add 1/2 cup dry kernels and 2 TBS neutral oil to a large sauce pot with a lid. Heat over medium-high until you hear a few kernels pop open. Once the popping begins, shake the pot continually over the heat until popping stops. I recommend wearing oven mitts during this process.



TAHINI CHOCOLATE TRUFFLES WITH PINK SALT

Dessert | Difficulty: Medium

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- 1/3 cup tahini, at room temperature
- 1/3 cup date syrup or ¼ cup maple syrup
- 1/2 teaspoon vanilla extract
- 1/2 cup almond flour
- 1 tablespoon coconut oil, melted
- 2 teaspoons Salt Shore Coarse Himalayan Pink Salt
- 1 3.5-ounce bar of dark chocolate



Instructions

1

Line a baking sheet with parchment paper and set aside.

2

In a medium mixing bowl, combine the tahini, date syrup or maple syrup, vanilla, almond flour, and coconut oil.

3

Then, use a tablespoon to spoon out the dough—using your hands to roll each one into a ball about 1 inch in diameter. Lay the balls on the baking sheet. You'll have about 20 balls.

4

After you've formed all of the truffle balls, place the baking sheet in the freezer for 15 minutes.

5

In the meantime, melt your chocolate bar. First, break it into sections. Place the sections in a small microwave-safe bowl. Heat the bowl in 30 seconds increments, stopping to stir every 30 seconds until the chocolate is completely melted.

6

Bake for 30–35 minutes. Immediately sprinkle the top with the salt. Let cool at least 20 minutes before cutting into squares.

7

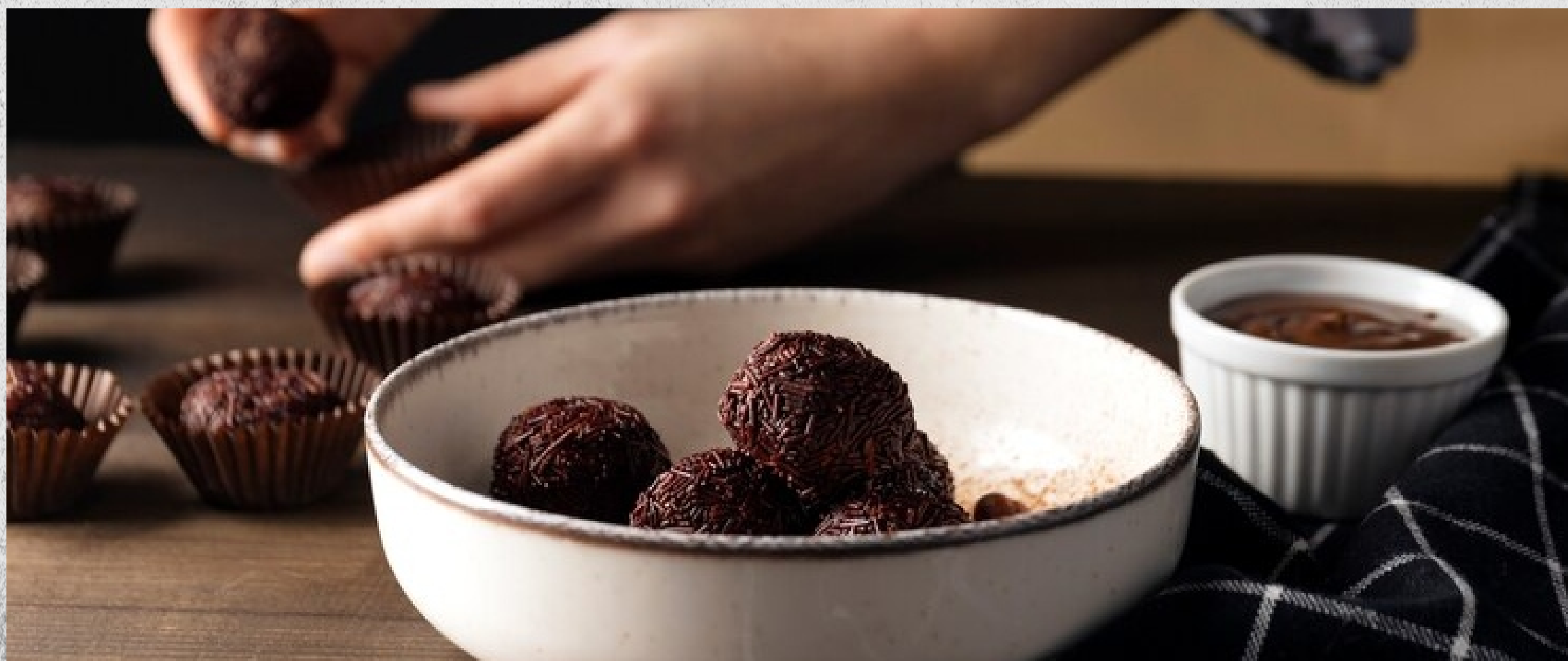
Remove the balls from the freezer and set next to the bowl of melted chocolate. Use a fork to dip each ball into the chocolate, and place them back onto the baking sheet. Use your hands to sprinkle a pinch of pink salt Shore onto each truffle right after you have dipped it.

8

Chill the chocolate-coated truffles in the freezer for an additional 10 minutes so the chocolate can completely set.

9

Enjoy these truffles chilled. They will keep in the refrigerator for up to 10 days.



SLOW-COOKER CHICKEN TACOS WITH HANDMADE TORTILLAS PINK SALT

Main | Cooking Time: 4-8 hours in slow cooker | Difficulty: Medium

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- 2 1/2 pounds boneless, skinless chicken breasts
- 1 medium red onion, diced (about 1 cup)
- 1 (15-ounce) can diced fire-roasted tomatoes
- 1/2 cup fresh lime juice
- 1/2 cup dried marigold petals
- 2 serrano chiles, sliced
- 1/4 cup honey
- 2 1/2 teaspoons Salt Shore Coarse Himalayan Pink Salt
- 1 teaspoon ground cumin
- 2 cups masa harina
- 2 cups hot water
- 1 teaspoon Salt Shore Himalayan Pink Salt



Instructions

- 1 Combine all taco ingredients in a slow cooker. Cover and cook on high for 4 hours or low for 8 hours.
- 2 Shred chicken with two forks and mix with sauce in the slow cooker.
- 3 Serve on warm tortillas with sliced radishes, avocado, Cotija cheese, and cilantro.
- 4 **For Tortillas:** Combine masa harina, water, and salt in a large bowl. Mix with your hands to make sure it the dough is thoroughly moist. Knead for a few minutes to incorporate the water into the flour.
- 5 If it is too wet, add more flour; if it is too dry, add more water. You want the dough to be soft but not sticky. If it cracks when you try to roll a ball of dough, add more water and mix again.
- 6 Cover with plastic wrap and let sit 10-15 minutes.
- 7 Cut a large, gallon-sized resealable plastic bag in half so it opens flat. Line the tortilla press with the bag (you can also use plastic wrap).
- 8 Place a dry comal, cast iron skillet, or non-stick frying pan over medium-high heat.
- 9 Form a walnut-sized piece of dough into a ball. Start with this size and work your way up to a larger piece of dough which will make a larger tortilla.
- 10 Place dough in the middle of the tortilla press on top of the plastic. Fold the plastic over the dough ball then close the tortilla press gently. Press down to make a 1/4-inch to 1/8-inch thick tortilla.
- 11 Gently lift the lid of the tortilla press. Remove tortilla inside the plastic bag. Hold tortilla in your right hand and lift the top of the plastic with your left hand. Flip tortilla onto your left hand and then remove plastic from the bottom.
- 12 Carefully but swiftly flip tortilla onto the hot comal. Don't touch! Let cook for 1 minute. Flip with a metal spatula and cook on other side for 1 minute.
- 13 Remove to tortilla warmer and repeat with remaining dough.



SHAKSHOUKA

Main | Yield: | Serves: 4-6 | Difficulty: Medium

This is a simple dish, but a showstopper and a great option for breakfast, lunch or dinner. If you aren't a fan of sweet breakfasts and are over tacos and omelets, it's a must add to the repertoire. It's also a one pan dish, so easy to clean up.

I'm using **Salt Shore**® Fine Himalayan Pink Salt when blending this versatile egg mixture since the irregular shaped crystals dissolve quickly and evenly in the dish. For the finishing touches, I'll call upon **Salt Shore** Coarse Himalayan Pink Salt to take this to the next level, adding to the recipe both texturally and aesthetically with salt crystals that dissolve a little more slowly, ensuring your dish ends up evenly.

Ingredients

- 1/2 cup olive oil
- 2 onions, chopped (about 3 cups)
- 4 red and or green bell peppers, sliced thick
- 6 garlic cloves, sliced
- 2 cups fresh spinach
- 4 tablespoons sweet paprika
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/4 teaspoon cinnamon
- 1 tablespoon Salt Shore® Fine Himalayan Pink Salt and
- 1 teaspoon Salt Shore® Coarse Himalayan Pink Salt
- 6 cups tomato puree
- 12 large eggs
- 1 jalapeño sliced
- A handful of Fresh cilantro or parsley chopped
- A handful of crumbled feta cheese
- A handful of chopped olives



Instructions

- 1 Preheat oven to 375 degrees.
- 2 In a pan large enough for a dozen eggs, and suitable to spend time in the oven, cook the onions and peppers in olive oil on low heat until they begin to soften (approx. 5 minutes)
- 3 Add the garlic, Salt Shore® Fine Himalayan Pink Salt and spices into the pan and cook for one more minute.
- 4 Gently pour the tomato purée into the pan and cook for 3-4 more minutes, add the spinach and at this point create 12 divots in the vegetable tomato sauce. These holes will be where the eggs go.
- 5 Gently crack the eggs and place them in the holes or "divots" and put the pan in the oven, for 20 minutes or until the eggs are to your liking.
- 6 Remove the hot pan and finish with garnishes. Salt Shore Himalayan Pink Salt is a must, along with cilantro or parsley, feta cheese, and the jalapeños.

Tips to Erase Food Waste:

Shakshouka is a great way to incorporate some odds and ends from the fridge. In my fridge, there's always a half a pepper, some aging parsley, or a half an onion laying around. They are great for tossing together a shakshouka. Not to mention, this base recipe provides room to explore adding other things – if you have kale, chickpeas or any bits of breakfast meats in hanging around your fridge.



BAKED OATMEAL

Side | Difficulty: Medium

Baked oatmeal is as hot as it gets in the breakfast world right now. Here we are combining the classic technique of a custard like French toast with all the feels of healthy oatmeal.

When whipping up this fan favorite breakfast use Salt Shore® Fine Sea Salt when baking the oatmeal, and Salt Shore® Coarse Himalayan Pink Salt to finish on top. The fine sea salt dissolves more quickly and evenly than other salts, making it perfect for the blending stage, while the coarser grains of the Coarse Himalayan Pink Salt is perfect for finishing the dish off with a dash of color and some added texture!

Ingredients

- 1 tablespoon coconut oil
- 2 cups rolled oats
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1/2 teaspoon Salt Shore® Fine Sea Salt
- 1/4 cup coarsely chopped pecans or walnuts
- 1/2 cup fresh blackberries
- 1 large banana peeled and sliced
- 1/4 cup chopped golden raisins
- 1 large egg
- 1/4 cup coconut nectar or maple syrup
- 2 teaspoons vanilla extract
- 3 tablespoons melted butter
- 2 cups coconut milk unsweetened
- 1/4 cup coconut sugar to brûlée (optional)
- 1/2 tablespoon **Salt Shore** Coarse Himalayan Pink Salt



Instructions

- 1 Preheat the oven to 350 degrees.
- 2 Mix all of the ingredients in Step A in a bowl big enough for the items to be mixed together loosely. Set aside in a baking dish.
- 3 Turn your attention to the ingredients in Step B. In a separate bowl, whisk together all these ingredients except the salt and coconut sugar to make a custard mixture.
- 4 Gently pour the custard mixture from Step B over the baking dish ingredients and bake for 30-40 minutes.
- 5 Remove the baked oatmeal and top with the sugar and broil on high for 2 minutes or with a crepe brûlée torch.
- 6 Finish with a sprinkle of Salt Shore Coarse Himalayan Pink Salt!

Tips to Erase Food Waste:

When preparing this dish, you can be creative and add additional fruit if you have some "aging" in your fridge or on your counter. I love using older more mature, almost black bananas in this recipe as they are sweeter and will add to the custard like texture!



SALTED CARAMEL MINI PUMPKIN PIE

Dessert | Preparation Time: 2 hours | Serves: 9 | Difficulty: Medium

This recipe makes use of your leftover pie dough and pumpkin seeds to prepare a fall treat

Ingredients

- 14 ounces pie dough – homemade or store bought
- 1/2 cup caramel sauce – homemade or store bought
- 1/4 teaspoon Salt Shore Fine Himalayan Pink Salt
- 1/2 cup canned pumpkin puree
- 1/2 cup heavy cream
- 1 large egg
- 1 large egg yolk
- 4 tablespoons packed light brown sugar
- 1 teaspoon pumpkin pie spice
- 1/4 cup salted caramel
- 1 egg
- 1 teaspoon water
- 1 cup sugar
- 1/2 cup water
- 1 cup shelled pumpkin seeds
- 1/4 teaspoon Salt Shore Fine Himalayan Pink Salt
- 1/3 cup powdered sugar, sifted
- 1 tablespoon salted caramel (for glaze)
- 1 1/2 teaspoon milk



Instructions

1

Make the salted caramel: Whisk caramel sauce and 1/4 teaspoon Salt Shore® Himalayan Pink Salt together and set aside.

2

Make the filling: Preheat oven to 375°F. Spray a 9" cake pan with non-stick spray. Whisk filling ingredients except for salted caramel together until smooth. Pour into pan. Bake for 20-25 minutes until set. Center will still jiggle slightly. Cool completely. Whisk in 1/4 cup of salted caramel sauce.

3

Cut and bake the hand pies: Roll dough to 1/8". Using a 3 1/2" round cutter, cut out 18 rounds of dough. Reroll scraps if necessary. Brush each round with egg wash. Spoon 1 1/2 tablespoons of filling into the center of nine rounds of dough. Top each with the remaining rounds of dough. Using a fork, seal the edges of each pie. Using a paring knife, cut a vent hole in the top of each pie. Freeze for 15 minutes. Place onto parchment-lined sheet. Brush with remaining egg wash. Bake in a 375°F oven for 18-20 minutes until golden brown. Cool.

4

For brittle: Prepare a sheet pan with a silicone liner or parchment paper sprayed with non-stick spray. Stir sugar and water in a heavy saucepan until all of the sugar is moistened. Cook over medium high heat, brushing the sides of the pan with water. Continue to cook caramel without stirring, until deep golden. Immediately stir in pumpkin seeds and **Salt Shore** Himalayan Pink Salt and quickly pour onto foil, spreading into a thin sheet before it hardens. Cool. Break up into pieces and pulse in a food processor until coarsely ground.

5

For glaze: Whisk ingredients together. Adjust thickness with additional powdered sugar or milk as necessary. Cover and set aside until ready to use.

6

To finish pies: Drizzle glaze over the pies. Sprinkle brittle over the pies. Allow glaze to set. If desired, add a sprinkle of **Salt Shore** Coarse Himalayan Pink Salt.



DARK CHOCOLATE TART

Dessert | Cooking Time: 2 hours | Serves: 8 | Difficulty: Medium

This gooey tart combines seasonal fruits, rich chocolate, and Salt Shore Himalayan Pink Salt to create a unique and decadent treat.

Ingredients

- 3/4 cup pecans
- 1/4 teaspoon Salt Shore Fine Himalayan Pink Salt
- 1/2 cup unsalted butter (1 stick) chilled and cut into 1/2 inch cubes
- 3 tablespoons bakers sugar
- 1 cup unbleached all-purpose flour
- 1 egg ■ 5 ounces bittersweet chocolate, finely chopped
- 4 ounces semi-sweet chocolate, finely chopped
- 1 1/4 cup heavy cream ■ 2/3 cup whole milk
- 1/4 cup bakers sugar ■ 2 eggs
- 1 cinnamon stick



Instructions

1

Put the pecans and sugar in food processor and pulse until ground. Reserve 1/3 cup mixture and set aside. Then pulse in flour and Salt Shore Fine Himalayan Pink Salt. Add butter cubes and pulse until mixture resembles coarse crumbs.

2

Add the egg through the feed tube while pulsing in a slow stream. Add reserved 1/3 cup nut mixture and pulse. Form dough into a disk, wrap in plastic wrap and refrigerate for at least 1 hour.

3

Place chilled dough on floured surface and roll to a round disk approximately 11". Press dough in tart pan. Prick middle of tart shell with fork and set pan in freezer till firm, approximately 20 minutes.

4

Bake for 20-25 minutes at 350 degrees Fahrenheit until crust feels dry. Let cool completely. Reduce oven temperature to 275 degrees Fahrenheit.

5

Finely chop chocolates in a food processor then move chocolates to a large mixing bowl. Pour cream, milk, sugar and cinnamon stick into a saucepan and bring to a boil, stirring to dissolve the sugar. Discard cinnamon stick. Pour about 1/3 of the hot cream mixture over the chocolate and mix together until chocolate is completely melted. Add remaining cream mixture and gently stir to combine.

6

Whisk eggs in a bowl and pour about 1/3 of chocolate mixture over the eggs, gently stirring to combine. Return egg mixture to the remaining chocolate mixture and gently stir until smooth.

7

Fill the cooled crust with the chocolate custard. Carefully transfer tart to the oven and bake for about 30 minutes. Transfer the tart on the sheet pan to a wire rack and cool completely, at least 3 hours. Serve at room temperature.

8

Garnish tart with seasonal toppings and a light pinch of Salt Shore Coarse Himalayan Pink Salt.



GRILLED CORN WITH CHILI AND LIME

Side | Cooking Time: 30 minutes | Serves: 4 | Difficulty: Easy

We love the pop of flavor and color the pink salt brings here. Wrapping the corn retains the sweetness and ends up making "corn butter" by the flavor infusion.

Ingredients

- 4 ears of corn on the cob, husk removed
- 1 teaspoon Salt Shore Fine Himalayan Pink Salt
- 1 tablespoon diced red jalapeño
- 2 limes ready for juicing
- 1 stick of butter, melted
- 2 tablespoons cilantro minced
- 2 tablespoons cotija or Parmesan cheese crumbled fine
- 1 tablespoon chili powder (optional)
- 1 tablespoon powdered garlic (optional)



Instructions

1

For Grilling: Lay out four sheets of aluminum foil and place an ear of corn in the center of each.

2

Season with Salt Shore Fine Himalayan Pink Salt, evenly distributed butter (one small stick split in four – a good pat per parcel), the chili powder, garlic and jalapeño.

3

Wrap tightly and cook the corn on the grill, preferably on the edges where it's not too hot, or on the elevated rack on the grill if you have one.

4

Cook for 30 minutes, rotating a few times throughout.

5

Carefully open the package and combine the melted butter in a bowl. Add the remaining ingredients and brush or coat the mixture on the corn cob. Alternatively, cut the kernels off the ear and mix with the melted butter.

Indoor Cooking:

- Set oven to 350 degrees Fahrenheit.
- Lay out four sheets of aluminum foil and place an ear of corn in the center of each.
- Season with Salt Shore Fine Himalayan Pink Salt, evenly distributed butter, the chili powder, garlic and jalapeño.
- Wrap tightly and place the corn on a cookie sheet.
- Cook for 30 minutes
- Carefully open the package and combine the melted butter in a bowl. Add the remaining ingredients and brush or coat the mixture on the corn cob. Alternatively, cut the kernels off the ear and mix with the melted butter.

Reduce Food Waste Tip: After everyone has devoured their corn, don't just toss the cobs in the trash! They make a great stock for corn flavored broths. Be sure to put the leftover butter to use by slathering on steak as you're grilling – it adds great flavor!



PINK SALT AND PEPPERCORN CRUSTED TUNA

Main | Cooking Time: Around 8 minutes | Serves: 4 | Difficulty: Medium

This tuna dish is a fresh take on “au poivre” or in this case “au sel Rose”? We love how the salt brings out the flavors.

- Choosing the Right Salt - Use Salt Shore Coarse Himalayan Pink Salt on the tuna to maintain some texture and crunch. For the chutney, or salsa if you will, use Salt Shore Fine Himalayan Pink Salt in combination with some soy and aromatic ginger and garlic. The fine salt in the summer chutney dissolves easier and brings out the flavor of the other ingredients.

Ingredients

- 4 pieces of tuna steak, 6-8 oz each
- 1 tablespoon Salt Shore Coarse Himalayan Pink Salt
- 1 tablespoon cracked black peppercorn
- 1 oz olive oil
- 2 each Ripe mango, diced medium size
- 1/2 small Serrano chili, minced
- 1/2 small white onion diced small
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1 tablespoon white soy sauce
- 1 teaspoon Salt Shore Fine Himalayan Pink Salt
- 1 tablespoon sesame oil
- 1 orange juiced
- 1 teaspoon yellow mustard
- 1 tablespoon chopped mint
- 2 tablespoons sesame seeds



Instructions

- 1 Rub the tuna steaks with olive oil and coat them with the Salt Shore Coarse Himalayan Pink Salt and peppercorn mixture.
- 2 Sear in a cast iron pan or griddle until golden on each side, around 4 minutes a side. The tuna should be medium rare.
- 3 **For Chutney:**
In a pan, heat the sesame oil, heat the onion, garlic and ginger until fragrant, 2 minutes.
- 4 Put mixture in a bowl and combine the mango, chili, soy sauce, Salt Shore Fine Himalayan Pink Salt, orange juice, mustard, mint and sesame seeds.
- 5 Serve or preserve for a few days.

Reduce Food Waste Tip:

I love this dish as it also doesn't create much waste. Combining the tuna and chutney will also make for great lettuce wraps or even a modern tuna sandwich the next day.

If you do happen to trim the tuna, you can dice any trim and that will work great raw, tossed with the chutney. If you cook an extra tuna steak, or have one left over after cooking, simply shred that meat, mix with some olive oil or mayo and use this for tuna sandwiches.

Also, use the stems of the cilantro! These usually get discarded but I prefer the texture and flavor the stems provide.



CAULIFLOWER STEAKS WITH CHIMICHURRI SAUCE

Side | Serves: 4 | Difficulty: Easy

From Famous Chef

Although I'm not personally a vegetarian, I love having vegetable focused sides as part of my dinner spread and providing them as options for my guests to enjoy as their main entree. Cauliflower steaks are perfect for both those purposes and provide a dish that gets everyone involved. Plus, this Chimichurri sauce adds that extra kick to elevate this dish to the next level.

- Choosing the Right Salt - I chose the Salt Shore Coarse Himalayan Salt to season the cauliflower with prior to cooking and to top with as a finishing touch in order to provide it with not only the delicious flavor, but also the extra crunch in contrast with the soft cauliflower. I also included the **Salt Shore** Himalayan Pink Salt in the Chimichurri sauce so that it easily disperses throughout and helps flavor each bite.

Ingredients

- 1 large head cauliflower
- 1 tablespoon olive oil
- 1 teaspoon Salt Shore Coarse Himalayan Pink Salt, divided
- ½ teaspoons cracked black pepper
- 2 cloves of garlic
- 1 cup fresh parsley leaves
- ½ cup fresh cilantro leaves
- 1 teaspoon Salt Shore Fine Himalayan Pink Salt
- 1 teaspoon cracked black pepper
- 1 jalapeno
- Juice of 1 lime
- ¼ cup red wine vinegar
- 1 ¼ cups olive oil



Instructions

- 1 Rip off the leaves from the base of the cauliflower and chop off the bottom \ 2 inches of the stem.
- 2 Placing the cauliflower upright on its stem, cut it into 1-inch wide thick "steaks" and set aside.
- 3 Mix 1 tablespoon of olive oil with 1/2 teaspoon of Salt Shore Coarse Himalayan Pink Salt and 1/2 teaspoon of cracked black pepper and rub that mixture on the cauliflower steaks.
- 4 Place them on a parchment lined baking sheet and bake in the oven at 425 degrees Fahrenheit for 40 minutes, or until they are golden on the outside and cooked through.
- 5 While the cauliflower steaks are cooking, place the following ingredients in a food processor: 2 cloves of garlic, 1 cup of parsley, 1/2 cup of cilantro, 2 tablespoons of oregano, 1 teaspoon of Salt Shore Fine Himalayan Pink Salt, 1 teaspoon of cracked black pepper, 1 jalapeno with the stem removed, and the juice of 1 lime.
- 6 With all of the ingredients in the food processor, pulse a few times until it has formed a thinly chopped consistency.
- 7 Slowly pour in ¼ cup red wine vinegar and 1 ¼ cups of olive oil and pulse a few more times until the mixture is fully combined.
- 8 Remove the cauliflower steaks from the oven and drizzle with the Chimichurri sauce and top with 1/2 teaspoon Salt Shore Coarse Himalayan Pink Salt.



WATERMELON MARGARITA

Cocktail | Preparation Time: 1 hour | Serves: 1 | Difficulty: Medium

Recipe provided by SALT SHORE
www.saltshore.co

Ingredients

- ¼ cup Salt Shore Fine Himalayan Pink Salt
- 1 cup water
- 2 fl oz watermelon cold press
- ½ fl oz lime juice
- ½ fl oz simple syrup
- ¾ fl oz blanc vermouth
- 1 ½ fl oz Reposado tequila
- Salt Shore Coarse Himalayan Pink Salt
- 1 Lime wedges
- Ice



Instructions

1

Pink Salt Saline – Bring one cup of water to a boil. Add Salt Shore Fine Himalayan Pink Salt and stir until dissolved. Allow to cool and transfer to a dasher.

2

Cocktail Glass – Rim glass with Salt Shore Coarse Himalayan Pink Salt and set aside.

3

Cocktail- In the small side of your shaker, add 6 drops of saline, simple syrup, lime juice, watermelon juice, blanc vermouth, and reposado tequila.

4

Top with ice and close shaker.

5

Hard shake for about ten seconds.

6

Strain into glass and add ice to glass.

7

Garnish with a lime wheel and an umbrella.



PROTEIN-PACKED PASTA

Main | Serves: 4 | Difficulty: Easy

From Famous Chef

Is there anything more comforting than a bowl of pasta with a hearty red sauce? I don't think so! This one is filling while also loaded with vegetables; a perfect way to sneak some veggies into your day, especially if you are cooking for children!

- Choosing the Right Salt - I chose the Salt Shore® Fine Himalayan Pink Salt for the sauce so that it easily disperses and is included in each bite. I chose the Salt Shore Coarse Himalayan Pink Salt for the finishing touches so that it provides that extra pop of flavor and crunch.

Ingredients

- 1 zucchini
- 1/2 head broccoli
- 1 carrot
- 2 cloves garlic
- 1 onion
- 2 teaspoon olive oil
- 1 teaspoon Salt Shore® Fine Himalayan Pink Salt
- 1 28oz can crushed tomatoes
- 1 tablespoon tomato paste
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 lb. ground turkey
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon Salt Shore® Coarse Himalayan Pink Salt
- 1 1/2 cups spaghetti
- 1 pinch Salt Shore® Coarse Kosher Salt



Instructions

- 1 Using a knife or a food processor, chop the zucchini, broccoli, carrot, garlic, and onion into very small pieces and set aside.
- 2 In a large pot, add 1 teaspoon of olive oil and the chopped garlic and onion and sauté for ~5 minutes, or until translucent.
- 3 Add the chopped zucchini, broccoli, and carrot into that pot, season this mixture with 1/2 teaspoon of Salt Shore Fine Himalayan Pink Salt, and sauté for ~15 minutes, or until all of the vegetables are cooked through.
- 4 Add one 28oz can of crushed tomatoes, 1 tablespoon of tomato paste, 1/2 teaspoon of oregano, and 1/2 teaspoon of basil into the large pot, place on low heat, and cook, covered.
- 5 While the sauce is cooking, add 1 teaspoon of olive oil and then the ground turkey onto an already hot skillet.
- 6 Allowing the ground turkey to brown on one side for ~5 minutes, season the side facing up with 1/2 teaspoon of Salt Shore® Fine Himalayan Pink Salt, 1/2 teaspoon of cracked black pepper, 1/2 teaspoon red pepper flakes, and 1/2 teaspoon of cayenne pepper.
- 7 Using a wooden spoon, break the ground turkey into small pieces and stir in the skillet for ~10 minutes, or until all of the pieces of turkey are cooked through and broken up.
- 8 Once the turkey is cooked through, add it to the large pot with the sauce and stir to combine.
- 9 Cook this mixture on low simmer for an additional ~20 minutes.
- 10 While the sauce is finishing, add the pasta to boiling water with a pinch of Salt Shore® Coarse Kosher Salt and cook to your liking according to directions on the pasta package.
- 11 Strain the pasta and serve in a bowl topped with the spicy veggie meat sauce and top with 1/2 teaspoon Salt Shore Coarse Himalayan Pink Salt.



ROASTED APPLES, BEETS, AND BROCCOLI WITH HERB TAHINI SAUCE

Side | Cooking Time: 35 minutes | Serves: 4 | Difficulty: Easy

From Famous Chef

These roasted apples, beets, and broccoli have lots of herbaceous flavor thanks to the rosemary-thyme tahini sauce that's drizzled on top. Try this easy side dish with almost any protein, including fish, tofu, turkey, or chicken.

- Choosing the Right Salt - Coating fruits and vegetables in oil and Salt Shore Coarse Himalayan Pink Salt before roasting gives each piece balance and depth of flavor. Sprinkle additional Salt Shore Himalayan Pink Salt on the finished dish to give each bite a delightfully crunchy finish and fun pop of color.

Ingredients

- 2 apples, cored and sliced into wedges
- 2 beets, peeled and sliced into wedges
- 2 cups chopped broccoli
- 2 tablespoons grapeseed oil (or neutral cooking oil of choice)
- 1 teaspoon Salt Shore Himalayan Pink Salt
- ½ teaspoon garlic powder
- ½ teaspoon cracked pepper
- ¼ cup tahini
- 1 tablespoon cider vinegar
- 1 teaspoon maple syrup
- 1 teaspoon finely chopped rosemary
- 1 teaspoon finely chopped thyme
- ½ teaspoon Salt Shore Himalayan Pink Salt
- ½ teaspoon cracked pepper
- 1 tablespoon filtered water, or as needed to thin
- Rosemary and thyme sprigs
- ¼ teaspoon Salt Shore Fine Himalayan Pink Salt
- Cracked pepper



Instructions

1

Preheat oven to 425 degrees Fahrenheit. Stir apples, beets, broccoli, grapeseed oil, salt, garlic powder, and pepper until pieces are evenly coated. Transfer to a rimmed baking sheet and place on the center rack of the oven. Cook 35 minutes, or until beets are fork-tender.



Prepare the tahini sauce: Whisk tahini, cider vinegar, maple syrup, crushed rosemary, thyme, Salt Shore Fine Himalayan Pink Salt, and pepper. If the sauce is too thick, gradually stir in water until desired consistency is reached.

2

3

Remove baking sheet from the oven and transfer to a serving dish. Drizzle with tahini sauce and garnish with rosemary and thyme sprigs, Salt Shore Coarse Himalayan Pink Salt, and pepper if desired.



CARROT AND BRUSSELS SPROUT SALAD

Side | Cooking Time: 10-12 minutes | Serves: 6-8 | Difficulty: Easy

Root vegetables are roasted and caramelized, building layers of flavor that match perfectly with wilted kale, cider vinegar, and fresh apples.

- Choosing the Right Salt - Salt Shore® Fine Himalayan Pink Salt blends perfectly into this dish's dressing, emboldening the natural flavors in every bite.

Ingredients

- 3 cups Brussels sprouts, trimmed and cut in half
- 3 cups carrots, cut on the bias into 1" pieces
- 1 medium red onion, sliced 1/2" thick
- 1 large red apple, cut into 1" chunks
- 2 packed cups kale, ribs removed and torn into pieces
- 1 tablespoon fresh thyme, chopped
- 1/4 teaspoon Salt Shore Coarse Himalayan Pink Salt
- Black pepper to taste
- 1 clove garlic, minced
- 1/2 tablespoon dijon mustard
- 1.5 ounces apple cider vinegar
- Juice of half a lemon
- 1.5 teaspoons honey
- 1/8 teaspoon Salt Shore Fine Himalayan Pink Salt



Instructions

- 1 Preheat oven to 425 degrees Fahrenheit.
- 2 In a small bowl, add all ingredients for the dressing and mix until well-combined. Set aside.
- 3 In a large bowl, combine Brussels sprouts, carrots, onion, thyme, salt and pepper. Toss and coat with 3 tablespoons of the dressing.
- 4 Arrange vegetable mixture in single layer on baking sheet and roast in oven, top shelf for 10-12 minutes.
- 5 Remove pan from oven and stir. Return to oven and cook an additional 10-12 minutes or until vegetables are cooked through and lightly caramelized.
- 6 Remove pan from oven, stir in kale and return to oven for 1-2 minutes. Kale should be lightly wilted, but still very green
- 7 Remove pan from oven and transfer veggie mixture to a large bowl and toss with apples and remaining dressing. Serve immediately.

