

HIMALAYAN SALT ROCK COOKING SLAB INFORMATION

Welcome to Zen Zone! We've compiled this information sheet to get you started in the amazing culinary world of Rock Salt cooking and serving! The Rock Salt slab is pure Himalayan Rock Salt sourced 300km from the foothills of the Himalaya. It may be used for cooking anything from meat and fish to vegetables and eggs. It can also be used as a serving dish for raw meat and fish, cheese, fruit, for curing meat, or for anything that tickles your fancy! Just follow these few instructions.

For Cooking

Please ensure that your salt slab is completely dry before beginning. You can heat up your salt slab a number of ways. The key with any method used is that the temperature build up is GRADUAL to avoid sudden breakage. We recommend that you allow a minimum of 45 minutes for you to heat up your salt slab- trust us it's worth the wait! Once the slab is heated enough, it will retain its temperature for at least 20 minutes of cooking time. To know when it's hot enough, sprinkle a dash of water on the slab and if it sizzles, it's ready to go. Don't be alarmed if there a tiny crackling sounds created during the heating process- it's completely normal for this to happen during the first few uses of the salt slab.

Salt Rock cooking is supposed to be quick so you can sear/cure your average size pieces of meat, fish and vegetables. Keep in mind that the longer you keep the food on, the saltier the flavour becomes. Play around with your salt slab to see what temperature and length of cooking time works for you!

Heating Options

On the stove top: Please note that if you are using an electric stove, you will need to place a metal ring under the salt slab to protect the stove surface.

- 1) Turn your stove on to a low heat and place the salt slab directly on top for 15 minutes.
- 2) After 15 minutes has passed, turn the stove up to medium and leave the slab to heat for a further 15 minutes.
- 3) Lastly, turn the stove up to high and set the timer for another 15 minutes.
- 4) Once the 15 minutes have elapsed, you can turn the heat on the stove off.

You can then choose to cook the food on the stove or transfer the salt slab to a table/bench/outside and watch your guests awe over its uniqueness! Be sure to wear cooking gloves while moving the salt slab and to place it on a heat resistant surface. You can also choose to keep the salt slab on the oven top on a very low temperature and cook off it that way.

On a gas BBQ/Grill: Again, the heat up process must be gradual.

- 1) Set your gas BBQ to a low setting and place the salt slab on the grills. Close the lid and all to heat for 15 minutes.
Please note: If you suspect any moisture in your salt slab, then keep the lid open for this step.
- 2) Increase the heat to medium-low and allow a further 15 minutes of heating. (If your lid is open, you may close it for this stage).
- 3) Increase the heat to medium-high and heat the salt slab for a further 15 minutes.
- 4) Your salt rock cooking slab is now ready to cook on!

On a Charcoal BBQ: Heating a salt slab on a charcoal BBQ is a bit tricky since you cannot regulate the heat as accurately as with the other heating options. The key is to begin by placing the salt slab on the side of the coals and *not directly* above them.

- 1) Set up your coals on one side, using a small to moderate amount of coals and place the salt slab on the side away from the coals. Keep the bottom vents partially closed and the lid off for about 5 minutes.
- 2) Move the cooking slab a little closer to the coals (but still not directly above) and heat with lid open for another 5 minutes.
- 3) Move the salt slab closer to the coals and put the lid on, with top vents wide open, for a further 15 minutes.
- 4) You may move the salt slab over the coals now and open the bottom vents all the way. Keep the lid on and heat for another 10 minutes. The salt slab should be ready for cooking after this time has elapsed.

In an oven: Heating your slab in the oven poses a higher risk of damage to your salt slab than the other methods in the event that the oven temperature is too hot or there is too much moisture in the salt slab. However, as with the other methods, slow and steady heating is the key to happy cooking. Please follow these instructions.

- 1) Turn on your oven to a low heat and place the salt slab inside for 15 minutes, as with the Gas BBQ/Grill, if you suspect moisture in your salt slab, then keep the door slightly open for this step for the moisture to escape.
- 2) After 15 minutes has passed, turn the oven up to medium and leave the slab to heat for a further 15 minutes.
- 3) Lastly, turn the oven to high and set the timer for another 15 minutes.
- 4) Once the 15 minutes have elapsed, you can remove the slab from the oven and start cooking.
- 5) Be sure to wear cooking gloves while moving the salt slab and to place it on a heat resistant surface.

For Serving

If you want to use your beautiful salt rock slab for serving chilled food like sashimi, cheese or ice-cream, you just pop it into the fridge or freezer for an hour or more until it is cold enough for your purposes. Although you can use the same salt slab for cooking and serving, we recommend you consider having one slab for cooking and one for serving as the salt slab changes form and colour with every cooking use. It can also retain some residue in its natural cracks which changes the original look as well.

Cleaning

Since salt is naturally anti-bacterial and anti-microbial, it means you do not have to use soap to clean the rock. Simply wait for the salt slab to cool down to room temperature (this can be anywhere between 4-24 hours after use) and gently rinse it with warm/cool water and a clean cloth/sponge. Don't submerge it or soak it in water. You can also use some lemon juice to help with taking off food particles and help with the 'food smell'. There will likely be residue in the tiny cracks of the slab- don't worry they add character to your slab and future cooking! Allow the cooking slab to dry completely in an open, dry space.

Storage

Store in any location where humidity is at a minimum. You may wrap the block in a towel and put in a dry cabinet.

Happy cooking!