

Flavoured Salts

Rosemary, thyme, sage and oregano hold their aroma well.

Dill, parsley and coriander work better when dried.

For fresh herbs use 3 : 1 herbs to salt ratio.

For dried 1:1 - but all depends on personal preference.

Method 1

1. Pick and wash herbs.
2. Pat dry and then chop finely or pulse in a blender. Mix in salt.
3. Air dry for 2-3 days or dry in an oven on a parchment lined baking tray for 2 hours at 100 degrees - checking and stirring the mixture every half hour.
4. Cool. Break up any lumps and store in an air tight container.
5. If using moisture rich herbs, you can dry them beforehand in the microwave to speed up the process.

Method 2

1. Lay your chosen herb (e.g. rosemary, bay, thyme, garlic cloves, strips red/green chillies) on parchment paper on a shallow tray.
2. Pour over cooking salt or salt flakes to cover completely.
3. Place somewhere dark and dry for 2-3 days.
4. Heat your oven to 120c
5. Remove the herbs or spices and place the tray of salt into the oven for 15-20 mins to remove any moisture.
6. Decant the salt into an airtight container.

Chicken Salt

By Chef Hugh McGivern of Lossiemouth House B&B

1. Place some chicken skins onto tray lined with parchment paper and stretch out to remove any wrinkles.
2. Place in a hot oven (190c) for 15 mins then turn over and roast for a further 15mins.
3. Remove from the Oven and allow to drain on kitchen paper.
4. If it's still slightly oily put back into the oven for a further 10mins and then allow to cool.
5. Break into pieces and place in a food processor, blitz until fine.
6. Remove and add 1/3 of the weight to salt flakes
7. Mix well and use as an extra flavouring on roast potatoes, chips, etc