

Lemon Thyme Salt

By Niels Eric

Flavoured salts are a brilliant way to spice up grilled meats and take roast veg to another level. They will keep well for 6-12 months so they are perfect for sending via post to those friends and relatives overseas. If you're gifting these salts, transfer them to a pretty jar, tie with a ribbon and attach a card that includes some ideas for use. Sprinkle the salt on chicken or fish before cooking, toss with freshly popped popcorn, mix into scrambled eggs or sprinkle over a roast veg salad.



Prep time: 5 mins
Cook time: 1 hour
Makes: 1 cup

Ingredients

1 cup of coarse sea salt
grated lemon peel from 1 lemon
3 tbsp of fresh thyme

Instructions

Grind everything in a food processor until well mixed
Spread on an oven plate lined with baking paper
Let it air-dry for 2 days or dry it in the oven for 1 or 2 hours
Store in an airtight container
The flavor will stay for approx. 6 - 12 months depending on the ingredients.

Some other flavour combinations you might like to try

All quantities go with 1 cup of sea salt.

- Garlic-pepper (4 cloves + 3 tbsp ground black pepper)
- Black pepper-chili-ginger (2 tbsp black pepper + 1 dried chili + 1 tbsp ginger)
- lavender-rosemary-thyme (2 tbsp of each)
- fennel seed, lemon peel, vanilla (2 tbsp fennel + 2 tbsp grated lemon peel + 1 vanilla pod)
- Jasmin tea (3 tbsp)
- Citrus salt (Every citrus combination possible, in total 3 tbsp of grated citrus peel)
- Any combination of green herbs you like, basil, thyme, rosemary etc. (total of 3 tbsp herbs)
- Dried mushroom or porcini (3 tbsp)

TIPS:

Use a coarse salt - Start with a coarse salt, such as kosher or sea salt.

Use dried herbs - Any dried herbs or spices can be mixed directly into the salt. If starting with fresh herbs, chop them, then air dry until dry and crumbly.

Dry any fresh ingredients - Dried citrus is one of my favourite seasonings for flavoured salts. Simply grate the zest of the fruit with a micro-plane, then set it out on a baking sheet to dry. This may take a couple of days, so if you're a little short on time, spread the grated zest on a parchment-lined baking sheet, then dry in a barely warm oven (set to the lowest heat) for 15 to 30 minutes. Be aware that if you use the oven method, you'll need to open the windows and turn on the fans because the warmed zest becomes very fragrant. Once the zest is dry, gently crumble it with your fingers.