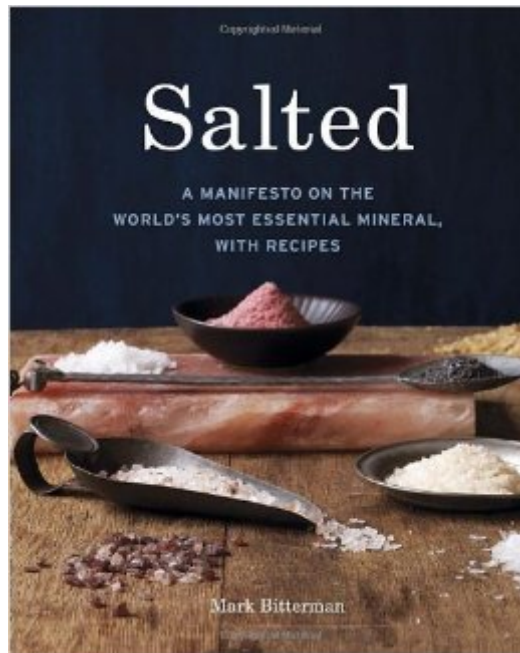


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# Salted: A Manifesto On The World's Most Essential Mineral, With Recipes



## Synopsis

James Beard Cookbook Award Winner. IACP Cookbook Award Finalist in two categories. Mark Bitterman is a man truly possessed by salt. As a chef at The Meadow, the internationally recognized artisan-product boutique, Bitterman explains the promise and allure of salt to thousands of visitors from across the country who flock to his showstopping collection. "Salt can be a revelation," he urges, "no food is more potent, more nutritionally essential, more universal, or more ancient. No other food displays salt's crystalline beauty, is as varied, or as storied." In *Salted*, Bitterman traces the mineral's history, from humankind's first salty bite to its use in modern industry to the resurgent interest in artisan salts. Featuring more than 50 recipes that showcase this versatile and marvelous ingredient, *Salted* also includes a field guide to artisan salts profiling 80 varieties and exploring their dazzling characters, unique stories, production methods, and uses in cooking; plus a quick-reference guide covering over 150 salts. Salting is one of the more ingrained habits in cooking, and according to Bitterman, all habits need to be questioned. He challenges you to think creatively about salting, promising that by understanding and mastering the principles behind it and becoming familiar with the primary types of artisanal salts available "you will be better equipped to get the best results for your individual cooking style and personal taste. Whether detailing the glistening staccato crunch of fleur de sel harvested from millennia-old Celtic salting settlements in France or the brooding sizzle of forgotten rock salts transported by the Tauregs across the Sahara, Bitterman's mission is to encourage us to explore the dazzling world of salt beyond the iodized curtain. Winner of the 2011 James Beard Cookbook Award in the Reference & Scholarship Category

## Book Information

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## Customer Reviews

I received this book as an Xmas gift - if I had looked through it at a bookstore I probably would not have purchased it. I agree with the reviews given by those giving it 3 stars, but I rate it lower for the following. While an author is entitled to his own quirks, I question the author's credibility because of his erratic writing style. Parts of the book are informative and professionally written (salt reference guide, individual salt descriptions, the section on brining,) yet other portions (parts of the guide and descriptions) make me think someone else wrote them, or the author was on medication, or he was trying to be artistic/poetic, wanted to include private jokes, or was just 'creative' with his descriptors. A few examples: there is no need to list a chemical compound as a flavor, as most consumers have no idea of flavor chemistry; while I can tolerate a "vibration of nectarine" for a flavor descriptor, I cannot give any credibility at all to the use of "snake venom," "wild horse sweat," "a young pangasinan?" "sucking a knife," "unfermented mares' milk," and "drying spray paint?" (There are more.) He also provided useless/vague use descriptors; e.g., use on "dynamited carp," as well as totally over the top descriptions of shape and color: "translucent ice-colored crystals in miniature jewel boxes?" "Pale flamingo colored?" Give us a break! IMO he insults his readers with this drivel, especially since he is not consistent - other descriptors are accurate and objective. He apparently makes no attempt to insure his writing was teaching his reading audience. IF there is a second edition, I constructively suggest he get some real editors to look through it and remove the creative writing and describe the tastes, appearances, and uses of these unique salts consistently and objectively.

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