



Using Sea Salt in the kitchen - other than as a condiment

Altogether it's believed there are more than 14,000 uses of salt, and our grandmothers were probably familiar with most of them. Many of these uses were for simple things around the home before the advent of modern chemicals and cleaners. However, many uses are still valid today and a lot cheaper and safer than using more sophisticated products. We thought you might like to share some of these fascinating applications of salt but we make no guarantee about the results if you try any of them.

The most familiar use of salt undoubtedly is in the kitchen and on the dining table. Salt accents the flavour of meat, brings out individuality of vegetables, and deepens the flavour of delicate desserts. No other seasoning has yet been found that can satisfactorily take the place of salt.

Here are some other tips in more detail:

Boiling Water - Salt added to water makes the water boil at a higher temperature, thus reducing cooking time. (It does not make the water boil faster.)

Peeling eggs - Boiling eggs in salted water will make eggs peel easily.

Poaching eggs - Poaching eggs over salted water helps set the egg whites.

Testing egg freshness - Place the egg in a cup of water to which two teaspoonfuls of salt has been added. A fresh egg sinks; a doubter will float.

Preventing browning - Apples, pears and potatoes dropped in cold, lightly salted water as they are peeled will retain their colour.

Shelling pecans - Soaking pecans in salt water for several hours before shelling will make nut meats easier to remove.

Washing spinach - If spinach is washed in salted water, repeated cleanings will not be necessary.

Preventing sugaring - A little salt added to cake icings prevents them from sugaring.

Crisping salads - Salting salads immediately before serving will keep them crisp.

Improving boiled potatoes - Boiled potatoes will be given a fine, mealy texture by sprinkling with salt after draining, then returning them to the pan and shaking them back and forth quickly to get rid of the excess moisture.

Cleaning greasy pans - The greasiest iron pan will wash easily if you put a little salt in it and wipe with paper.

Cleaning stained cups - Rubbing with salt will remove stubborn tea or coffee stains from cups.

Cleaning ovens - Salt and cinnamon take the "burned food" odour away from ovens and stove burners. Sprinkle spills while oven and burners are still hot; when dry, remove the salted spots with a stiff brush or cloth.

Cleaning refrigerators - Salt and soda water will clean and sweeten the inside of your refrigerator. It won't scratch enamel either.

Extinguishing grease fires - Salt tossed on a grease fire on the stove or in the oven will smother flames. Never use water; it will only spatter the burning grease.

Improving coffee - A pinch of salt in coffee will enhance the flavour and remove the bitterness of over-cooked coffee.

Improving poultry - To improve the flavour of poultry, rub the fowl inside and out with salt before roasting.

Removing pinfeathers - To remove pinfeathers easily from a chicken, rub the chicken skin with salt first.

Cleaning tarnished silverware - Rub tarnish with salt before washing.

Cleaning copper pans - Remove stains on copper pans by salting area and scouring with a cloth soaked in vinegar.

Removing onion odours from hands - Rub fingers with salt moistened with vinegar.

Cleaning sink drains - Pour a strong salt brine down the kitchen sink drain regularly to eliminate odours and keep grease from building up.

Brightening cutting boards - After washing them with soap and water, rub bread and cutting boards with a damp cloth dipped in salt; the boards will be lighter and brighter.

Fixing oversalted soups - If soup has been oversalted, cut up a raw potato or two and drop into the soup. The potato will absorb the salt.

Cleaning dried-on egg - Salt not only makes eggs taste better, but it makes "eggy" dishes clean easier. Sprinkle salt on dishes right after breakfast; it makes them a whiz to clean when you have time.

Preventing food from sticking - Rub a pancake griddle with a small bag of salt to prevent sticking and smoking. Sprinkle a little salt in the skillet before frying fish to prevent the fish from sticking. Sprinkle salt on washed skillets, waffle iron plates or griddles, heat in a warm oven, dust off salt; when they are next used, foods will not stick.

Preventing mould - To prevent mould on cheese, wrap it in a cloth dampened with saltwater before refrigerating.

Whipping cream and beating egg whites - By adding a pinch of salt, cream will whip better and egg whites will beat faster and higher.

Keeping milk fresh - Adding a pinch of salt to milk will keep it fresh longer.