

Herb Salt

PREP TIME: 5 MINS

CURE TIME: 4-10 HOURS

YIELDS: ¼ CUP

Ingredients

½ fresh herbs

2 tablespoons coarse salt

Recipe Benefits

- Decreases food waste

Nutrition Content for 1 teaspoon

Calories: 1kcal Carbohydrates: 0.2g

Fat: 0g Fiber: 0.1g

Protein: 0.1g Added sugar: 0g

Sodium: 296mg



Directions

- 1.Chop fresh herbs finely using a knife or electric chopper.
- 2.Transfer to a bowl and pour the coarse salt overtop.
- 3.Stir to combine and evenly coat herbs in salt.
- 4.Cover a baking sheet (or just a flat surface) with parchment paper.
- 5.Spread the herbed salt evenly to separate all herbs.
- 6.Let sit for at least 4 hours, or overnight.
- 7.If chopping the herbs again to achieve a finer texture, do that at this time.
- 8..Transfer herb salt to a storage container or jar and place in the refrigerator for future use.

Chef Tips/Adjustments

- This recipe is a 4:1 ratio, meaning for everything 4 parts of herbs there is 1 part coarse salt. Adjust volume of ingredients as needed using this ratio.
- When chopping the herbs, only using an electric chopper that has a small container. Otherwise, if using a larger container (such as a food processor) the herbs will not chop finely enough and just stick to the sides. If herbs are not chopped as finely as desired, they can be re-chopped once dried and cured.
- Any herbs can be used for this recipe, including a combination of herbs.
- This recipe can be stored in the refrigerator for up to a year (or at least through the winter months).