

June Spice Club:

Maldon Salt



Maldon salt has been harvested in the UK town of Maldon in Essex County since 1882 – but really, humans have collected salt from those brackish waters throughout history.

In an article for *Bon Appetit*, fourth-generation salt farmer Steve Osbourne states that his own family introduced “sea salt flakes” into popular vernacular, due to Maldon salt’s unique pyramid shape. He goes on to explain that their open-pan processing of the salt leaches out magnesium, which contributes to the bitter taste in generic table salt.

We encourage you to be bold with this spice club – this salt doesn’t have a long shelf life and will start to clump over time when exposed to humidity. Also: it goes on everything! A finishing salt like this is meant to be visible and sprinkled atop the finished dish for an extra punch of flavor.

With a delicate crunch and subtle briny taste, it can add a touch of sophistication and a burst of flavor to dishes ranging from roasted vegetables and grilled meats to baked goods and desserts. Whether you’re new to cooking or a seasoned professional, all can easily make use of this month’s featured “spice.” Try it out and transform everyday cooking into a gourmet experience!

Caprese Sandwich

Cookie and Kate, cookieandkate.com

Prep time: 15 mins. | Cook time: 5 mins. | Serves 2-4

“This Caprese sandwich recipe is perfect for picnics! This vegetarian sandwich features tomatoes, fresh mozzarella and creamy basil sauce. Recipe yields 2 large or 4 medium sandwiches.”

Sandwich

1 baguette (16 oz.)
1 Tbsp thick balsamic vinegar or
balsamic glaze (runnier varieties can
make sandwich soggy)
1 Tbsp extra-virgin olive oil
1 ½ cups baby arugula
1 mozzarella ball (8 oz.)
2 medium ripe tomatoes, sliced into ¼” thick rounds
Flaky sea salt

Sauce

1 small garlic clove, roughly chopped
½ cup mayonnaise
½ cup (1 oz.) lightly packed fresh basil
¼ tsp fine sea salt (can crush flakes by hand)
freshly ground black pepper, to taste

Preheat the oven to 400°F. Slice the bread in half lengthwise, then stack it back together and slice it down the middle to form two large sandwiches, or again to make 4 small ones. Place the sliced bread on a baking sheet with the cut sides facing up. Bake for 5 minutes, or until warmed through and turning lightly golden around the edges.

In the meantime, prepare the creamy basil sauce: In a food processor, blitz the roughly chopped garlic to chop it more finely. Scrape down the sides, then add the mayo, basil, salt and pepper. Blend until smooth, then set aside.

To assemble the sandwiches, lightly drizzle balsamic and olive oil over half of the cut sides of bread. Layer some arugula on top, then weigh it down with rounds of mozzarella. Top with the sliced tomato, then sprinkle the tomato lightly with flaky salt.

Spread the basil sauce generously over the cut side of the remaining slices of bread. Place then face down over the tomatoes. Enjoy!

Hasselback Potatoes

MaldonSalt.com

Prep time: 20-30 mins. | Cook time: 40-80 mins. | Serves 4



18 medium potatoes (oval-shaped) or 36 new potatoes

45g (~ 3 ¼ Tbsp) butter

5 Tbsp olive oil

Maldon salt

If you're using larger potatoes, preheat the oven to 425°F; for roasting new potatoes, preheat the 400°F. Put each potato, in turn, in the bowl of a wooden spoon, like you would carry an egg in an egg-and-spoon race, and cut across at about 3mm / 1/8" intervals.

When you've cut them all, put the baking tin on the stovetop with the butter and oil and heat up until sizzling. Turn the potatoes well, putting them upside down (i.e., cut side down) first, then right side up, and spoon the fat over them.

Sprinkle each potato well with Maldon salt and put in the oven. Cook the large potatoes for about an hour and 10 minutes, testing to see whether the flesh is soft (you may need another 10 minutes for this); 40 minutes should be fine for the new potatoes.

Transfer to a warmed plate and serve.

Suggested Reading on Maldon Salt

Nick Paumgarten in Bon Appetit, *The History of Maldon Salt, the Stuff You Already Put on Everything*

(bonappetit.com/story/history-of-maldon-salt)

Mark Kurlansky, *Salt: A World History*

Irma S. Rombauer, Marion Rombauer Becker, Ethan Becker, John Becker, & Megan Scott, *Joy of Cooking*

Bo Friberg, with Amy Kemp Friberg, *The Professional Pastry Chef: Fundamentals of Baking and Pastry*

Dorie Greenspan, *Baking with Dorie: Sweet, Salty & Simple*

America's Test Kitchen, *The Perfect Cookie: Your Ultimate Guide to Foolproof Cookies, Brownies & Bars*