

## Newsletter - April 2016

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### **Products**

#### **Grey Salt (Sel Gris)**

My favorite sea salt is Grey Salt, also known as *Sel Gris*. It is a moist, unrefined sea salt, usually from the Brittany region of France's Atlantic coast. Its natural, light-grey color comes from the minerals absorbed from the clay lining the salt ponds. The salt is collected using traditional methods. It is available in coarse grain (the perfect finishing or pinching size), stone ground fine (for use at the table), and extra fine grain, perfect for sprinkling over nuts.

Available on-line ([Chefshop.com](http://Chefshop.com)) and at many grocery stores.



## **Recipe of the Month**

Low Salicylate/Amine/Benzoate

### **Saute of Kale, Seasonal Vegetables and Beans**

#### **Ingredients:**

- 1 cup dried flageolet or cannellini beans, soaked for 4 hours or overnight
- ½ large onion, with or without skin
- ½ teaspoon grey sea salt
- 2 bay leaves
- 1 tablespoon rice bran oil
- 1 cup diced carrots
- 2 cups diced celery
- 2 cups diced leeks
- 1 tablespoon minced garlic
- 1 ½ cups reserved bean liquid
- 2 tablespoons fresh thyme leaves
- 1 bunch lacinato kale, cut into 2 inch pieces, (about 3 cups chopped)
- Fresh lime juice (optional)

#### **Directions:**

1. Soak the beans for 4 hours or overnight. In a large pot add 5 cups of water, the beans, onion, sea salt and bay leaves. Bring to a simmer and cook uncovered on low for 1-1 ½ hours until the beans are tender. Add water if needed to keep the beans covered while cooking.
2. Drain the beans, reserving the bean liquid and onion separately. Discard the bay leaves and onion skin. Chop the reserved onion and set aside.
3. Heat a large sauté pan over medium-heat, add rice bran oil to the heat. Add carrots, celery and leeks and sauté for 3-5 minutes until the vegetables are just tender. Add salt and garlic, cook for 1-2 minutes. Add 1 cup of the reserved bean liquid, chopped onion and thyme leaves. Cover and simmer for 5 minutes, uncover and add the remaining bean liquid, chopped kale and beans. Cover and simmer for 5 minutes until the kale is wilted and beans are heated through.
4. Before serving add some fresh lime juice if desired.

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## **Thoughts**

“Salt is what makes things taste bad when it isn’t in them.” – Unknown

I love salt. I especially love sea salt because of the flavors. Sea salt is produced through the evaporation of ocean water or water from saltwater lakes, usually with little processing. Sea salt contains some trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in different coarseness levels. The colors and variety of flavors are due to local clays and algae found in the waters the salt is harvested from. For example, some salts from Korea and France are pinkish gray, some from India are black. Black and red salts from Hawaii may have powdered black lava and baked red clay added.

One potential problem if you use sea salt is the lack of iodine. I can help you figure out if you need to supplement with iodine based on your diet.

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