



Wine Salt

Ingredients:

- 1 bottle of wine (or about 2 cups if you pour yourself a glass of wine first)
- 1 cup kosher salt
- 1 tsp. lemon zest
- 1 tsp. freshly chopped thyme leaves

Directions:

1) Pour wine into a heavy-bottomed pan over medium heat. Start simmering until the entire contents are reduced down to just about 3 tablespoons. This takes about 20 minutes. Stir occasionally. You will know when it is done because it will suddenly turn syrupy. (Which means it thickens a bit and coats the back of a metal spoon.) Don't go past that stage or it will burn!

2) Add the salt and whatever spices you like to use. (Citrus zest and savory herbs like rosemary, thyme, oregano, or sage all work well).

3) Stir well and spread the mixture onto a cookie sheet.

4) There are several ways to dry out the salt before storing, but the most important part is that you dry it completely without burning it. Use one of the following methods:

Oven: Dry slowly in a very low oven for 1-2 hours (the lowest setting your oven will go). Keep the door ajar if possible and check every 20 minutes or so. The wine salt can easily burn – so watch closely!

Dehydrator: A dehydrator is actually the easier way to go and you do not have to worry about burning it if you do it that way. Depending upon your setting, it will take several hours or overnight to dry completely.

Counter: You can also just set the pan on the counter to dry, stirring it every few hours. This is the slowest method and takes a day or so to dry completely.

5) Take out the salt and let it cool completely before pouring it into a tightly sealed container. Use within 6 months for best flavor.

6) Use the wine salt as you would any seasoning salt. Sprinkle it over foods before or after cooking.

Try it on:

Steaks and roasts

Stew

Roasted veggies

Root vegetables

Any grilled meat

Any savory dish that can use a splash of wine for flavor

But remember, it is a salt with very concentrated wine flavors. A little goes a long way!