Two to savour from Alpine Salt : Reichenhaller Alpine Salt / Tesco... in conjunction with The Grocery Partnership.

Contributors

Tesco (Firm) Grocery Partnership.

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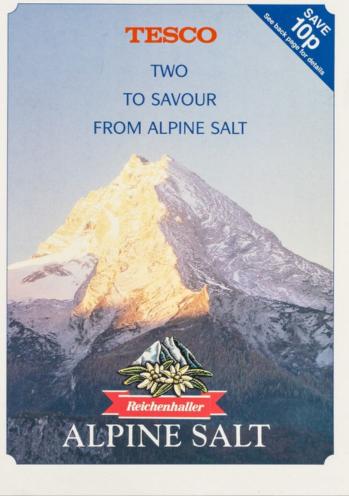
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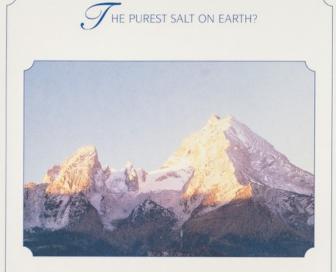
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Since the 8th Century, the precious salt of the Alps has provided purity and flavour to food in Bavana. The salt comes from a layer of natural sea salt, trapped 60 million years ago by the great geological movements that formed the mighty Alpine mountains.

In 1517 the miners of the town of In 1517 the miners of the town of Berchtespaden began to extract the salt by wet mining, a process where the salt is gently soaked out of the rock in the form of brine. The same process happens today, and when the brine is dried the salt produced is entirely free of modern pollution.

The wet mining has produced caverns in the The wet mining has produced caverns in the rock where the atmosphere is so pure that every year thousands of asthma sufferers from all over Europe spend time there, as well as enjoying the beauty of the Bavarian composiscenery.

Today, the range of Alpine salt is available for the British consumer to enjoy, and to enhance flavour at the table or in the kitchen.

HERB BREAD INGREDIENTS

- INCREDURINS 2 ready-to-bake half baguettes or similar part-baked loaves, about 12in (30.5cm) long 1 tbsp (15m) lemon juice 1/) level tsp (2.5m) Alpine Salt with Herbs 4oz (125g) butter
- 2 level tsp (10ml) sesame seeds
- METHOD
- 7. Slice the baguettes across the top to about
- three quarters through. Gradually beat the lemon juice and salt into the butter. 2. Spread the butter mixture between the slices and sprinkle over with sesame seeds. Place on
- a baking tray.
 Bake according to packet instructions until well browned and crisp.

Serves 6



MINT & CUCUMBER SALAD WITH MUSTARD DRESSING

INGREDIENTS

- INCREDIENTS 2 medium cucumbers 1 levei tbsp (15ml) chopped fresh mint 3 tbsp (45ml) grapesed oil 1 tbsp (15ml) white wine vinegar 1/2 level tsp (2.5ml) cause sugar 1 level tbsp (2.5ml) coarse grain mustard 1/2 level tsp (2.5ml) Appende Salt freshly milled black pepper mint leaves for garnish

- METHOD
- METHOD 1. Peel the cucumbers, slice thinly and place in a large bowl. Add the mint and toss gently. 2. Whisk together the oil, vinegar, sugar, mustard, salt and pepper. Pour over the cucumber and mint and toss gently. Cover and refrigerate for 15 min. 3. Transfer to a serving dish and garnish with mint leaves. Serves 6.



