

SALT

It brings out the flavour of other ingredients. The other name for salt is sodium chloride; it is readily available in all parts of the world in a solid (rock salt) or in a solution form (sea salt).

Salt, having a distinctive taste, transforms an insipid dish to a wonderful dish. It should be used skilfully, or too much of it could spoil the dish.

Salt is available in 3 forms: 1. Table salt (fine) containing phosphate; (2) Coarse or Freezing salt for culinary purposes; (3) Celery salt. It is a blend of celery root and ordinary salt and is purchased ready prepared. It is used for flavouring certain dishes as an alternative to fresh celery or celery seed.

Uses of Salt

(1) Use of the correct amount of salt improves the flavour of the savoury dishes and when a little is added to sweet dishes, it enhances the flavour.

(2) It has a physical effect on the gluten of flour and strengthens gluten and increases its resistance to the softening effects of fermentation.

(3) Cauliflower, when put in salted water, makes the insects come out.

(4) It has a controlling effect on the activity of yeast in bakery products. It controls fermentation and hence it has marked effect on crumb, crust and colour of baked products.

(5) Salt added to water, for cooking green vegetables, helps in colour retention and enhances the taste.

(6) Salting is one of the oldest popular methods of preserving ham, bacon, fish etc.

(7) Salt is essential for good health.