

Lost Cooking September 2023

What's on my mind this month...

(Note: there are links in my newsletters, but I don't get any compensation from them.)

Salt is salt, except when it's not. What's the difference?

- Table Salt
 - Table Salt is the one you get in salt shakers. It has small, even, square crystals that dissolve quickly.
- Kosher Salt
 - Kosher Salt has large, coarse grains that don't dissolve immediately. It gets sprinkled with the fingers instead of shaken from a container.
- Sea Salt
 - Sea Salt has larger grains than table salt but is softer than kosher salt. It has a crunchy texture and assertive flavor, and is used for final seasoning rather than adding with initial ingredients.
- Pickling Salt
 - Pickling Salt is sometimes called canning salt or preserving salt. It has a very fine texture and dissolves easily, and has no preservatives or anti-caking agents.
- Himalayan Salt
 - Himalayan Salt is a rock salt mined near the Himalayan Mountains of South Asia. This salt has lower sodium levels than table salt and often has a pinkish tint due to trace minerals. Sometimes it's marketed as a healthier alternative to other salt options.



Spotlight: [Ellie Krieger](#)

Dietitian and nutritionist Ellie Krieger has always had a focus on food that is not only delicious but also nutritious. She's friendly, unassuming, and has been one of my favorites for over a decade. Her seven cookbooks have great recipes, and her podcast, *One Real Good Thing*, has interesting guests and ideas. I make her [Maple Spiced Glazed Nuts](#) a couple times a month, and they never last long.

Local Specialties You've Maybe Never Heard Of

Pasties

Meat pies are common throughout much of the world. They might be called empanadas, bobotie, pirozhki, or even pot pies. Unless you're in the Upper Peninsula of Michigan, which is famous for pasties (be sure to say PAST-ies, not PASTE-ies). These meat pies have a ground beef filling, with small pieces of potato, carrot and rutabaga surrounded by a flaky pastry crust. Calumet, a small town in the area, hosts a Pasty Festival each summer, to celebrate this delicious and historic dish.



Spice Space

Spice blends are the best time saver of my life. There are so many varieties, and they all give so much flavor with minimum effort from me. [Penzey's](#) has great variety; [Arizona Dreaming](#), with its zesty flavor but not too much heat, is the one I can't live without.

