

JUST A PINCH—SALT CAVE’S FOOD VENTURE

Your cooking utensils, serving pieces and even ingredients can embrace the salt revolution that’s taking over the wellness scene in Santa Barbara. Santa Barbara’s Salt Cave (740 State St.) has brought a new component to its store: salt for your culinary needs.

The ancient Himalayan salt that comes from the salt cave, mined in the Punjab region of northern Pakistan, boasts a unique “spicy pungency,” as Salt Cave’s Jeanine Egan calls it, lending an altogether unmatched twist to the produce, meat, fish and even chocolate that it encounters. Use it to develop textures, heighten flavors or even seal the dish with some color.

Salt Cave’s new line of cookware and food-centric products include salt blocks and bowls for cooking, curing and serving; finishing salts for the final pinch in your dish; fusion salts to incorporate new flavors; and Sole, a detoxifying drink made from Himalayan salt.

Whether you’re a salt fanatic or a little apprehensive of the mineral, let the Salt Cave’s new line open new doors in your kitchen.