



# sba's kitchen

## Flavoured Salts



From the ingredients you use, to the way you use them, flavoured, or finishing salts can be created to suit your personal tastes and cooking preferences. By adding herbs, spices, and other ingredients to salt you can create your own quick, unique way to season everything from meat, fish and vegetables, or even special sweet treats such as chocolate, brownies or fudge!

Come and join in the fun as we begin with a tasting plate highlighting how these salts can be used. Once the tasting is done it will then be time for you to create three different flavoured salts (we will be using my favourite Murray River Pink Salt on the day), to package and take home for use in your own kitchen, or maybe even gift to family and friends.

### A little more detail...

#### On the day:

- The salt we will use is Murray River Pink Salt.
- Each participant will be provided with the ingredients and instructions for each of the recipes
- You will prepare each of the recipes, having the opportunity to ask questions as you do so.
- A little creativity will be encouraged, allowing you to swap ingredients in or out to suit your tastes.

#### What you will take home:

Each participant will take home:

- Recipes for salts created on the day along with recipes and ideas on how to use the salts.
- A jar of each of the flavoured salts that you have created.

#### Session Duration:

The session will run for approximately 2 hours.

#### Cost:

\$35.00 per person (incl GST)

#### Number of Participants:

This session is limited to a maximum of 6 people.

Minimum of 3 people are required for the session to run.

#### More Information

I prefer not to call this a cooking class, but more of a hands-on cooking and knowledge sharing session, where you will learn and share from my experience. I am not a trained chef, just taught and guided by my experiences and driven by my love of cooking, sharing and celebrating with food.

#### Health and Safety

- If you have any dietary restrictions please contact us prior to booking.
- Closed shoes must be worn.

#### Cancellation and refund policy

- If you need to cancel your booking we are unable to refund your payment. You can, however, transfer your booking to another person or we can issue a credit for you to use on another occasion. Please contact us to make the necessary arrangements.
- Should circumstances arise, we reserve the right to cancel the class or change the date. Should this occur, we will provide the option of a full refund or transfer.

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