

# QUICK START GUIDE: IMPORTANT INSTRUCTIONS

Congratulations! Your new Himalayan Salt Grilling/Chilling Plank is going to open up a world of culinary possibilities.

- 1. Rinse Before Use:** Before use, quickly rinse your plank in running water. Wipe off excess moisture with towel and allow to dry.
- 2. Do Not Use In Ovens:** You can use your Himalayan salt plank on an open cooking range, flame or grill top, but we recommend keeping it away from standard ovens. Due to humidity, putting your plank in a normal oven may permanently damage it.
- 3. Heat Slowly:** It's important to heat your plank slowly to minimize cracking, especially the first time you use it. We recommend heating your plank on low for 20 minutes, medium heat for 15 minutes and then high for 15 minutes. To test if it's hot enough, sprinkle with water. If it sizzles and evaporates right away, you're ready to go! Waiting for it to reach the correct heat before placing your food on top will ensure that your food isn't oversalted.
- 4. Be Careful:** Himalayan salt planks are heavy, so handle with care and keep out of reach of children.
- 5. Cleaning Instructions:** To make sure you get many years of use from your salt plank, keep it out of the dishwasher. All you need to use to clean it is a damp cloth! There's no need for soap since salt is naturally antibacterial and antimicrobial.
- 6. Slight Cracks are Normal:** You'll find that heating your plank changes its visual appearance, making it more opaque. Cracks and imperfections are normal and part of the salt plank's charm.
- 7. After Use:** Let your plank cool slowly. We recommend overnight!



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## — RECIPES —



### SALT BLOCK CAPRESE

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- 2 8 oz balls of fresh mozzarella cheese
- 2 large tomatoes
- 1 sprig basil leaves
- 3 Tbs balsamic reduction
- 4 Tbsp olive oil
- Fresh cracked pepper - to taste

Chill large salt plank in refrigerator for 2 hours. Slice tomatoes and mozzarella into 1/8 inch slices. Coat tomato slices in oil. Alternate layers of tomato and cheese on pre-chilled salt plank. Drizzle the balsamic reduction evenly. Pull the basil leaves from the stem and distribute evenly. Crack fresh pepper over the entire mixture to taste. The longer the tomato and cheese stay on the plank, the saltier the salad becomes.

### SURF AND TURF FROM THE PLANK

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- 2 Bone in NY Strip steaks
- 12 Jumbo Shrimp
- 3 Tbsp peanut or safflower oil
- Fresh cracked pepper
- Garlic powder
- Old Bay seasoning



Reference Plank heating instructions on other side. Rub all sides and edges of steak with oil. Sprinkle both sides with a little garlic powder and fresh cracked pepper and set aside. Remove veins but not shells or tails from shrimp by cutting the shrimp with small sharp scissors near the vein and pulling them out. Place shrimp in a bowl and drizzle with 1-2 Tbs oil. Sprinkle with just a little Old Bay seasoning and mix well with oil.

For a medium-rare steak, cook on each side for 5-7 minutes. Remove steak and set aside to rest while you cook the shrimp. Place shrimp on plank with grill tongs. Cook the shrimp for 1-2 minutes on each side or until they start to turn pink.



### SALTED CARAMEL CRUNCH ICE CREAM

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- 1 pint of your favorite vanilla bean ice cream
- 6 Tbsp caramel dessert sauce
- 4 Tbsp Rice Krispy cereal
- Tsp granulated Himalayan salt

Chill large salt plank in freezer for at least 2 hours. Allow ice cream to soften just enough to make it workable. Using large spoons, fold icecream, half of the caramel, and the cereal on the frozen salt plank until all ingredients are mixed. Remove from plank and place in bowl. Drizzle with remaining caramel and sprinkle with salt.