

Title:

Salt and Pepper: A New Perspective

Word Count:

770

Summary:

The history, origination, cultivation, types and flavors of salt and pepper. Not as simple as

Keywords:

salt, pepper, food, spice, hippocrates, plato, Christopher Columbus, agriculture, sea salt, hi

Article Body:

Salt and Pepper: A Perspective

Have you ever thought about salt and pepper? There's more to it than just the shaker on the t

Historically, salt and pepper have been used as currency, medicinally and as seasoning. Plato

Interestingly, all varieties of pepper come from the fruit of a perennial climbing shrub, and

1. Green peppercorns ~ Picked before maturity and more expensive due to smaller yields an
2. Pink or Rose peppercorns ~ Not from the pepper vine, but rather from a small tree rela
3. White peppercorns ~ Fully ripened with the outer skin boiled off. Hotter flavor, but
4. Red peppercorns ~ Picked at full maturity and dried whole. Extremely rare and expensi
5. Black peppercorns ~ The most popular variety in the US, they are picked while still ri
- a. Malabar ~ From SW India. Slightly green in color, robust flavor.
- b. Tellicherry ~ Also from SW India. Large, dark chocolate to black peppercorns with pun
- c. Sarawak ~ From Malaysia. Least pungent, mild, fruity flavor.
- d. Lampung ~ From Sumatra. Earthy, smoky aromas, hotter flavor.
- e. Talamanca Del Caribe ~ From Ecuador, certified organic, the world's finest pepper, acco

In no way does salt pale to pepper in comparison. Salt is not considered a spice, but a natur

1. Sonoma Pacific Sea Salt ~ Kosher, coarse sea salt originating from California. Soft
2. Sterling Atlantic Sea Salt ~ Off-white color from Brazil.
3. Sel Gris de Guerande ~ Unrefined, organic and sun dried. Originating in Northern Fran
4. Fleur de Sel de Guerande ~ The finest available. Moist, slightly gray and used as a f
5. Alaea Hawaiian Red Sea Salt ~ Hailing from Hawaii, it is harvested from salt beds line
6. Salish Pacific Alder Smoked Sea Salt ~ A natural, coarse-grained salt that is slow smo

Have you heard the phrase, ^Worth your weight in salt? ^ Salt has been referred to and regard

So, the next time you are adjusting the flavor of your meal, consider the origin of the spice.

Mary Margaret Ambler is the Publisher and Editor of Black and Whites Magazine, a trade publica

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