



CARAVEL GOURMET

RECIPE BOOK



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APPETIZERS & SMALL DISHES



LOADED BACON FRIES

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVING: 4 PEOPLE



FEATURED SALT

SMOKED APPLEWOOD SEA SALT

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[amazon.com](https://www.amazon.com)

These loaded bacon fries recipe include, homemade fries topped with gooey melted cheese, loads of bacon, some fresh chopped chives and drizzled with Ranch dressing. Serve this to friends, family, or gatherings and it will disappear in seconds.

INGREDIENTS

- 4 slices bacon, cooked
- 2 medium russet potatoes, peeled and cut into 1/4-inch matchsticks
- 3 tablespoons olive oil
- 1 1/4 teaspoons garlic powder
- 1 1/4 teaspoons onion powder
- 1/2 teaspoon dried dill
- Pinch of Caravel Gourmet Smoked Applewood Sea Salt
- 1/8 teaspoon cayenne pepper
- 1/4 cup freshly grated sharp cheddar cheese
- 1/4 cup freshly grated mozzarella cheese
- Fresh chopped chives
- Ranch for drizzling

DIRECTIONS

Cook the bacon. When cool enough to handle, chop and set aside. Preheat the oven to 425 degrees F. Peel and cut the potatoes. Place in a large bowl, then toss with the olive oil, garlic powder, onion powder, dill, salt, and cayenne. Coat a large baking sheet with cooking spray, then spread the fries onto the sheet in a single layer. Bake 15 minutes, flip with a spatula, then bake an additional 10 to 15 minutes, until lightly crisp.

Remove fries from oven and top with cheddar, mozzarella, and bacon. Return to the oven until the cheese melts, 3 to 5 minutes. Top with chives and drizzle with Ranch. Serve immediately.



SMOKED SALMON CRACKERS

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVING: 6 PEOPLE



FEATURED SALT

HAWAIIAN BLACK LAVA
SEA SALT

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This recipe is a crowd favorite. It's not only quick and easy to make but the mix of ingredients creates an explosion of flavor in your mouth. A buttery cracker, with a cheese spread then adorned with smoked salmon is an appetizer that will not disappoint!

INGREDIENTS

- 4 ounces Neufchatel cheese, room temperature
- 3 tablespoons thinly sliced fresh chives
- 1 tablespoon prepared horseradish
- Pinch of Caravel Gourmet Black Hawaiian Coarse Sea Salt and ground pepper
- 24 butter crackers
- 4 ounces thinly sliced smoked salmon

DIRECTIONS

Stir together cheese, chives, and horseradish; season with Caravel Gourmet New Zealand Coarse Sea Salt and pepper. Just before serving, spread cheese mixture on crackers and top with smoked salmon and chives.



PITA BREAD AND HUMMUS

PREP TIME: 25 MINS

COOK TIME: 10 MINS

SERVING: 6 PEOPLE



FEATURED SALT

GARLIC SEA SALT

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Hummus is a staple dish. It can be served as a side, appetizer, or by itself. We're crazy about hummus and the earthy, nutty flavors the chickpeas produce. It is perfect with vegetables or our personal favorite, pita bread. We are always hungry for hummus!

INGREDIENTS

- 2 cups drained canned chickpeas, liquid reserved
- 3 Tbs. tahini
- 3 Tbs. fresh lemon juice, plus more, to taste
- 2 to 3 Tbs. plus 1 tsp. Olivier Toasted Garlic Oil
- 1/8 to 1/4 tsp. cayenne pepper
- Caravel Gourmet Garlic Sea Salt, to taste
- 6 pita breads
- 1 tsp. chopped fresh flat-leaf parsley

DIRECTIONS

In the bowl of a food processor, combine the chickpeas, tahini, the 3 Tbs. lemon juice, the 2 to 3 Tbs. garlic oil, cayenne pepper and salt. Process until smooth, adding some of the chickpea liquid to loosen the texture. Taste and adjust the seasonings with salt and more lemon juice, if needed. Transfer the hummus to a serving bowl, cover with plastic wrap pressed directly onto the surface and refrigerate until ready to serve. Bring to room temperature before serving.

Prepare a medium fire in a grill. Grill the pita breads until grill marks appear underneath, about 1 minute. Turn the breads over and continue grilling for about 1 minute more. Transfer to a cutting board and cut into wedges. Drizzle the hummus with the 1 tsp. garlic oil and sprinkle with the parsley. Place the bowl on a platter and surround with the pita wedges. Serve immediately.



CLASSIC TOMATO SOUP

PREP TIME: 5 MINS

COOK TIME: 55 MINS

SERVING: 8 PEOPLE



FEATURED SALT

NEW ZEALAND SEA SALT

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Classic tomato soup is the ultimate comfort food. It warms the heart and belly with the soothing flavors. The hints of honey and splash of half-and-half makes this dish so delicious. All your missing is a grilled cheese!

INGREDIENTS

- 1/2 pound butter
- 1 pound onions about 3 medium, cut into 1/4-inch dice
- 1/2 cup all-purpose flour
- 4 28-ounce cans diced tomatoes
- 1 1/4 cups chicken broth
- 1/4 cup sugar
- 1 teaspoon Caravel Gourmet New Zealand Sea Salt
- 3/4 teaspoon pepper
- 3/4 cup half-and-half
- 2 tablespoons honey

DIRECTIONS

In a large pot, melt the butter over medium-low heat. Add onions and cook gently, stirring occasionally, until soft and translucent, about 20 minutes.

Add flour and stir until mixture is slightly thickened and pale gold, about 3 minutes; do not allow to brown. Stir in the tomatoes and their juices, chicken broth, sugar, salt, celery salt and pepper. Raise heat to medium until the liquid bubbles, then reduce heat to low. Simmer for 30 minutes, scraping the bottom of the pot frequently.

Stir in half-and-half and honey. Remove from heat and purée using a hand blender, or allow to cool until no longer steaming and purée in batches in a stand blender. Return to medium heat just until heated through. Serve hot.



BEST GUACAMOLE

PREP TIME: 5 MINS

COOK TIME: 1HR 5 MINS

SERVING: 4 PEOPLE



FEATURED SALT

LEMON-LIME SEA SALT

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Holy guacamole! We are obsessed with this recipe. It starts with using good, ripe avocados then mixing in lemon juice, onion, Caravel Gourmet Sea Salt and olive oil. Serve it with tortilla chips for a perfect finished appetizer.

INGREDIENTS

- 2 avocados
- 1/2 lemon, juiced
- 2 tablespoons chopped onion
- 1/4 teaspoon Caravel Gourmet
- Lemon-Lime Sea Salt
- 2 tablespoons olive oil

DIRECTIONS

Cut the avocados into halves. Remove the seeds, and scoop out the pulp into a small bowl. Use a fork to mash the avocado. Stir in lemon juice, onion, salt, and olive oil. Cover the bowl, and refrigerate for 1 hour before serving.



AVOCADO TOAST WITH SCRAMBLED EGGS

PREP TIME: 5 MINS

COOK TIME: 15 MINS

SERVING: 2-4 PEOPLE



FEATURED SALT
SMOKED BACON SEA SALT

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Avocado toast is a trend we can get behind. This yummy and healthy dish is not only tasty, but packed with protein. Toasted whole wheat bread, layered with an avocado spread, topped with fluffy scrambled eggs makes a hearty and healthy breakfast.

INGREDIENTS

- 2 large avocados
- 1/2 teaspoon grated lemon zest plus 1 teaspoon lemon juice
- Dash of Caravel Gourmet Smoked Bacon Sea Salt and freshly ground black pepper
- 4 slices multigrain or sourdough bread, toasted
- 1 tablespoon unsalted butter
- 2 ounces cream cheese, cut into bits
- 4 large eggs, beaten
- 2 radishes, very thinly sliced
- 1 tablespoon finely chopped chives

DIRECTIONS

Coarsely mash the avocados in a bowl with the lemon zest and juice, a pinch of Caravel Gourmet Smoked Bacon Sea Salt and pepper to taste. Spread the mash evenly onto the toasts.

Melt the butter in a medium nonstick skillet over medium-low heat. Add the cream cheese, eggs and 1/4 teaspoon salt and cook, stirring constantly with a rubber spatula, until the mixture is just set with small, creamy curds, about 5 minutes. Spoon the eggs onto the toasts and top with the radishes and chives. Sprinkle with salt.



SIDE DISHES



CHOPPED CAPRESE SALAD

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVING: 4 PEOPLE



FEATURED SALT

BALSAMIC SEA SALT

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This Chopped Caprese Salad is refreshing and so easy to make. The colorful spread of tomatoes, fresh basil, and mozzarella drizzled with balsamic vinegar and honey then tossed to your liking makes this dish down right delicious. Sprinkled with Caravel Gourmet Balsamic Sea Salt and pepper.

INGREDIENTS

- 10 ounces cherry or cherub tomatoes, chopped in half
- 8 ounces whole milk mozzarella, cherry sized. Chopped in half or fourths
- 1/4 cup fresh basil, chopped
- 1/2 cup good quality balsamic vinegar
- 2 tablespoons honey
- Caravel Gourmet Balsamic Sea Salt
- Pepper to taste
- (note: you can also add 1 tablespoon of olive oil if you'd like the added flavor, but it's not necessary)

DIRECTIONS

Add the balsamic vinegar and honey to a small saucepan over high heat. Bring to a boil and then reduce to a simmer. Once it's reduced by approximately half and thickened to your liking (about 10-15 min), remove from the heat. Be careful it doesn't get too thick, but a bit syrupy is good.

Toss all ingredients except for the reduction in a bowl. Drizzle with the reduction, adding a little at a time, tossing, tasting, and then adding more to your liking.



PARMESAN TRUFFLE FRIES

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVING: 4 PEOPLE



FEATURED SALT

TRUFFLE SEA SALT

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So good and so EASY! These Parmesan Truffle Fries seasoned with Caravel Gourmet Truffle Sea Salt make for any french-fry lovers food heaven. Try them with a juicy steak, burger, or by themselves for a finger-licking meal.

INGREDIENTS

- 2 large russet potatoes, hand cut into fries
- 1/4 cup grated parmesan cheese
- 1 tablespoons olive oil
- 1 tablespoons truffle oil
- 1 teaspoon garlic powder
- 1 tablespoon fresh parsley, minced
- Pinch of Caravel Gourmet Truffle Sea Salt
- Ground pepper to taste

DIRECTIONS

Preheat oven to 450F. Cut potatoes into 1/4-1/2 inch thick restaurant style fries. Do not remove the skin. In a large bowl combine hand cut fries, parmesan cheese, olive oil, truffle oil, garlic powder, parsley, Caravel Gourmet Truffle Sea Salt, and pepper. Toss until evenly coated.

Transfer to a greased baking sheet and spread evenly with the least amount of overlap possible. Bake for 30 minutes or until golden and crispy. Let cool for 5 minutes before serving. They will continue to crisp up as they cool. Top with a little extra fresh parsley and parmesan cheese if desired. Drizzle with additional truffle oil if needed and serve.



GRILLED CORN ON THE COB

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVING: 6 PEOPLE



FEATURED SALT
**HIMALAYAN PINK ANCIENT
SEA SALT**

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[amazon.com](https://www.amazon.com)

One of the best ways to eat corn is throwing it on the grill for an authentic charred, tender and tasty effect. The aluminum foil keeps the moisture in and makes it easy to clean up. Fresh ears of corn, smothered in butter and Caravel Gourmet Sea Salt will be an irresistible dinner side.

INGREDIENTS

- 6 ears of corn
- Caravel Gourmet Himalayan Pink Ancient Sea Salt, fine
- 6 tablespoons of butter

DIRECTIONS

Preheat an outdoor grill for high heat and lightly oil grate. Peel back corn husks and remove silk. Place 1 tablespoon butter, salt and pepper on each piece of corn. Close husks.

Wrap each ear of corn tightly in aluminum foil. Place on the prepared grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.



PESTO PASTA WITH TOMATOES

PREP TIME: 5 MINS

COOK TIME: 15 MINS

SERVING: 6-8 PEOPLE



FEATURED SALT

NEW ZEALAND SEA SALT

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This pesto pasta will quickly become a summer favorite. The mix of pasta, pesto, fresh basil, grape tomatoes, feta and Caravel Gourmet New Zealand Sea Salt makes this dish a delicious meal. It is tasty served hot or cold and easy to prepare.

INGREDIENTS

- 1 (16-ounce) package bowtie pasta
- 1 pint grape tomatoes, halved
- 1/2 red onion, diced
- 1 (8-ounce) package feta cheese, crumbled or Parmesan cheese, chunks
- 1/4 cup sunflower seeds

For the Pesto:

- 4 cups fresh basil
- 2-3 cloves garlic
- 1/4 cup sunflower seeds
- 1/4 teaspoon Caravel Gourmet New Zealand Sea Salt
- 3/4 cup olive oil
- 3/4 cup Parmesan cheese

DIRECTIONS

Bring pasta to boil in large stockpot over medium heat. Cook according to package instructions. Remove from heat and pour through a strainer when cooked. Pour into a large mixing bowl. Add grape tomatoes, onion, feta cheese and sunflower seeds.

Make pesto by adding all ingredients to a food processor or blender until smooth. Pour over pasta and stir until well-combined. Serve warm or store in an airtight container and store in the refrigerator. Bring to room temperature to serve.



SWEET POTATO CHIPS

PREP TIME: 10 MINS

COOK TIME: 2 HRS

SERVING: 2 PEOPLE



FEATURED SALT

5 PEPPER SEA SALT

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These sweet potato chips just use three simple ingredients, which is an healthy alternative to potato chips. Thinly sliced sweet potatoes, drizzled with olive oil and sprinkled Caravel Gourmet 5 Pepper Sea Salt creates a crispy and flavorful chip, which can be used for dipping, snacking and enjoying.

INGREDIENTS

- 2 organic sweet potatoes
- 2 tablespoon (30 ml) olive oil
- 1/4 teaspoon Caravel Gourmet 5 Pepper Sea Salt

DIRECTIONS

Preheat oven to 250 degrees F (121 C) and position oven rack in the center of the oven. Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispiness.

Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended). Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling. Serve immediately.



PRETZEL BREAD

PREP TIME: 25 MINS

COOK TIME: 25 MINS

SERVING: 10 BUNS



FEATURED SALT

NEW ZEALAND COARSE
SEA SALT

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[amazon.com](https://www.amazon.com)

Imagine tearing open a warm, fluffy pretzel bread loaf. Sounds pretty good, huh? This pretzel bread recipe will make your dreams come true, and fill your kitchen with the sweet smells of just-baked bread.

INGREDIENTS

- 1 3/4 cups warm water
- 2 tablespoons unsalted butter
- 3/4 teaspoon salt
- 4 1/2 cups Unbleached All-Purpose Flour
- 1/4 cup Baker's Special Dry Milk or nonfat dry milk
- 2 teaspoons instant yeast
- Caravel Gourmet New Zealand Coarse Sea Salt

Water Bath:

- 2 quarts water
- 1 tablespoon salt
- 1/4 cup baking soda

DIRECTIONS

Mix and knead the dough ingredients – by hand, mixer, or bread machine – to make a smooth, slightly sticky dough. Allow the dough to rise in a lightly greased bowl, covered, for about 1 hour, until doubled. Gently deflate the dough, and transfer it to a lightly greased work surface. Divide the dough into 10 pieces and shape each piece into a smooth ball. Place the balls on a lightly greased baking sheet, cover, and let rest for 15 minutes.

Preheat the oven to 400°F. Prepare the water bath: Bring the water, salt, and baking soda to a boil in a large pot. Drop 5 dough balls at a time into the water bath. Cook for 30 seconds, flip over, and cook for 30 seconds longer. Using a slotted spoon, return the buns to the baking sheet. Using scissors or a sharp knife, cut 1/2"-deep crosses into the center of each bun. Sprinkle with coarse sea salt. Bake the buns for 20 to 24 minutes, or until they're a deep-dark brown. Remove them from the oven, and transfer to a rack to cool.

MAIN DISHES





SMOKED BACON CHIPOTLE STEAK

PREP TIME: 5 MINS

COOK TIME: 15 MINS

SERVING: 6-8 PEOPLE



FEATURED SALT

SMOKED BACON CHIPOTLE
SEA SALT

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Alerting all meat lovers! Sink your teeth into this juicy steak recipe that will put any fancy steakhouse to shame. Seasoned with Caravel Gourmet Smoked Bacon Chipotle Sea Salt adds just the right amount of spice and salty flavors.

INGREDIENTS

- 1/2 cup Caravel Gourmet Smoked Bacon Chipotle Sea Salt, coarse grind
- Olive oil
- Worcestershire sauce
- Steak (New York, Rib eye or T-bone)

DIRECTIONS

Brush both sides of a New York, Rib eye or T-bone with olive oil, drizzle with Worcestershire sauce and sprinkle Caravel Gourmet Smoked Bacon Chipotle Sea Salt, coarse grind, on both sides.

Allow steak to rest for 20 minutes at room temperature while heating the Himalayan Salt Brick on low for approx. 20 minutes. After 20 minutes, raise temperature on salt brick to high and brush with olive oil. Grill steaks on both sides to create a great crust. Cook steak to an internal temperature of 120-125F for rare, 130-135F for medium-rare, or 140-145F for medium.

Let steak rest for approx. 10 minutes after removing from salt brick



CLASSIC MARGHERITA PIZZA

PREP TIME: 2HR 15MINS

COOK TIME: 15 MINS

SERVING: 12IN PIZZA



FEATURED SALT

GARLIC MEDLEY SEA SALT

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Get out your passports, we are taking you to Italy with this simple, yet delicious Margherita pizza. Less is more when it comes to this classic recipe. The vibrant colors complement the equally vibrant flavors that this recipe brings to the table. Enjoy!

INGREDIENTS

- 1/2 recipe homemade pizza crust
- 1 Tablespoon olive oil
- 2 cloves roasted garlic, finely chopped
- 1/4 cup your favorite pizza or tomato sauce
- 8 ounces mozzarella cheese, sliced into 1/2 inch thick pieces
- 2 plum tomatoes, sliced (or any tomato you like)
- handful of fresh basil
- Pinch of Caravel Gourmet Garlic Medley Sea Salt
- fresh ground pepper, to taste

DIRECTIONS

Prepare the pizza dough, including preheating the oven to 475F. Mix the olive oil and chopped garlic together in a small dish. After waiting 15 minutes, spread olive oil/garlic mixture on top of crust. Top with pizza sauce, then the mozzarella cheese slices, then the tomato slices.

Bake for 14-16 minutes or until the crust is lightly browned and the cheese is bubbling. For the last minute, move the oven rack to the top rack to really brown the edges. That's optional. Remove from the oven and top with fresh basil and pepper. Slice pizza and serve immediately. Store leftover pizza covered tightly in the refrigerator and reheat as you prefer. Baked pizza slices may be frozen up to 1 month.



DEEP FRIED OYSTERS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVING: 4 PEOPLE



FEATURED SALT

NEW ZEALAND SEA SALT

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Plain oysters are good, but these deep fried oysters are EXCELLENT! With a little more love (breading) and deep fried these oysters make a yummy appetizer, or pair them with some fries for a meal. The crunchy, crispy coating shells the silky, salty flavors of the oyster. So every bite, is a mixture of delicious textures and taste.

INGREDIENTS

- 2 quarts vegetable oil for deep frying
- 1/2 cup all-purpose flour
- 1/2 Caravel Gourmet New Zealand Sea Salt
- 1/2 teaspoon ground black pepper
- 12 ounces shucked oysters, drained
- 2 eggs, lightly beaten
- 3/4 cup fine bread crumbs

DIRECTIONS

Heat deep fryer to 375 degrees F (190 degrees C). Combine flour, salt and black pepper. Dredge oysters in flour mixture, dip in egg and roll in bread crumbs. Carefully slide oysters into hot oil. Cook five at a time until golden brown, about 2 minutes. Drain briefly on paper towels. Serve hot.



SPAGHETTI SAUCE WITH GROUND BEEF

PREP TIME: 5 MINS

COOK TIME: 30 MINS

SERVING: 7-8 PEOPLE



FEATURED SALT

GARLIC SEA SALT

Click here to buy now from
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From your kitchen to little Italy, this spaghetti recipe will take your tastebuds around the world. This spaghetti sauce is super easy and kid-friendly that even your pickiest eater will enjoy. Top it with fresh basil and a sprinkle of parmesan.

INGREDIENTS

- 1 lb. hamburger
- 2 Beef Bouillon cubes
- 1/2 teaspoon Caravel Gourmet Garlic Sea Salt
- 1 small can tomato sauce
- 1 small can tomato paste
- pepper to taste
- 2 cups hot water
- 2 tsp. sugar
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- dash of garlic
- Spaghetti Noodles

DIRECTIONS

Brown hamburger in a large pan. Once cooked throw in salt, pepper, tomato sauce and paste, water (with the bouillon cubes in it), sugar, basil, oregano and garlic. Simmer on low for an hour.

Minutes before the hour is done, cook box of spaghetti noodles as directed on package. Add noodles to our spaghetti at the end. Enjoy!



B.L.A.T SANDWICH

PREP TIME: 5 MINS

COOK TIME: 10 MINS

SERVING: 1 PEOPLE



FEATURED SALT

BACON CHIPOTLE SEA SALT

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Add some avocado for little twist on the classic BLT. This bacon, lettuce, avocado and tomato is the perfect combo for a mouth-watering sandwich. The creamy avocado melted into the sweet tomato and salty bacon. It pairs nicely with a side of sweet potato fries.

INGREDIENTS

- 2 slices whole wheat bread,
- toasted
- mayonnaise
- butter
- 1 tomatoes, sliced
- 4 slices of cooked crisp
- bacon
- 1/2 avocado
- Pinch of Caravel Gourmet New Zealand Sea Salt

DIRECTIONS

Toast the bread and then spread on the butter then the mayo while the bread is still warm. Top one slice of bread with the sliced tomato, sliced avocado and bacon. Sprinkle a pinch of Caravel Gourmet New Zealand Sea Salt for taste.

Top the sandwich with the second slice of bread. Enjoy!



SHREDDED BEEF TACOS

PREP TIME: 30 MINS

COOK TIME: 1 HR

SERVING: 8-10 PEOPLE



FEATURED SALT

JALAPENO SEA SALT

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This saucy shredded beef recipe is rich and flavorful. The spice mix and slow cooked beef is undeniably a dinner favorite for the whole family. Yummy on tacos, burritos and quesadillas!

INGREDIENTS

Spice Mix:

- 1½ tbsp chipotle powder (Note 7)
- 1 tbsp paprika
- 1 tbsp dried oregano
- 1 tsp All Spice powder (ground All Spice)
- 1 tsp coriander powder
- 2 tsp onion powder or garlic powder OR 1 tsp of each
- 1 tsp Caravel Gourmet Jalapeno Sea Salt and black pepper

Tacos:

- small tortillas
- avocado slices
- bell pepper slices
- pico de gallo
- feta cheese
- sour cream
- lime wedges
- cilantro/coriander leaves.

Beef:

- 1 - 2 tbsp olive oil
- 3lb / 1.5kg beef brisket (or chuck, gravy or any other slow cooking beef) cut into 2 or 3 large pieces
- 5 garlic cloves
- 1 onion, diced (yellow, brown or white)
- ¾ cup orange juice
- 2 tbsp lime juice
- 14oz/400g can crushed tomatoes
- 2 cups beef or chicken broth/stock
- Water
- Salt and pepper

DIRECTIONS

Combine the Spice Mix ingredients in a bowl. Sprinkle 4 teaspoons over the beef and pat so it sticks. Heat the olive oil in a large heavy based pot over high heat. Add the beef (in batches if necessary) and cook so it is browned on all sides. Remove onto a plate. Turn the stove down to medium. If the pot looks dry, add more olive oil. Add the garlic and onion and cook for 3 to 5 minutes until soft. Add the orange juice and lime juice, and scrape the bottom of the pot so the brown bits mix into the liquid. Then add the remaining Spice Mix, canned tomatoes, beef broth and enough water so the beef is mostly, but not completely submerged.

Put the lid on, bring to a simmer then turn the stove down so it is bubbling gently, not rapidly. Cook for 2 hours with the lid on, then 30 minutes with the lid off or until the beef is tender enough to shred. (Note 1) OR cook in slow cooker for 6 hours on low Or pressure cooker on high for 50 minutes. Remove the beef and shred it with 2 forks. Leave the sauce to simmer with the lid off for 10 to 15 minutes to reduce and thicken to your taste. Adjust salt to taste. Optional: puree with stick blender to make it smooth (I did this for the photos). To serve, toss the beef in the sauce - use as much as you want. Serve the extra sauce on the side.

Tacos: serve the beef with warmed small tortillas, avocado slices, bell pepper slices pico de gallo, feta cheese, sour cream, lime wedges and extra cilantro/coriander leaves.



BISCUIT BREAKFAST SANDWICH

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVING: 2 PEOPLE

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FEATURED SALT
SMOKED BACON SEA SALT

Here is a little slice of breakfast heaven. This sandwich is how you should start the day. It begins with a flaky biscuit topped with a poached egg, crispy bacon balanced with lettuce, tomato and cheese.

INGREDIENTS

- 1 cup Bisquick
- 1/3 cup buttermilk, low fat
- 1 tablespoon butter
- pinch of garlic powder
- pinch of Caravel Gourmet Smoked Peppered Bacon Sea Salt

For the Sandwiches:

- 2 eggs
- splash of white wine vinegar (for poaching eggs)
- 4 strips of bacon, cooked
- 1/2 tomato, sliced
- 1/2 avocado, sliced
- 1/2 cup fresh spinach, washed and stems removed
- salt and pepper to taste
- splash of hot sauce (optional)

DIRECTIONS

Heat oven to 375°F. Bake biscuits as directed on bag. While the biscuits are cooking, poach the eggs. In a deep pan, bring 4-5 inches of water to a simmer, until there are steadily breaking bubbles on the bottom of the pan then add a splash of white wine vinegar. Break eggs, one at a time, into a cup or small ramekin. Place the bowl/cup close to the surface of the water and gently pour into the water. You may need to use a spoon to "push" the egg whites closer to the yolk to keep them together. Repeat with second egg. Turn off heat and cover pan. When egg whites are fully cooked and yolk is still runny (approx. 4 min.) remove eggs from water with a slotted spoon. Set aside.

Eggs can be reheated just before serving by slipping back into hot water again for just a moment. When biscuits are done . Slice in half and layer the bottom slice of biscuit with spinach, avocado, bacon, and tomato. (salt and pepper to taste) Top with warm poached egg and biscuit top. Add a splash of hot sauce if desired.



PORK AND VEGETABLES KEBABS

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVING: 6 PEOPLE



FEATURED SALT

5 PEPPER SEA SALT

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[amazon.com](https://www.amazon.com)

This summer dish is a beautiful mix of pork loin and fresh vegetables seasoned with Caravel Gourmet Sea Salt, red pepper flakes, basil, oregano, and garlic. This melody of salt and spices make this meal oh-so-good.

INGREDIENTS

- 1 1/2 pound pork loin roast, boneless, trimmed, cut into 1-inch cubes
- 2 tablespoons red wine vinegar
- 1 1/4 teaspoons Caravel Gourmet 5 Pepper Sea Salt
- 1/2 teaspoons red pepper flakes, or less to taste
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh oregano, chopped
- 2 cloves garlic, chopped
- 2 small zucchini, trimmed and cut crosswise into rounds
- 2 large bell peppers, seeded and cut into 1-inch squares

DIRECTIONS

Prepare outdoor grill for direct medium-hot grilling.

Whisk vinegar, 1 teaspoon of Sea Salt, and hot red pepper together in large bowl. Whisk in oil. Add basil, oregano, and garlic. Add pork loin and toss to coat. Spread zucchini and bell peppers on top of pork, season with remaining 1/4 teaspoon Sea Salt, and let stand 5 minutes. Stir to coat with marinade. Do not marinate longer than 15 minutes. Skewer pork, zucchini, and bell peppers, alternating ingredients, onto 6 metal kabob skewers.

Lightly oil cooking grate. Place kabobs on grill and cover grill. Cook, turning occasionally, for about 10-12 minutes or until pork is browned. Let stand for 3 minutes, then serve.



SHRIMP FRIED RICE

PREP TIME: 20 MINS

COOK TIME: 10 MINS

SERVING: 4 PEOPLE



FEATURED SALT

NEW ZEALAND SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

Craving restaurant style shrimp fried rice? This recipe does the trick. The sticky rice, shrimp, and mix of vegetables will give you the restaurant experience right in your home. It's a quick meal and super delicious.

INGREDIENTS

- 1 1/2 cups uncooked white rice
- 3 cups water
- 4 tablespoons vegetable oil
- 1 cup fresh bean sprouts
- 1/2 cup chopped onion
- 1 1/2 cups cooked medium shrimp, peeled and deveined without tail
- 1/4 cup chopped green onion
- 2 eggs, beaten
- 1/2 teaspoon Caravel Gourmet New Zealand Fine Sea Salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons soy sauce
- 1/4 teaspoon sesame oil

DIRECTIONS

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Set aside and allow rice to cool. Heat a large skillet or wok for 2 minutes. When the skillet or wok is hot, pour in vegetable oil, bean sprouts and onions. Mix well and cook for 3 minutes.

Mix in cooled rice and shrimp and cook for another 3 minutes. Stirring constantly. Mix in green onions, eggs, salt, pepper, soy sauce and sesame oil. Cook for another 4 minutes, stirring continuously, until eggs are cooked and everything is blended evenly.



BUTTERNUT SQUASH SOUP

PREP TIME: 25 MINS

COOK TIME: 45 MINS

SERVING: 4 PEOPLE



FEATURED SALT

5 PEPPER SEA SALT

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[amazon.com](https://www.amazon.com)

This thick, rich and delicious soup with hints of a light spice will fight off those fall chills. The natural sweetness and silkiness of the butternut squash is an key component of this recipe. The blend of rich squash, contrasting sour cream, and pinch of spices is the perfect fall accent.

INGREDIENTS

- 2 tablespoons butter
- 1 small onion, chopped
- 1 dollop of sour cream
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed 1 (32 fluid ounce) container chicken stock
- Caravel Gourmet 5 Pepper Sea Salt
- 1/2 teaspoon of ground cinnamon
- pinch of ground nutmeg

DIRECTIONS

Melt the butter in a large pot, and cook the onion, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency, and mix of ground cinnamon and nutmeg. Season with Caravel Gourmet 5 Pepper Sea Salt and topped with a big dollop of sour cream.



BACON CHEESEBURGER

PREP TIME: 4 MINS

COOK TIME: 30 MINS

SERVING: 4 PEOPLE



FEATURED SALT

GARLIC AND ONION SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

This juicy bacon cheeseburger will put drive-thru food to shame. Use this recipe for family or friend gatherings for a perfect and easy meal. Get this juicy and mouth-watering burger on the grill ASAP and you will say goodbye to drive-thru burgers forever.

INGREDIENTS

- 2 tablespoons finely chopped onion
- 2 tablespoons ketchup
- 1 garlic clove, minced
- 1 teaspoon sugar
- 1 teaspoon Worcestershire sauce
- 1 teaspoon steak sauce
- 1/4 teaspoon cider vinegar
- Pinch of Caravel Gourmet Garlic and Onion Sea Salt
- 1 pound ground beef
- 4 slices sharp cheddar cheese
- 4 hamburger buns, split and toasted
- 8 cooked Bacon strips
- Optional toppings: lettuce leaves and tomato, onion and pickle slices

DIRECTIONS

In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into four patties.

Grill burgers, covered, over medium heat or broil 3 in. from the heat for 4-7 minutes on each side or until a thermometer reads 160° and juices run clear. Top with cheese. Grill 1 minute longer or until cheese is melted. Serve on buns with bacon and toppings of your choice.



OVEN-BAKED SALMON

PREP TIME: 5 MINS

COOK TIME: 20 MINS

SERVING: 4 PEOPLE



FEATURED SALT

HAWAIIAN BLACK LAVA SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

This moist and flaky oven-baked salmon recipe is a breeze to prepare and fantastic for a quick dinner. Whispers of citrus and smooth olive oil come through with each bite. The sea salt seasoning counteracts the citrus and creates a delicious baked salmon. Serve with roasted veggies for a full meal.

INGREDIENTS

- 1 Lb Center Cut Salmon (about 16 oz)
- 2 Tbs Extra Virgin Olive Oil
- 1 Tbs Caravel Gourmet Hawaiian Black Lava Sea Salt
- 1/2 Lemon, sliced and slices halved

DIRECTIONS

Preheat oven to 350. Line a baking sheet with aluminum foil. Place salmon (skin side down if skin is on) on the lined baking sheet. Drizzle olive oil on the fillet, sprinkle with Caravel Gourmet Sea Salt, place lemon slices on top. Bake for 20 minutes. Remove from oven and let rest for 2 minutes, then cut into fillets. Finish with a dash of Caravel Gourmet Hawaiian Black Lava Sea Salt.



BALSAMIC GLAZED CHICKEN

PREP TIME: 15 MINS

COOK TIME: 55 MINS

SERVING: 4 PEOPLE



FEATURED SALT

ROSEMARY SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

We are all about this glaze that will launch your dish into outer space. The combo of balsamic, honey, mustard, garlic and sea salt will have your tastebuds dancing. Caravel Gourmet Rosemary Sea Salt is a delicious blend of rosemary and natural sea salt makes an excellent seasoning on vegetables, lamb, or chicken.

INGREDIENTS

- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 1 1/2 tablespoons whole-grain mustard
- 3 cloves garlic, minced
- Pinch of Caravel Gourmet Rosemary Sea Salt
- Freshly ground black pepper
- 4 bone-in skin-on chicken thighs
- 2 cups baby red potatoes, halved (quartered if large)
- 1 tablespoon chopped fresh rosemary
- 2 tablespoon extra-virgin olive oil, divided
- 3-4 rosemary sprigs, for skillet

DIRECTIONS

Preheat oven to 425°. In a large bowl, combine balsamic, honey, mustard, and garlic and season with Caravel Gourmet Rosemary Sea Salt and pepper. Whisk until combined. Add chicken thighs and toss until fully coated, then transfer to the fridge to marinate, at least 20 minutes and up to 1 hour. Meanwhile, prep potatoes: In a medium bowl add potatoes and rosemary and season with salt and pepper. Add 1 tablespoon olive oil and toss until combined. Set aside.

In a large skillet over medium-high heat, heat remaining tablespoon oil. Add chicken and marinade and sear, skin side down, 2 minutes then flip and sear 2 minutes more. Add potatoes to skillet, nestling them between chicken, and top with rosemary sprigs. Transfer to the oven and bake until potatoes are tender and chicken is cooked through, 20 minutes. (If potatoes need longer to cook, transfer chicken to a cutting board to rest and continue cooking until tender.) Serve chicken and potatoes with pan drippings

DESSERTS & DRINKS





SALTED CARAMEL BACON CUPCAKES

PREP TIME: 15 MINS

TOTAL TIME: 1HR 45MINS

SERVING: 12 CUPCAKES



FEATURED SALT

SMOKED BACON SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

Sweet and salty, one of the most dynamic duo is at large in sugary recipe. The rich homemade chocolate cake, infused with candied bacon, topped with creamy, thick dulce de leche frosting, sprinkled with sea salt creates a delectable dessert.

INGREDIENTS

For the Candied Bacon:

- 1/2 cup packed light brown sugar
- 2 tablespoons granulated sugar
- 2 teaspoons unsweetened Dutch-process cocoa powder
- 12 slices bacon, cut in half

For the Frosting:

- 1 cup jarred dulce de leche
- 8 ounces cream cheese, at room temperature
- 1 teaspoon vanilla extract
- Caravel Gourmet Smoked Bacon Sea Salt, for topping

For the Cupcakes:

- 5 tablespoons vegetable oil
- 1/4 cup brewed espresso or coffee
- 1/4 cup packed light brown sugar
- 1/3 cup unsweetened Dutch-process cocoa powder
- 4 ounces semi-sweet chocolate, chopped
- 3/4 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine salt
- 1/4 cup buttermilk
- 2 large eggs
- 1 teaspoon vanilla extract

DIRECTIONS

Make the candied bacon: Preheat the oven to 350 degrees F and set a rack on a foil-lined baking sheet. Whisk the brown sugar, granulated sugar and cocoa powder in a medium bowl. Toss the bacon in the sugar mixture until coated, then arrange on the rack in a single layer. Bake until dark brown, 15 to 20 minutes. Let cool, then transfer to a plate and pat dry with paper towels. Chop 6 pieces of the bacon; set aside.

For the cupcakes: Combine the vegetable oil, espresso, brown sugar, cocoa powder and chocolate in a large microwave-safe bowl and microwave until hot, about 2 minutes. Whisk until smooth, then set aside to cool, about 15 minutes. Whisk the flour, granulated sugar, baking soda and fine salt in a medium bowl. Add the buttermilk, eggs and vanilla to the cooled chocolate mixture and whisk until smooth. Add the flour mixture and continue whisking until combined. Line a 12-cup muffin pan with paper liners. Divide the batter among the cups, then sprinkle with the chopped bacon. Bake until the cupcakes spring back when lightly pressed, 20 to 25 minutes. Let cool 10 minutes in the pan, then remove to a rack to cool completely.

For the frosting: Beat the dulce de leche, cream cheese and vanilla in a large bowl with a mixer on medium speed until combined. Transfer to a pastry bag fitted with a large star tip; refrigerate 30 minutes. Pipe the frosting onto the cupcakes. Top with the remaining candied bacon, breaking it into pieces; sprinkle with Caravel Gourmet New Zealand Coarse Sea Salt.



SALTED CHOCOLATE PEANUT BUTTER TRUFFLES

PREP TIME: 30 MINS

TOTAL TIME: 30 MINS

SERVING: 24 TRUFFLES



FEATURED SALT

CYPRUS FLAKE SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

Creamy peanut butter incased in sweet chocolate and dusted with flaky sea salt make these truffles an excellent flavor combo. Caution to all chocolate and peanut butter lovers, you won't be able to have just one... or five for that matter.

INGREDIENTS

- 3 1/2 cups powdered sugar
- 15 oz jar of unsweetened creamy peanut butter
- 1/4 cup unsalted butter, very soft
- 1 teaspoon all natural vanilla extract
- 3 tablespoons milk
- 3 cups bittersweet chocolate chips
- 1 tablespoon canola oil
- 1 1/2 teaspoons Caravel Gourmet Cyprus Flake Sea Salt

DIRECTIONS

In a large bowl using a handheld electric mixer, or in the body of a stand mixer fitted with the whisk attachment, combine the powdered sugar, peanut butter, vanilla and softened butter. Beat on low-speed until combined and slightly crumbly. Add milk, one tablespoon at a time, and continue to beat until the mixture becomes a workable dough. Scoop 1 tablespoon-sized rounds of filling out onto a large baking sheet lined with parchment paper. Roll each round into ball. Place the baking sheet in the freezer to firm up for one hour.

During the last few minutes of the chill time, make the chocolate coating. You will make the chocolate coating in the microwave. Place the chocolate and oil in a heat-proof glass measuring cup and melt, on low-power, in 30 second increments, stirring after each increment, until completely melted. Whisk chocolate smooth and let it slightly cool before dipping. Remove peanut butter balls from freezer. One at a time, carefully dip each chilled ball in the melted chocolate. When lifting the peanut butter ball out of the chocolate remember to allow excess chocolate to drip back into the bowl. Transfer the chocolate covered balls back to parchment paper lined baking sheet after dipping each one. Transfer the peanut butter balls to the refrigerator to set, about 1 hour. Serve chilled.



ELECTRIC MARGARITA

PREP TIME: 5 MINS

COOK TIME: 30 MINS

SERVING: 2 PEOPLE



FEATURED SALT

NEW ZEALAND COARSE
SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

This cool blue margarita is beautiful and delicious, plus simple to make. A splash of blue Curacaco gives a slight twist on the classic margarita cocktail and it's pretty sapphire color. This margarita will have you day-dreaming about sitting on the beach by the ocean. Go ahead, and treat yourself to a slice of paradise!

INGREDIENTS

- 1 teaspoon Caravel Gourmet New Zealand Coarse Sea Salt
- 4 ounces Tequilla*
- 2 ounces Triple Sec
- 2 ounces freshly-squeezed lime juice
- 2 ounces blue Curacaco liqueur
- 2 teaspoons superfine sugar
- 2 (1/4-inch) slices star fruit for garnish (optional)
- 1 lime, cut into wedges

DIRECTIONS

Fill a cocktail shaker halfway with ice. Place Tequilla, Triple Sec, lime juice, blue Curacaco, and sugar in the shaker; shake hard for 30 seconds.

Serve in Margarita Glasses with coarse salt or Margarita Salt on the rims of the glasses. Strain the Blue Margarita into the glasses. Garnish each with a slice of star fruit or a lime wedge.

Note: To create a salt-rimmed glass, take a lemon or lime wedge and rub the drinking surface of the glass so it is barely moist. Dip the edge of the glass into coarse or Kosher salt.



ESPRESSO SEA SALT VANILLA CAPPUCCINO

PREP TIME: 0 MINS

COOK TIME: 5 MINS

SERVING: 1 PERSON



FEATURED SALT

ESPRESSO SEA SALT

Click here to buy now from
[amazon.com](https://www.amazon.com)

Wake up with this frothy vanilla cappuccino dusted with Caravel Gourmet Espresso Sea Salt. Tired of your bland, repetitive cappuccinos? Spice it up with a dash of this Espresso Sea Salt for a new flavorful coffee. Warning: coffee lovers won't be able to get enough!

INGREDIENTS

- 1 cup milk
- brown sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup fresh hot coffee
- Caravel Gourmet Espresso Sea Salt

DIRECTIONS

Using a saucepan, add 1 cup of milk and 1/2 tea spoons of vanilla. On a medium heat warm the milk until it starts bubbling (stirring to prevent burning).

Remove the milk from heat and stir sugar in to taste (suggestion 1/2 tea spoons). Using a hand Frother or Blender whisk milk until frothy (suggestion 60 seconds). Half fill a cup with fresh hot coffee. Add the hot milk to almost fill cup (spooning milk froth to top). Dust the top of cup with Caravel Gourmet Espresso Sea Salt.