

## H746 BAMBOO SALT



## Nutrition Facts

Serving Size about 1/4 tsp (1.5g)

Amount Per Serving			
Calories	0	Cals. From Fat	0
% Daily Value**			
<b>Total Fat</b>	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	0%	
<b>Sodium</b>	580 mg	25%	
<b>Total Carbohydrate</b>	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
<b>Protein</b>	0 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

\*\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:  
Fat 9 \* Carbohydrate 4 \* Protein 4

## Source of Nutritional Information

## Ingredients

Salt, Bamboo

## Handling And Storage

Store in a dry, cool place.

## Points Of Interest

Also known as "jukyeom," Bamboo Salt is an infused, umami-rich sea salt that has been crafted in Korea for decades. To create it, hollow stalks of bamboo are packed with sea salt, sealed with mineral-rich clay, and baked at high temperatures up to nine times to impart a unique, complex flavor and aroma to the salt.

- Fine-textured sea salt
- Distinctive, subtly sulfurous aroma
- Traditionally used by Korean herbalists
- All-natural

## Suggested Uses

- Sprinkle onto roasted or stir-fried vegetables
- Incorporate into Asian-inspired soups, sauces, and condiments
- Add complex, salty flavor to pickled or fermented foods

## Basic Preparation

Ready to use as desired.

## Recipe

Kimchi Jjigae with Bamboo Salt

2 cups chopped kimchi, juice rung out and reserved  
 4 ounces fresh pork belly  
 3 teaspoons gochugaru chile flakes  
 1 teaspoon minced garlic  
 1/2 teaspoon minced ginger  
 1/2 cup juice from kimchi (if available)  
 2 cups of water  
 6 ounces tofu  
 2 scallions, chopped  
 2 teaspoons Bamboo Salt

Slice the pork belly thinly and then cut the slices into 1" pieces. Cut the tofu into 1" pieces about 1/2" thick. Add the kimchi and pork to a shallow pot and cook on simmer for 15 minutes. Add chile flakes, garlic and ginger along with the kimchi juice and water, cook for additional 15-20 minutes. Add the tofu and scallions and simmer for 5-10 minutes adding more water if the pot is too dry. Drizzle with sesame oil and sprinkle Bamboo Salt generously over each serving.

Serves 4

The naturally roasted flavor of bamboo salt is a powerfully subtle compliment to this classic Korean soup. Spicy kimchi and gochugaru chile flakes accented with ginger and garlic are strengthened by the sulfury aroma of this unique salt.