Living salt by Ángel León

Sodium acetate. A salt derived from the acetic acid precipitation of vinegar.

Properties
Salt that causes an exothermic reaction through recrystallization after being dissolved in an aqueous liquid. It allows you to cook food slowly or instantly.

Use modes

Living salt Hot (a system for long cooking and large items)
During the preparation phase, protect your hands and face with approved protective wear.
Heat up the water or flavoured liquid until boiling, add the salt to the water and mix until the salt is dissolved. Boil until it reaches the temperature of 117 °C.
Pour the hot mixture straight onto the item to be cooked. This technique helps us do long cooking at a high temperature.
It will take around 20 minutes to start to recrystallize. It generally stays at the initial temperature for 20 minutes depending on the recipient, volume used, ambient temperature and food to be cooked.
The temperature will then gradually reduce, meaning you can draw out the cooking time for as long as required to cook the item.
When it comes to removing the salt, handle it with utensils in order to avoid skin contact. Risk of burns.

Living salt Cold (a system for short cooking and small items)
During the preparation phase, protect your hands and face with approved protective wear.
Heat up the water or flavoured liquid until boiling, add the salt to the water and mix until the salt is dissolved. Boil until it reaches the temperature of 105 °C.
Pour the cold mixture onto the product to be cooked. Thereupon, instant recrystallization is activated and produces an exothermic reaction that increases the temperature of the mixture to 60 °C.

Observations
Liquids that contain suspended solids and/or fats hinder the reaction, making it more delicate.

Application
The salt can be activated with water, flavoured or scented water with a range of Sosa water soluble aromas.

Elaborations
Long or short cooking of fish, seafood, meat and vegetables. Salt crystal formation.

Dose:
1 kg of Living salt / 1 kg aqueous liquid