



PICTURE: GARY MEDLICOTT

some left over), then place scallops on top of marinated vegetables, then top each scallop with a quarter of a teaspoon of herb and lemon oil dressing, then garnish with watercress sprigs.

Serves 2 as a light lunch

* Orange blossom water is available from specialist food stores and Middle Eastern grocers.

** Lemon oil is available at specialist food stores and Mediterranean grocers.



OFF THE SHELF SALT

Ravida Sea Salt, 200g for \$5.95

This unrefined sea salt has been produced by the Ravida family since 1700 along the south-western shore of Sicily. It is extracted from Sicilian sea waters and evaporated in salt pans and ground without refining. It has slightly off-white, coarse grains with an intense salt-water taste and a sweet edge, and is naturally high in magnesium.

8/10

Demitri's Feast, 100g for \$6.95

These natural sea salt flakes come from the waters around Cyprus and are harvested by artisan methods. Pyramid in shape, this larger variety might not be ideal for table salt, but their flavour is pleasantly strong with an acidic tang. Also available in black, lemon, chilli and rosemary flavours.

8/10

Saxa Table Salt, 125g for \$1.45

This salt is a naturally evaporated sea salt of Australia and contains an anti-caking agent to prevent the formation of lumps. It has a strong salty flavour up front, but no real depth.

5/10

Iblea Sea Salt, 250g for \$2.95

Farmed on the coast of Sicily, this mineral-high salt has small grains and contains an anti-caking agent. You can taste minerals in the salt, plus a mild sweetness.

7/10

Murray River salt flakes, 250g box for \$10.50

Produced from underground saline water in the Murray River area, this salt not only has a beautiful pink colour, it also helps the environment by reducing the salinity problem. The salt has an almost fruity taste, with a nice long finish.

9/10

MICHELE CURTIS

Fast Ed's twin chocolate cherry slice and Karen's fish and potato fritters.

FRIDAY, FEBRUARY 13, LIFESTYLE FOOD, 7.30PM

The Best in Australia

The best slow-cooked meat and old-fashioned dessert.

SATURDAY, FEBRUARY 14, LIFESTYLE FOOD, 7.30PM

Cheese Slices

Will Studd visits cheese producers in Wisconsin, US.

SATURDAY, FEBRUARY 14, SBS, 8.30PM

The Iron Chef

New series. The Iron Chef is challenged by a guest chef and judged by a panel of gourmets.

TESSIE VANDERWERT

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