

The Quarterly

# All Hands

A modern magazine by Chief of Stuff



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**fika (n):** a moment to slow down and appreciate the good things in life



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# 'tis the season!

## Meet a new type of salt that's uniting more than just flavor

Watch out, Salt Bae, there's a new dynamic duo in town! You've likely heard of flavored salt before, but the Swedish mother/son team behind **ALLTGOTT** has developed an entirely new category of seasoning - a salt infusion. By rethinking the way salt enhances ingredients, **Ingrid and Niklas** have discovered something novel - the ability to infuse flavor directly into the salt crystals themselves. **The results?** A magical umami that takes the simplest of dishes and makes them sparkle!

From the COS test kitchen, we caught up with them to learn how something as straightforward as salt could be ripe for reinvention, how they are preserving the legacy of salt moving forward, and how simple it actually is to elevate your food.

### **COS: Sarah Maxwell**

IM: Ingrid Muñch | NM: Niklas Muñch

### **COS: Ingrid and Niklas, thank you so much for taking the time to join us. You recently launched a new product – salt infusions! Tell us, how did you get started?**

IM: Thank you! We started working with a German spice company Herbia in 2012 to import their products to the Nordic countries. They make high-quality spices selling pepper, oregano, etc, but no salt. Niklas and I were looking for new products and thought that if we could find high-quality salt, we would fill that gap.

### **COS: Where did you find the salt?**

IM: Many years ago, we met an Italian woman that was an exhibitor at a fair that we went to in Copenhagen. We were impressed with the salts but didn't think anything of it! Then when we actually were looking into salt producers, we had to do a lot of work to find her because we couldn't remember anything about her. We didn't know the name of her company or her name. Finally, at long last, we found her, and thankfully she remembered speaking to us – my guess is I had probably talked a lot, so that's why she remembered!

### **COS: I'm not surprised! You're pretty memorable, Ingrid! So why Sicilian salt? What makes it so special?**

IM: Our salt is harvested by a longtime family business in this area, Trapani in Sicily, which is part of the historical "Salt Road" and protected by the Wildlife Heritage Foundation. It's all done by hand using the same methods that the Phoenicians established almost three thousand years ago, back when the Vikings needed salt in the Northern European countries. It's 100% natural and contains a higher concentration of potassium and magnesium, which enhances its flavor.

Also, the salt is unrefined, not chemically purified, ensuring that all the minerals are still there. The "regular" white table salt that is everywhere is an industrial salt, where it's been chemically cleaned and stripped of the natural minerals, then they add the magnesium and other minerals back in again, which really isn't healthy.



The dream team!  
Ingrid (above) and Niklas (below)







**COS: That's amazing! It must feel pretty great working with a salt with such a long legacy.**

IM: Yes! As a family business, we also love working with other small producers/families who share a similar ethos as us. We only produce and sell the best and work hard to find ingredients around the world that are top quality. Herbia, whom we've worked with for years, is a company that never compromises on quality, the importance of having respect for our earth and the environment, establishing fair trade, and ensuring careful quality control. They set the standard for us, and we look for the same qualities in all of our other suppliers.

**COS: Ensuring your values are aligned with suppliers is so important, and I think, something customers really appreciate. Can you give some other examples?**

IM: We know that working with good companies and people who take care in what they produce is ultimately good for the customer as well. The freeze-dried fruit comes from a company in New Zealand called Fresh, where all production is done by hand using wind and water power. The Vanilla we use is from Heilala, started as a social project in 2002 in Tonga after a cyclone hit the island and destroyed the infrastructure. It is authentic, pure Madagascar Bourbon vanilla that's complex, rich, and bursting with flavor and produced using a highly-scientific, unrefined process (cold-pressed, slow-extract). The company supports the craftsmanship of local farmers and hard-working families.

**COS: It's almost as if you're bringing not only these individual flavors together but also uniting amazing companies from all over the world with this new product. How does that feel to be this connector?**

IM: Yes, it's so important as one jar of infused salt often represents three countries in it, and across all of the salt varieties, we have many other countries. Also, we've been able to go and visit them in person too, which establishes that personal relationship is so important and makes what we do even more meaningful.

**COS: I've heard of flavored salt, but you've created a salt infusion. Can you explain how why that's unique and different?**

NM: Our selling point is that we infuse flavor into the moist salt. When we mix freeze-dried fruit powder with the salt, it draws out the moisture and allows the flavor to become one with the salt crystals. It can take about 3 weeks for some mixtures to dry; the salt is stirred a couple of times each day, sieved to remove larger salt crystals, turned, and allowed to rest under cotton cloths until the flavor is transferred into the salt crystals. We don't do mixed herb salts, there are enough brands for that.

**COS: I didn't even know that was possible! What a novel approach to marrying flavors. Any combos that you particularly like?**

IM: The raspberry black pepper salt was one of the first that we came up with, and it's great on beef with red wine sauce and on ice cream. The licorice salt is a hit on popcorn. The lime ginger chili salt is delicious on fruit and seafood. All the salts can be used on the rim of a cocktail glass, it matches the salt and the flavor of the drink. It's fun to experiment and see how the salt enhances the flavor.

**COS: Raspberry black pepper sounds delicious! Are there any new salt combos that you're developing?**

NM: I'm always experimenting; at the moment, we are experimenting with coffee, licorice and kimchi salt and are planning on making a limited edition winter infusion!



The infusion that started it all!  
Raspberry and black pepper salt

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You can use salt on almost **anything...** it brings out umami and sweetness in food **enhancing every bite!**



The raspberry and black pepper salt marries nicely with juicy blackberries



Salt was so valuable that it was used as a currency in ancient Rome and the Mediterranean, and the word 'salary' derives from the Latin word, 'sal', what we know as salt!

**COS: One of the things I love is that you include recipes with the salts. Any tips that you can share?**

IM: Salt lifts and enhances flavors, and saltiness highlights both umami and sweetness. The interesting thing is that fruit actually gets sweeter with a little salt on it! Of course, it sounds a bit paradoxical, but the fact is that salt can enhance the flavors of fruit because it neutralizes the acidity, which increases the sweetness. Chili lime on watermelon is a particularly good combination.

We wanted to share a recipe for a dessert that is simple to make but has complex flavors that really balance each other out. It's crisp, sweet, sour, salty and bitter – we hope everyone enjoys!

## RECIPE FOR PASSIONFRUIT CREME, HONEYCOMB AND MELTED WHITE CHOCOLATE

**INGREDIENTS****For the Honeycomb** (to dip into the White Chocolate)

- 200 g caster sugar
- 5 tbsp light syrup
- 2 teaspoons bicarbonate

White chocolate (to melt)

Oak-aged vanilla sea salt (from ALLTGOTT)

**For the Passionfruit cream**

- Crème fraîche 30%
- Freeze-dried passion fruit powder

**For the Garnish**

- Edible flowers
- Freeze-dried or fresh mandarin wedges (cut in pieces)

**STEP 1: MAKE THE HONEYCOMB**

Melt the sugar and syrup in a frying pan and add bicarbonate when the sugar starts to turn brown and become fragrant. The sugar will immediately start bubbling when you add the bicarbonate, so be careful. Pour the mixture into a low pan. When it has cooled, break it into pieces. (Tip: If you have extra honeycomb, it's great on ice cream!)

**STEP 2: MELT YOUR WHITE CHOCOLATE**

To melt the white chocolate, put it into a glass bowl over a pot of boiling water and stir over medium heat until it becomes slightly darker and fragrant. Pour the chocolate onto a paper sheet and sprinkle the vanilla salt lightly over it before it hardens. (Tip: add a little bit of salt to start with, you can add more if needed) Let the chocolate cool in the fridge, and then once it's hardened fully, crumble it into larger pieces or shards. Reserve some of the melted chocolate, dip one end of the honeycomb pieces in melted white chocolate, and let those cool.

**STEP 3: MAKE YOUR TANGY PASSIONFRUIT CREAM**

Mix the crème fraîche and passion fruit and let the mixture rest, preferably for a couple of hours, so that the passion fruit powder can set and provide flavor. Then put a dollop of the cream on the plate and make a swoosh with a tablespoon. Garnish with pieces of white chocolate, and large pieces of honeycomb. Spread freeze-dried or fresh mandarin wedges (crumbled and whole) and edible wildflowers on the crème. Sprinkle with a touch more of the vanilla sea salt – and voila!

**STEP 4: SERVE & ENJOY!**

## KNOW YOUR SODI-YUM?

### ➔ TABLE SALT

This is the most classic and commonly used salt, which is mined, purified and then de-hydrated.

### ➔ KOSHER SALT

Kosher salt is refined with no iodine and uses the Jewish regulations in production, forming larger salt crystals. Kosher salt is renowned for its ability to elevate a range of foods – from popcorn to steak!

### ➔ HIMALAYAN PINK SALT

From the Himalayas, this salt has many health benefits due to its low sodium content and high sodium chloride content. The salt's recognizable pink color is natural and comes from iron oxide. Not only is it delicious, it's also pink... what's not to love?

### ➔ HAWAIIAN ALAEA RED SALT

This Hawaiian salt comes directly from the volcanic region giving it vivid red coloring. It has a variety of health benefits, such as its low sodium content, so it's a great alternative to table salt on your meats and salads.



**ALLTGOTT salts start at \$10 a jar and are available in six different unique combinations.**

**To purchase, visit their website at [www.alltgott.se](http://www.alltgott.se)**