

EDIBLE FLOWER SALT: A NEW PRODUCT TO MARKET GLOBALLY

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INTRODUCTION

Consumer knowledge of edible flowers has improved as a result of globalization, as has the resurgence of older lifestyles. People throughout the world are expecting more appealing and flavorful cuisine.

The appearance of ingested meals is influenced by both food quality and aesthetic factors. Flowers have long been used in human diets and culinary preparations and can be traced back to ancient times. However, due to increased consumer knowledge of the impact of diet on human health, there is a growing trend in using flowers for edible purposes. Edible flowers are a typical addition to both traditional and gourmet dishes, and they have a lot of potential for improving the visual and nutritional qualities of food.

Current market trends and consumer demands have heightened interest in incorporating flowers into dietary patterns, whether through novel functional and nutritious meals or the reinterpretation of traditional dishes. Food and beverage firms are constantly confronted with market obstacles as demand for new items rises, and they have finally identified a new product known as edible floral salts.

Edible flower salt could add to the charm and appeal of individual foods. Salt adds taste to any food and can be used in the kitchen or at the table. Table salt has a delicious flavour that goes well with meat, vegetables, fish, and shellfish. Although the use of flowers in natural medicine and food is an ancient practice, it has been observed in some countries that their use in cooking has become more valued in recent decades as a result of a shift in people's habits, as they seek natural foods or functional properties that improve health and prevent disease. Edible flower salts are the result of novel ways of consuming edible flowers. Edible flower salts are flowers that have been mixed with salt and are safe to eat. Edible floral salts have gained appeal as a creative new component for the culinary world, with their powerful and unusual flavors, textures, and colors. They are used in recipes to add flavour, aroma, and taste with nutritional properties.

Edible floral salts are used in a variety of ways.

1. Add some colour to your meals.
2. A sprinkle of this floral salt adds a touch of charm to eggs on toast.
3. Edible floral salt in little jars that can be given as gifts.
4. Salt with Edible Flowers is delicious in appetizers, spreads, pasta dishes, and risotto, and it also looks fantastic.

Ingredients and The Manufacturing Process

Edible flowers like any savory or parsley, lemon zest, chives, spearmint, chervil, or wild garlic, lovage, sunflower blossoms, calendula blossoms, peppermint leaves, red cornflower blossoms, strawberry leaves, or blue cornflower blossoms, or hollyhock blossoms, or non-iodized rock salt.

Gently pluck the petals off the bud of any edible flower.

Arrange them flat on a plate.

Allow 5 days to completely dry before turning them to release moisture. Dry them in the oven on low (40-50 degrees Celsius) to speed up the process.2. Fill an airtight jar halfway with salt flakes. Blend in the dry flowers.3. Use as a finishing salt on dishes.

In the coming years, the consumption of edible flower salt has a lot of room to grow. These flower salts have been linked to a strong nutritional profile, including being a source of fibres or even proteins, as well as having a very low-fat content, making them suitable for a variety of dietary requirements, including vegetarian and vegan diets. Furthermore, the visual appeal of most edible flower salts, which come in a variety of colours and shapes, as well as the antioxidant activity of most edible flower salts, fits well with the current trend of looking for natural and healthy foods. There is a need to raise community awareness of edible flower salt. The benefits of edible flower salt nutritional profiles should be made more widely known, especially in cities where people are unaware of the nutritional qualities of edible flower salt. Edible flower salts should be produced, distributed, and marketed by large corporations as attractive, nutritious, and pleasant food.

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