



USER MANUAL

Salt Stone Cooking Plate

with stainless steel frame

100% natural Himalayan salt

Please read this manual carefully
before first use and keep it for reference.

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1. Welcome

Thank you for purchasing a salt stone cooking plate from HimalayaStyling. You have chosen a 100% natural product, hand-mined from the Khewra salt mine in the foothills of the Himalayas in Pakistan. Every salt stone is unique in colour, texture and vein pattern – small differences, natural inclusions or fine hairline cracks on the surface are part of the product and not a defect.

With proper care, you can use your salt stone dozens of times for cooking, grilling, serving and even freezing. Please read this manual carefully: the first few uses are decisive for how long your stone will last.

Package contents

- 1x salt stone cooking plate (Himalayan salt)
- 1x stainless steel frame / base
- This user manual

Check the contents immediately upon receipt. If anything is missing or damaged, please contact us within 7 days at info@himalayastyling.nl.

2. What is a salt stone cooking plate?

A salt stone is a solid block of natural Himalayan salt (sodium chloride, NaCl), formed over millions of years. Thanks to its dense structure, the stone can withstand very high temperatures and hold and release heat evenly. While heating, the surface imparts a slightly salty, mineral taste to the food – no extra salting needed.

The included stainless steel frame keeps the stone slightly above the heat source, ensures even heat distribution and allows safe handling.

3. Important safety warnings

READ FIRST – risk of breakage, burns and damage

ALWAYS heat the stone slowly and gradually. Heating too fast is the main cause of cracking and breakage.

NEVER place a COLD or DAMP salt stone on a hot heat source. The temperature difference (thermal shock) will crack the stone.

NEVER place a HOT salt stone on a cold or wet surface, and never pour cold liquid on it.

Make sure the stone is completely dry before use. Moisture inside the stone expands when heated and can cause pieces to break off.

The stone becomes extremely hot (up to 250–400 °C). Always use heat-resistant gloves and the stainless steel frame to lift it.

Place the hot stone on a heat-resistant surface (stone, tile, iron trivet). Never directly on wood, plastic, glass or marble.

Keep children and pets at a distance during use and for at least 2 hours afterwards.

Use the salt stone only outdoors or in a well-ventilated area – smoke or vapour may be released,

especially during first use.

Not suitable for the microwave, dishwasher or conventional oven under the grill.

4. Specifications

Property	Value
Stone material	100% natural Himalayan salt (NaCl, $\pm 98\%$)
Origin	Khewra salt mine, Punjab, Pakistan
Frame	Stainless steel (inox)
Max. operating temperature	Approx. 400 °C (on cooking surface)
Freezer-safe	Yes, down to approx. -20 °C (for cold serving)
Dishwasher-safe	No – never put in the dishwasher
Microwave-safe	No
Lifespan	20 to 100+ uses (depending on care)

5. Suitable heat sources

Suitable

- Gas stove (recommended – best heat distribution)
- Charcoal and gas barbecue
- Ceramic hob (with careful gradual heating)
- Open fire / campfire (stone above, not in the flames)

Not suitable

- Induction hob – salt stone does not work on induction (not magnetic); an induction adapter plate is not recommended due to uneven heating and risk of cracking.
- Microwave
- Conventional oven under the grill (too uneven, moisture)
- Halogen / radiant hobs

6. First use – curing

The first time you heat the salt stone is the most important moment for its lifespan. Heat very gradually to let moisture escape from the pores.

1. Place the stone on the stainless steel frame on a cold heat source (gas stove or barbecue).
2. Set the heat to the lowest setting and leave the stone for 15 minutes.

3. Then increase one small step every 15 minutes: low → medium-low → medium → medium-high → high.
4. Allow 45 to 60 minutes total heating time for the first use.
5. Only use the stone once it is fully hot (see chapter 7 for the test).

Tip

During the first heating, you may notice some light white vapour or a crackling sound. This is moisture evaporating – normal and not harmful. The crackling stops once the stone is fully dry.

7. Heating: step by step

For subsequent uses, always heat the stone gradually. It will be a bit faster than the first time, but never rush it.

1. Place the stone in the stainless steel frame on the cold heat source.
2. Start on the lowest setting – 10 minutes.
3. Increase to medium-low – 10 minutes.
4. Increase to medium – 10 minutes.
5. Increase to medium-high or high until the desired cooking temperature is reached.
6. Total heating time: 30 to 45 minutes.

How do you know it is hot enough?

- The surface turns slightly lighter / whiter in colour.
- A few drops of water sizzle away in under a second (water test). Really use only a few drops.
- Hold your hand about 10 cm above the stone: you should feel strong radiant heat.
- For meat / fish: surface around 230–260 °C. For vegetables and shrimp: 180–220 °C.

8. Cooking on the salt stone

Place the food directly on the hot stone – no oil, no butter, no salt. The salt stone itself provides the salty touch and a beautiful sear.

Indicative cooking times (surface ±250 °C)

Dish	Time per side	Note
Steak / entrecôte (2 cm)	2–3 minutes	Do not salt – stone does this
Burger	3–4 minutes	Flip once
Chicken breast (thinly sliced)	3–4 minutes	Slice thin for even cooking
Salmon / tuna	1–2 minutes	Briefly, otherwise too salty
Prawns / shrimp	1–2 minutes	Until they turn pink
Vegetables (zucchini, pepper)	2–3 minutes	In ±5 mm slices

Dish	Time per side	Note
Fried egg	2-3 minutes	Do not salt

Tips for the best result

- Pat meat and fish dry before placing – less moisture = better sear and less sticking.
- The longer the food sits, the saltier it gets. Better too short than too long.
- Avoid marinades with salt, soy sauce or brine – the stone already salts.
- Use a wooden or silicone spatula – no sharp metal tongs that scratch the surface.
- Work in batches: do not leave the stone empty on the heat unnecessarily.

9. Cold serving

The salt stone is also wonderful for cold serving: sashimi, carpaccio, tartare, oysters, cheese, fruit or chocolate.

1. Place the stone in the fridge for at least 2 hours or in the freezer for 1-2 hours.
2. Only take it out at the moment of serving.
3. Place the food directly on it – same rule: the longer it sits, the saltier.



Important for cold use

A stone that has been in the freezer or fridge must NEVER go directly onto heat. Let it return to room temperature for at least 24 hours first.

Conversely: a stone used for cooking can only go into the fridge/freezer after it has fully cooled and dried.

10. Cooling down after use

1. Turn off the heat source and leave the stone on the stainless steel frame.
2. Let the stone cool naturally on the switched-off heat source or on a heat-resistant surface.
3. Allow at least 2 hours cooling time, up to 4 hours for larger stones.
4. Only move the stone once it is hand-warm.



Never

Never cool with water, ice or in the fridge – this causes instant cracking.

Never place on a cold or wet countertop while the stone is still hot.

11. Cleaning & maintenance

Salt is naturally antibacterial. Bacteria do not survive the high salt concentration on the surface, so no soap is needed – in fact: never use soap.

Cleaning the salt stone

1. Wait until the stone has fully cooled.
2. Gently scrape off any residue with a wooden or plastic spatula.
3. Wipe the surface with a slightly damp (wrung-out) cloth or sponge – no running water.
4. Work in one direction and briefly – do not let the surface get soaked.
5. Pat the stone dry immediately with a clean tea towel.
6. Let it dry fully at room temperature (24 hours) before storing or reheating.

Do not

- No soap, washing-up liquid or cleaning agents – salt absorbs them.
- No abrasive sponge or steel wool – scratches and damages the surface.
- Do not immerse, do not hold under the tap – the stone will dissolve.
- Not in the dishwasher.

Cleaning the stainless steel frame

- Wash with warm soapy water and mild washing-up liquid.
- Rinse and dry immediately with a cloth to prevent water spots.
- Stubborn residues: soak in hot water or use a stainless steel cleaner.
- No chlorine or caustic agents – these attack stainless steel.

12. Storage

- Store the stone in a dry place at room temperature (15–25 °C).
- Wrap the stone in a dry tea towel or keep it in the original packaging.
- Not near humid environments (cellar, bathroom, balcony) – salt attracts moisture.
- For longer storage: add a few silica gel sachets to absorb moisture.
- If the stone has become damp, dry it at room temperature for at least 48 hours before use.

13. Lifespan & natural wear

With proper use, a salt stone lasts between 20 and 100+ uses. Each heating consumes a tiny layer of salt from the surface – this is normal.

What is normal?

- Discolouration: the stone becomes lighter / whiter on top after a few uses.
- Fine hairline cracks (crazing) after several heatings – not a functional problem.
- Small grooves, unevenness and cracks from use.
- Slight weight loss over time.

When to replace?

- As soon as the stone falls into clearly separated parts due to one or more cracks.
- When a crack runs all the way from edge to edge.
- If pieces come off or the stone feels loose.
- If it no longer sits stable on the stainless steel frame.

14. Frequently asked questions

My stone has cracks – is it broken?

Fine hairline cracks on the surface are normal and not a reason to stop using it. Only replace the stone when a crack runs all the way through it.

My dish is too salty. What am I doing wrong?

Most likely the food sat on the stone too long, or the stone was not hot enough. The hotter the stone, the faster the crust seals and the less salt is absorbed. Pat food dry and never salt yourself.

Does it work on induction?

No. Salt stone is not magnetic and therefore cannot be heated on induction. An induction adapter plate is not recommended – it causes point heating and strongly increases the risk of cracking.

Can I also bake dough or batter on it?

For pancakes, thin crêpes or flatbreads it works, provided the stone is slightly less hot and you bake very briefly. Sweet preparations may taste strange due to salt absorption.

Is there a smell during first use?

A light mineral smell and some smoke or vapour may occur during first use. Ensure ventilation. This disappears after one or two heatings.

Can I put it on heat right after cold use?

No, never. Let a chilled or frozen stone return to room temperature for 24 hours before heating.

Can the stone get wet?

Preferably not. A damp cloth for cleaning is fine, but immersing or rinsing under the tap permanently damages the stone.

15. Warranty & contact

The salt stone is covered by the statutory conformity warranty. Because salt stone is a natural product that wears and may crack during normal use, the following are NOT covered by the warranty:

- Cracks, splits or breakage from heating too fast or thermal shock.
- Damage from contact with water, dishwasher or cleaning agents.

- Natural discolouration, surface erosion and weight loss from use.
- Damage from cooking on an unsuitable heat source (such as induction with adapter plate).
- Damage from cold use directly after heating or vice versa.

Covered by warranty: demonstrable manufacturing defects, transport damage (reported within 7 days of receipt) and defects in the stainless steel frame under normal use.

Contact

HimalayaStyling

E-mail: info@himalayastyling.nl

Web: www.himalayastyling.com

When contacting us, please always include your order number and, if possible, a photo.

Happy cooking!

— The HimalayaStyling team