

SALT FOR PRESERVING AND COOKING

For **preserving**, canning/pickling salt is recommended. This pure salt has no additives or minerals. Anticaking agents can cause cloudy brine, and iodine may cause vegetables to turn dark (these are not safety issues, but they can impact the look of your jars of preserves). Additives, minerals, and impurities can interfere with the fermenting process. Except when used in small quantities for flavoring or in very-small-batch fermenting, salt should be weighed.

For **cooking**, of course, any desired type of salt may be used, but there are certain considerations to keep in mind when measuring.

Even when using small amounts of salt (such as a teaspoon or two), the type of salt can affect measured results. Fine-grained salts will measure differently than a coarse-grained or flake salt. For example, one teaspoon of canning or table salt is the equivalent of ~2 teaspoons of Diamond Crystal kosher salt. Further, the capacity of measuring spoons and cups can vary slightly between brands.

Cooking recipes often do not specify the type of salt; if using a type other than what the author developed the recipe with, you could end up under- or over-salting the dish (thus salting “to taste” may be a good idea).

The charts below provide measuring equivalents, by volume and by weight, for canning (or table) salt and two common coarse kosher salts. If your scale does not measure in grams, you can do the math to convert to ounces: 1 ounce = 28.3495 grams. Note that accurately measuring very small quantities in ounces can be difficult, so get yourself a good scale (they’re not very expensive).

SALT VOLUME & WEIGHT COMPARISONS

SALT BY VOLUME

Salt Type/Brand	Teaspoon	Tablespoon
Canning/Table Salt	1 tsp	1 tbsp
Morton’s Coarse Kosher Salt	1.5 tsp	1.5 tbsp
Diamond Crystal Kosher Salt	2 tsp	2 tbsp

SALT BY WEIGHT

Salt Type/Brand	Weight per Teaspoon	Weight per Tablespoon
Canning/Table Salt	6 grams	18 grams
Morton’s Coarse Kosher Salt	4.8 grams	14.4 grams
Diamond Crystal Kosher Salt	2.8 grams	8.4 grams