

Kosher salt vs. table salt vs. pickling salt recipe substitution

For recipes where salt will be dissolved into a liquid, you can substitute table salt, kosher salt, and pickling salt.

Most people prefer to measure salt by volume,

but the same volume (e.g., a tablespoon) of different salts contains different amounts of salt.

The best way to substitute is to measure by weight.

However, because many commercially produced salts are standardized, you can rely on volume conversions.

A generally accepted principle is that **one part table salt** equals **1.5 parts Morton's Kosher salt** and **two parts Diamond Crystal salt**. However, others suggest using slightly less (a 1:1.25:1.75 ratio) and salting to taste.

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Also, the following weights apply:

Brand	Volume	Metric	Imperial
Morton's Kosher	1 cup	250 grams	8.75 ounces
Diamond Crystal	1 cup	135 grams	4.75 ounces
table salt	1 cup	300 grams	10.5 ounces
Morton's Kosher	1 tbsp	15.5 grams	0.55 ounces
Diamond Crystal	1 tbsp	8.5 grams	0.30 ounces
table salt	1 tbsp	18.75 grams	0.65 ounces

See also:

- [Not all salts are created equally](#)
- [Substituting salt for pickling](#)
- [Measure your salt](#)

Unique solution ID: #1004

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Last update: 2016-03-15 09:46