

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](#)

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