



## Preserve Today, Relish Tomorrow

### UCCE Master Food Preservers of El Dorado County

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## Salt For Canning and Fermenting



Cooking is science. Canning is cooking. So canning is science.

"And to top it off, table salt contains more sodium chloride than even the salt that naturally comes from the sea making it extra salty and extra tricky to handle."

I read this article and thought, wow, another example of bad information posted on-line. At any rate, a discussion about salt is pertinent to our canning obsession, er, hobby.

[http://blog.marleyspoon.com/2016/06/23/ingredient-spotlight-the-salt-of-the-earth/?CLID=sm&utm\\_source=facebook&utm\\_medium=socialmedia&utm\\_content=salts&utm\\_campaign=learn](http://blog.marleyspoon.com/2016/06/23/ingredient-spotlight-the-salt-of-the-earth/?CLID=sm&utm_source=facebook&utm_medium=socialmedia&utm_content=salts&utm_campaign=learn)

Folks, salt is sodium-chloride. Table salt does not contain any more sodium-chloride than any other salt. It is not saltier than other salt. Because it is all sodium-chloride. Basic science.

It is all about the SIZE of the grains. A cup of table salt weighs more than a cup of kosher salt or coarse sea salt because of the size of the grain.

In our pickling classes we always show the difference between canning salt and kosher salt. A 1/4 cup of canning salt weighs more than a 1/4 cup of kosher salt because the kosher salt has a bigger grain. With a larger grain, less salt fits in the measuring cup. If you use kosher salt in a recipe instead of canning salt you will be using LESS salt. Therefore, canning salt and kosher salt are not interchangeable for canning purposes.



Some people think kosher salt is healthier than table salt. Both types of salt are made up of the same molecule, sodium-chloride, and likely mined from the same sources. Kosher salt "could be" healthier for people with salt intolerance because a pinch of kosher salt is actually less salt than a pinch of table salt. Again, because the grain size is different. One could just use less table salt, right?

Now let's talk a little more about canning salt vs other salts.

Canning salt is the recommended salt for home preserving, for canning and fermenting. Canning salt and table salt both have the same grain size. They are always consistent no matter what brand you buy. The difference between canning salt and table salt is that table salt contains anti-caking ingredients. We do not recommend using table salt in canning because it could cause pickle brine to be cloudy. However, table salt is safe to use if you do not have canning salt on hand.

All kosher salts are NOT created equal. Each brand could have a different grain size. Some brands also have anti-caking ingredients. You need to **read the label**.

Sea salts also have inconsistent grain size. It often has other minerals in it that can cause cloudiness or discoloration if used in canning recipes., but it is safe to use.

Some salts, such as Himalayan Pink Salt or Hawaiian Alaea Red Salt are different colors due to additional minerals. These kinds of salts are not recommended for canning as the other minerals can discolor the brine. The minerals in these kinds of salts may also affect the flavor of your products.

The bottom line is salt, is salt, is salt. Salt is sodium-chloride. The only thing that is different is grain size or other minerals that have not been removed. Only canning salt is recommended for preserving. Table salt would be a second choice. You can use kosher salt as long as you weigh it, otherwise how would you know you are using the recommended amount in your recipe? You can weigh kosher salt against table salt, if you do not have canning salt available.

## Safe resources for preserving:

National Center for Home Food Preservation <http://nchfp.uga.edu>

USDA Complete Guide to Home Canning

- online (pdf) [https://nchfp.uga.edu/publications/publications\\_usda.html#gsc.tab=0](https://nchfp.uga.edu/publications/publications_usda.html#gsc.tab=0)
- print [https://mdc.itap.purdue.edu/item.asp?Item\\_Number=AIG-539](https://mdc.itap.purdue.edu/item.asp?Item_Number=AIG-539)

So Easy to Preserve <https://setp.uga.edu/>

Ball Blue Book Guide to Preserving. 2020. Jarden Home Brands.

Ball Complete Book of Home Preserving. 2006-2020. Jarden Home Brands.

Dehydrating

- [https://nchfp.uga.edu/publications/uga/uga\\_dry\\_fruit.pdf](https://nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf)
- [https://nchfp.uga.edu/how/dry/csu\\_dry\\_fruits.pdf](https://nchfp.uga.edu/how/dry/csu_dry_fruits.pdf)

Freezing <https://nchfp.uga.edu/how/freeze.html#gsc.tab=0>



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