

Salt

Kitchen

Why salts are not interchangeable by volume, and which to use where.

Same weight, very different volumes.

Salt	Use for	Note
Table salt	Baking, precise work	Densest; fine grains
Kosher / coarse	General cooking	Easy to pinch and judge
Flaky (Maldon)	Finishing	Texture, not seasoning
Sea salt	General	Varies enormously by brand
Curing salt	Charcuterie only	Contains nitrites — never substitute

Salt draws water out and then carries flavour back in. Season in layers throughout cooking, not once at the end.