

Seasoning by Weight

Kitchen

How much salt to use, as a percentage rather than a guess.

Salt as a percentage of total weight.

Food	Salt %	Note
Meat, dry brine	1–1.5%	Ahead of time
Soups and stews	0.8–1%	Of total weight
Bread dough	1.8–2%	Of flour weight
Sausages	1.5–2%	Of meat
Pasta water	1%	Of water
Vegetables, roasting	1%	
Sauerkraut	2%	Of cabbage

1% is a good default for almost anything savoury. Weigh the food, take 1%, and adjust from a known baseline.