Jewish Festivals: Salting Food

You may not salt certain foods, whether cooked or raw, on *Jewish festivals* if the:

- Foods have a shell, such as corn kernels (on or off of the cob), beans, peas;
- Salt has not been heated previously (such as during salt processing) and the food you are salting is hot (over 120° F, or 49° C); or
- Salt will materially change the flavor of the food, especially if it causes a chemical change, as when salting cut or chopped onions or salting tomatoes.

  NOTE You may dip the tomato or other food into salt using your hand as long as you eat the food immediately afterwards.

NOTE If the food has oil in it, you may add salt even if the food contains onions or has a shell.

NOTE Even a thin layer of oil will exempt the salt.

NOTE You may pour salt into a liquid or a liquid onto salt, but you may not make a saturated salt solution on *Jewish festivals*.

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