

# Shabbat and Salting Food

You may not salt certain foods, whether cooked or raw, on Shabbat if the:

- Salt will materially (not just due to the flavor of the salt) change the flavor of the food, as in salting cut or chopped onions or salting tomatoes.

**NOTE** You may dip the tomato or other food into salt using your hand as you are eating it.

- Foods have a shell; e.g., corn kernels (on or off of the cob), beans, peas.
- Salt has not been heated previously (e.g., during the processing of the salt) and the food you are salting is hot (over 120° F, or 49° C).

**Leniency** If the food has oil in it, you may add salt even if the food contains onions or has a shell. 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 (brine) on Shabbat.