

# 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.