

Kosher Salt vs Sea Salt (vsdiff.com)

Characteristic	Kosher Salt	Sea Salt
Origin	Usually evaporated from underground brine or manufactured (industrial)	Harvested by evaporating seawater or collected from coastal pans
Crystal Shape	Large, flaky or <i>hollow</i> plate-like crystals	Varies from fine to coarse; irregular crystalline forms
Typical Grain Size	Medium-large (about 1-4 mm for many brands)	Range 0.3-3 mm , depending on grind and origin
Flavor & Minerals	Clean, salty taste with <i>minimal</i> mineral notes	Often has subtle briny or mineral nuances (trace minerals)
Iodized?	Rarely iodized (typically <i>non-iodized</i>)	Usually <i>non-iodized</i> ; iodine content varies by source
Common Culinary Uses	Seasoning during cooking, koshering meat, general table use	Finishing salt, texture garnish, artisanal uses
Solubility	Dissolves relatively quickly in liquids	Solubility varies; some coarse flakes dissolve <i>slower</i>
Price & Sustainability	Generally affordable and industrially scaled	Wider price range; artisanal varieties often cost <i>more</i>
Measurement Notes	By volume, kosher salt measures lighter (1 tsp ≈ 1.5-2.0 g for many brands)	Sea salt granules differ; convert by weight for accuracy (1 tsp coarse ≈ 3-6 g)

Source: <https://vsdiff.com/kosher-salt-vs-sea-salt/>