Brine Calculator

Wet brine time chart by food group

brinecalculator.com

Poultry	Strength	Salt per quart of water	Diamond Crystal kosher	Morton kosher	Table salt	Time
Chicken breast	Standard 5.71%	54 g (1.9 oz)	3/8 cup	1/4 cup	3 Tbsp	30 min to 1 hr for 2 lb (0.91 kg)
Other strengths: Lighter 3.8%						
Whole chicken	Standard 5.71%	54 g (1.9 oz)	3/8 cup	1/4 cup	3 Tbsp	4 to 6 hr for 4 lb (1.81 kg)
Other strengths: Stronger, short 7.61%						
Chicken thighs	Standard 6%	56.8 g (2 oz)	3/8 cup	1/4 cup	3 Tbsp	1 to 2 hr for 2 lb (0.91 kg)
Other strengths: Stronger, short 7.61%						
Chicken wings	Standard 6%	56.8 g (2 oz)	3/8 cup	1/4 cup	3 Tbsp	30 min to 1 hr for 2 lb (0.91 kg)
Other strengths: Stronger, short 7.61%						
Cornish hen	Standard 6.09%	57.6 g (2 oz)	3/8 cup	1/4 cup	3 Tbsp	2 to 3 hr for 1.5 lb (0.68 kg)
Other strengths: Stronger, short 7.61%						
Whole turkey	Lighter, long 3.8%	36 g (1.3 oz)	1/4 cup	2 1/2 Tbsp	2 Tbsp	6 to 12 hr for 14 lb (6.35 kg)
Other strengths: Stronger, shorter 7.61%						
Turkey breast	Standard 5.71%	54 g (1.9 oz)	3/8 cup	1/4 cup	3 Tbsp	4 to 6 hr for 6 lb (2.72 kg)
Other strengths: Lighter 3.8%						

Pork	Strength	Salt per quart of water	Diamond Crystal kosher	Morton kosher	Table salt	Time
Pork chops	Standard 5.71%	54 g (1.9 oz)	3/8 cup	1/4 cup	3 Tbsp	30 min to 1 hr for 2 lb (0.91 kg)
Other strengths: Lighter 3.8%, Stronger, short 7.61%						
Pork loin	Standard 5.71%	54 g (1.9 oz)	3/8 cup	1/4 cup	3 Tbsp	6 to 8 hr for 3 lb (1.36 kg)
Other strengths: Lighter, shorter 3.8%						
Pork tenderloin	Standard 5.71%	54 g (1.9 oz)	3/8 cup	1/4 cup	3 Tbsp	1 to 2 hr for 1.5 lb (0.68 kg)

Seafood	Strength	Salt per quart of water	Diamond Crystal kosher	Morton kosher	Table salt	Time
Shrimp	Standard 1.9%	18 g (0.63 oz)	2 Tbsp	1 Tbsp	1 Tbsp	30 to 45 min for 1 lb (0.45 kg)
Other strengths: Quick 2.85%						
Salmon	Standard 4.65%	44 g (1.6 oz)	3/8 cup	3 Tbsp	2 1/2 Tbsp	15 min for 1.5 lb (0.68 kg)
Other strengths: Quick 7.6%						
Trout	Standard 4.75%	45 g (1.6 oz)	3/8 cup	3 Tbsp	2 1/2 Tbsp	15 min for 1 lb (0.45 kg)
Other strengths: Quick 7.6%						
White fish (cod, halibut and similar)	Standard 4.75%	45 g (1.6 oz)	3/8 cup	3 Tbsp	2 1/2 Tbsp	15 min for 1 lb (0.45 kg)
Other strengths: Quick 7.6%						

Weigh the salt when you can. The same volume of different salts weighs different amounts, so each volume names its salt type. Brine in the refrigerator. The calculator at brinecalculator.com gives the amounts for your weight and shows the warnings for each food.

brinecalculator.com