

BAKERS PERCENTAGE FORMULA - FOR MY BASIC  
RECIPIES

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	<b>BAKERS PERCENTAGE FORMULA</b>												
2		<b>MY 3 FLOUR RECIPE</b>				F. GADEK			5/26/2006				
3								<b>CONVERSION</b>					
4		<b>BRAND /</b>	<b>AMT BY</b>	<b>AMOUNT</b>				<b>FACTOR*</b>		<b>% BAKERS</b>	<b>% TOTAL</b>		
5		<b>TYPE</b>	<b>RECIPIE</b>	<b>CUPS</b>	<b>TBLS</b>	<b>TEAS</b>	<b>FACTOR*</b>	<b>UNIT</b>	<b>GRAMS</b>	<b>FORMULA</b>	<b>WEIGHT</b>		
6	<b>BASIC</b>												
7		<b>SOLIDS</b>											
8	<b>FLOUR</b>	APF	3 C				142	CUP					
9		BREAD	2 C	1			156	CUP	156				
10		WHOLE WHEAT	0.25 C	1			144	CUP	144				
11		RYE	0.25 C	1			130	CUP	130				
12		CORN MEAL	1 TBL				128	CUP					
13		OAT FLOUR	1 TBL										
14		BUCKWHEAT FLOUR	1 TBL				133						
15		SPELT FLOUR	1 TBL										
16		BARLEY FLOUR	1 TBL										
17		DURUM					156						
18		CORN FLOUR					134						
19		<b>OTHER</b>											
20													
21													
22		<b>TOTAL</b>											
23		<b>FLOUR WT</b>							430	100	61.3		
24	SALT					1	5.7	TSP	5.7	1.3	0.8		
25	YEAST					3	3.2	TSP	9.6	2.2	1.4		
26		<b>LIQUIDS</b>											
27	OIL			1			215	CUP	13.4	3.1	1.9	SO LEAN	
28	MOLASSAS			1			20	TBL	1.3	0.3	0.2		
29	LEMON JUICE					1	236	CUP	4.9	1.1	0.7		
30	WATER		1				236	CUP	236	54.9	33.7	SO STIFF	
31										<b>TOTAL =</b>	<b>100.0</b>		
32	<b>OTHER</b>												
33		<b>SOLIDS</b>											

	A	B	C	D	E	F	G	H	I	J	K	L	M
34													
35													
36		<u>LIQUIDS</u>											
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39	<b>OVERALL</b>												
40	<b>TOTAL WT</b>								701				
41													
42		<u>EXTRA</u>											
43		<u>WATER</u>			0		236 CUP		0				
44	<b>TOTAL</b>												
45	<b>WATER</b>												
46													
47	<b>BREAD CATEGORIES - REINHART P# 46</b>												
48		<u>HYDRATION</u>											
49		STIFF =	50 - 57% VERY FIRM, DRY, SATINY, NOT TACKY										
50		STANDARD =	57 - 65% TACKY BUT NOT STICKY, SUPPLE										
51		RUSTIC =	65 - 80% WET, STICKY										
52		<u>FAT</u>											
53		LEAN =	LITTLE OR NO FAT OR SUGAR ADDED, HARD DOUGH										
54		ENRICHED =	< 20% FAT, MAY ALSO INCLUDE SUGAR, MILK OR EGGS, MEDIUM-SOFT DOUGH										
55		RICH =	> 20% FAT, MAY ALSO INCLUDE SUGAR, MILK OR EGGS, SOFT DOUGH										
56													
57	<b>CONVERSION FACTORS:</b>												
58													
59	<b>FROM FIGONI P#8</b>												
60	1 TABLESPOON	=	3 TEASP =	0.5 FL OZ									
61	1 CUP =		48 TEASP										
62			16 TABLE										
63			8 FL OZ										
64													
65	<b>FROM KA P# XIV</b>												
66													

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67													
68	<b>FROM BERANBAUM P# 570 [DESIGNATED AS "*" ABOVE]</b>												
69													
70													

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BAKERS PERCENTAGE FORMULA - FOR MY BASIC  
RECIPIES

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BAKERS PERCENTAGE FORMULA - FOR MY BASIC  
RECIPIES

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