

## WEIGHTS OF BREAD MAKING INGREDIENTS

Sheet1 - F. GADEK

	A	B	C	D	E	F	G	H	I	J	K
1	<b>WEIGHTS OF BREAD MAKING INGREDIENTS</b>									X	X
2	<b>F. GADEK , 02/07/2004</b>										
3	<b>FROM KING ARTHUR BOOK PAGE XIV</b>										
4											
5	<b>INGREDIENT</b>										<b>WT RATIO</b>
6	<b>FLOUR</b>	<b>CUP ==&gt;</b>	<b>FRACTION</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>0.75</b>	<b>0.5</b>	<b>0.25</b>	<b>TO BREAD</b>	
7	<b>WT ==&gt;</b>	<b>OUNCES</b>	<b>OF POUND</b>	<b>GRAMS</b>	<b>GRAMS</b>	<b>GRAMS</b>	<b>GRAMS</b>	<b>GRAMS</b>	<b>GRAMS</b>	<b>FLOUR</b>	
8	<b>BREAD</b>	<b>4.25</b>	<b>0.27</b>	<b>120</b>	<b>241</b>	<b>361</b>	<b>90</b>	<b>60</b>	<b>30</b>		
9	WHOLE WHEAT - GRAHAM	5.25	0.33	149	298	447	112	74	37	1.2	
10	WHOLE WHEAT - WHITE	5	0.31	142	284	425	106	71	35	1.2	
11	<b>SEMOLINA</b>	<b>5.75</b>	<b>0.36</b>	<b>163</b>	<b>326</b>	<b>489</b>	<b>122</b>	<b>82</b>	<b>41</b>	<b>1.4</b>	
12	CORNMEAL	4.88	0.31	138	277	415	104	69	35	1.1	
13	<b>POTATO</b>	<b>6</b>	<b>0.38</b>	<b>170</b>	<b>340</b>	<b>510</b>	<b>128</b>	<b>85</b>	<b>43</b>	<b>1.4</b>	
14	PASTRY	4	0.25	113	227	340	85	57	28	0.9	
15	TAPIOCA FLOUR	5	0.31	142	284	425	106	71	35	1.2	
16	PUMPERNICKEL*				0						
17	RYE*				0						
18	ALL PURPOSE	5	0.31	142	284	426	107	71	36	1.2	
19	BUCKWHEAT	4.7	0.29	133	266	399	100	67	33	1.1	
20											
21	<b>OTHER</b>										
22	WATER	8		227	454		170	113	57		
23	MILK DRY	4.9		139	278		104	69	35		
24	MILK LIQUID	8		227	454		170	113	57		
25	SUGAR GRANULATED WHITE	7		198	397		149	99	50		
26	SUGAR CONFECTIONERS UNSIFTED	4		113	227		85	57	28		
27	SUGAR DARK OR LIGHT BROWN PACKED	8		227	454		170	113	57		
28	SUGAR DEMERARA	7.25		206	411		154	103	51		
29	OIL VEGETABLE	7		198	397		149	99	50		
30	EGGS - DRIED										
31	EGGS - FRESH										
32	GLUTEN = 1 TEASP = 3 G										
33	WHEAT GERM = 1 TABLE = 4.5 G										
34	WHEAT BRAN										
35	CARAWAY SEEDS = 1 TABLE = 7 G										
36	POPPY SEEDS = 1 TABLE = 9 G										

WEIGHTS OF BREAD MAKING INGREDIENTS

	A	B	C	D	E	F	G	H	I	J	K	
37												
38												
39												
40												
41	<b>NOTE: APPROX.</b>											
42		1 CUP = 8 LIQUID OUNCES = 227 OR 230 GRAMS OR ML										
43		1 OUNCE = 28.35 GRAMS OR ML										
44		1 LB = 454 GRAMS OR ML										
45		1 KG = 2.2 LBS										
46		1 TEASPOON = 5 GRAMS OR ML										
47		1 TABLESPOON = 15 GRAMS OR ML = 3 TEASPOONS										
48		* = ASSUME SAME AS BREAD FLOUR										
49	X	<b>FOR 1.5 LB LOAF USE 3 CUPS OR 360 GRAMS OF FLOUR</b>										
50												
51	<b>INFO FROM KING ARTHUR P# x - XX AND BERANBAUM P#570</b>											
52	[NOTE - CAN WEIGH YOUR OWN FOR THOSE NOT KNOWN, BUT DEPENDS ON HOW SCOOP OUT											
53	AND THERE IS SOME VARIATION BETWEEN 2 BOOKS]											
54	X											
55	X											
56	X											
57	X											
58	X											
59	X											
60	X											
61	X											
62	X											
63	X											
64	X											
65	X											

WEIGHTS OF BREAD MAKING INGREDIENTS

	L	M
1	X	X
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		

WEIGHTS OF BREAD MAKING INGREDIENTS

	L	M
37		
38		
39		
40		
41		
42		
43		
44		
45		
46		
47		
48		
49		
50		
51		
52		
53		
54		
55		
56		
57		
58		
59		
60		
61		
62		
63		
64		
65		