

Bakers' Math

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- All ingredients are expressed in terms of a percentage of the total flour weight
- Use the following dryweight conversions to help with very small amounts, liquid measurements, and in case you don't have a scale
- With very small amounts, you can round to the nearest convenient increment. Do the math first and then round up or down.

1 cup flour	5 oz	140 g
1 teaspoon salt	0.25 oz	7 g
1 teaspoon yeast	0.14 oz	4 g
1 cup water	8.0 oz	236 ml
1 tablespoon oil	0.5 oz	14 g
1 tablespoon honey	0.75 oz	21 g

Example:

Flour	100%
Water	70%
Yeast	.6%
Salt	2.4%
Total	173%

The above is a formula for a simple straight dough. If you know you will be using 32oz or 2 lbs. of flour, you can figure the weight of the other ingredients by multiplying 32 by the appropriate percentage.

If you know the batch weight you need, divide the batch weight by the total percentage to determine the total flour weight in the batch. Then use the flour weight to figure the weight of the other ingredients as above.

In other words:

Flour is 32 oz or roughly 6.5 cups

For the Water you multiply $32 \times .70 = 22.4$ oz. Using the conversion chart above, you then divide $22.4 / 8 = 2.8$ cups. (Round to 2.75. You may have to add a little water)

For the Yeast: $32 \times .006 = .19$ oz or 1.75 t.

For the Salt: $32 \times .024 = .76$ oz or 3 t.