



Conversion table for ingredients

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Note all ingredients are level measurements and dry ingredients are before sifting and based on experimenting.

BAKING.							
	5 ml	15 ml	250 ml		5 ml	25 ml	250 ml
Baking powder	4 g	12 g		Butter and margarine	5 g	14 g	230 g
Bicarbonate of soda	4 g	12 g		Oil	4 g	12 g	200 g
Bran			50 g	Parmesan cheese	3 g	8 g	120 g
Cocoa	2 g	6 g	100 g	Cheddar & Sweetmilk		6 g	100 g
Coconut	1.5 g	5 g	80 g	Cottage cheese		15 g	250 g
Corn flour	3 g	9 g	150 g	Cream cheese		15 g	250 g
Cream of tartare	3 g	9 g		Roquefort & Gruyere	6 g	120 g	
Coffee	1.5 g	5 g	70 g	Crumbs (Biscuit)		6 g	100 g
Custard powder	3 g	9 g	150 g	Crumbs (dry bread)	7 g	120 g	
Flour	6 g	18 g	150 g	Crumbs (Fresh bread)	4 g	60 g	
Gelatine	3 g	9 g		Apple rings (dried)			100 g
Jam	6 g	9 g	350 g	Apricots (dried)			100 g
Sugar brown yellow white	4 g	12 g	200 g	Cherries (glace)	3g	9 g	150 g
Treacle sugar	3 g	11 g	180 g	Currants	3 g	9 g	150 g
Icing sugar	3 g	10 g	160 g	Dates	3 g	9 g	150 g
Castor sugar	4 g	12 g	210 g	Peel		9 g	150 g
Yeast (dried)	4 g	12 g		Continue on next page			