

Flour, Grains, Leavening

Ingredient	Volume	Grams
Flour–Bread/All-purpose	1 cup	120
Flour–Rye	1 cup	103
Flour–Pumpernickel	1 cup	106
Flour–oo (Semolina)	1 cup	106
Cornmeal (whole)	1 cup	138
Cornmeal (yellow)	1 cup	156
Cornmeal (coarse/polenta)	1 cup	163
Cornstarch	1 cup	112
Sourdough starter	1 cup	~225-240
Baking powder	1 tsp	4
Baking soda	1 tsp	6
Yeast (active dry)	2.25 tsp	7

Note: .75oz/21g/6.75 tps instant yeast = 2 oz/57g/4 tblsp compressed yeast

Sugar & Salt

Ingredient	Volume	Grams
Sugar–White (granulated)	1 cup	198
Sugar–Brown (light or dark, packed)	1 cup	213
Sugar–Demerara	1 cup	220
Sugar–Raw	1 cup	180
Sugar–Confectioners' (unsifted)	1 cup	113
Salt (Kosher-Coarse)	1 tblsp	8
Salt (table)	1 tblsp	18

Liquids & Fats

Ingredient	Volume	Grams
Water	1 cup	227
Milk	1 cup	227
Buttermilk	1 cup	227
Butter	1 cup	226
Butter	1 tblsp	14
Olive oil	1 cup	200

Seeds, Nuts, Fruits

Ingredient	Volume	Grams
Caraway seeds	1 tblsp	9
Poppy seeds	1 tblsp	9
Raisins	1 cup	149

Ingredient	Volume	Grams
Walnuts (whole)	1 cup	128
Walnuts (chopped)	1 cup	113