



# Bread Machine & Baking Videos with Ellen Hoffman

Ellen's How to Convert Cups and Spoons to Grams 1

## Converting Measuring Cups/Spoons to Weighing Grams will change your (baking) Life! By Ellen Walker Hoffman

If you have been making bread for a while now, you've heard about and maybe even switched to weighing your ingredients instead of measuring them. I resisted at first, as many people do, until they realize how much better breads turn out, and how much easier it is to weigh. You also make fewer dirty dishes in the process! Weighing is the solution for lazy bakers like me!

When I began weighing my ingredients, I tried using conversion charts and/or Google for the weight conversions. I didn't always have favorable results, and had to keep using a calculator. It drove me crazy! I finally decided to figure out how to manually convert and now it's a breeze! (Bakers in other countries could buy a set of American measuring cups and spoons and then convert. This will allow them to use American recipes posted here!)

First, I measure each ingredient extremely carefully. Most ingredients are easy to measure properly, but flour is special. Here is what I do: I have my canister of flour and a big flour scoop. I dig way down with my scoop, get a full scoop of flour, bring it above the rest of the flour and sprinkle it back in. I do this 6-7 times until all the flour in the canister has been fluffed up and decompressed. At this point, I grab the appropriate measuring cup. I hold the empty measuring cup in one hand above the flour in the canister. With my other hand, I scoop some of the recently fluffed flour and SPRINKLE it into the measuring cup until it is overflowing. **\*\*\*NEVER SCOOP FLOUR WITH THE MEASURING CUP!** It will compress the flour and you'll have too much flour. **\*\*\*** I take a straight edged spatula and use the edge to level off the excess flour. (By the way, measuring flour this way, fluffed up, applies to all cooking and baking, not just bread making!) Usually, you'll be using more than one cup of flour (a two-pound loaf of bread takes at least 4 cups of flour) so you'll need a bowl standing by. When you have measured all the flour, get your scale ready. Put an empty bowl on the scale and then press the TARE button. Tare means zero out the scale. (You want to weigh only the flour, not the bowl, so the bowl has to be on the scale before you press Tare!) Make sure your scale is set to grams! Pour your carefully measured flour into the empty bowl on the scale. Note the grams on your recipe and go on to the next ingredient. You



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can use smaller vessels for things salt, sugar, yeast, etc. I use little silicone cupcake liners or Pyrex custard cups. I use Pyrex or silicone measuring cups for liquids. I first measure the appropriate amount, and then pour into another empty cup on the scale. Don't forget to zero out the scale with the receiving cup on it. Note the grams on your recipe. Once you've noted the grams once for each of your favorite recipes it's a piece of cake (or bread!) from then on.

Next time you make that recipe, here's what you do: Put any kind of cup or bowl on the scale, tare, and put each ingredient (one at a time in separate bowls) in until the scale reaches the desired gram weight. For the flour, I use a lightweight plastic bowl. It really doesn't matter as long as you have an empty vessel on the scale and zero it out. Just do this for each ingredient in the order your ingredients are supposed to go into your bread pan. Don't forget to put the empty bowl, custard cup, etc., on the scale, then tare, then add the next ingredient to the desired gram weight. My bread machine takes liquids, then flour, salt, sugar, and finally yeast, so I weigh each ingredient in the order it goes into the bread pan.