



## Recipe – Converter

10 g table salt = ½ tablespoon = 7.5 ml = 2 teaspoon kosher salt  
 20 g table salt = 1 tablespoon = 15 ml = 1 ½ tablespoon kosher salt  
 16 g table salt = 3 teaspoon = 12 ml = 4 teaspoon kosher salt

16 g yeast = 1 ½ tablespoon = 22.5 ml

15 g butter = 3 teaspoon = 11.25 ml  
 50 g butter = 2 ½ tablespoon = 37.50 ml

**Flour is different in weight! Use a scale to get the fastest and the exactest measurement.**

**When you do not have a scale, please compact the flour in your cups, to get nearly the same amount we have in our recipes!**

50 g rye flour = 1/3 cup = 1.75 OZ  
 60 g wheat flour = 1/3 cup = 2.20 OZ  
 150 g rye flour = 1 cup = 5.60 OZ  
 200 g wheat flour = 1/2cup + 2/3 cup = 7.05 OZ  
 350 g wheat flour = 2 cups = 12.30 OZ  
 500 g wheat flour = 2 ½cups +1/3 cup = 17.70 OZ  
 700 g wheat flour = 4 cups = 24.60 OZ

### Liquid measurements:

**300 ml cold liquid 55 seconds in the Microwave oven = ~ 30° C**

200 ml = 1/2cup + 1/3 cup = 6.8 fluid OZ = 7.05 OZ = 200 g  
 250 ml = 1 cup = 8.5 fluid OZ = 8.80 OZ = 250 g  
 600 ml = 2 1/2 cups = 20.5 fluid OZ = 21.15 OZ = 600 g

### Temperatures:

30° C = 86° F  
 70° C = 158° F  
 180° C = 350° F  
 200° C = 400° F  
 220° C = 428° F