

Pastry Sampler's Measures, Equivalents and Substitutions of Common Pastry Ingredients

Aprox. Measures of 1 Pound Weights

AP Flour	4 c
Cake Flour	4 1/4 c
Butter	2 c
Shortening	2 c
Brown Sugar Packed	2 1/2 c
Granulated Sugar	2 1/4 c
Powdered Sugar	3 1/2 c
Cornmeal	3 c
Cornstarch	3 1/2 c
Pecans, Chopped	3 3/4 c
Cocoa	5 c

Aprox. Amounts of 1 Cup Measures

Whole Eggs	4 to 5
Egg Whites	7 to 9
Egg Yolks	12 to 14

Measures and Equivalents

1/4 oz pkg plain gelatin	= 2 1/4 t
3 1/4 oz flavored gelatin	= 1/2 c
1 oz plain gelatin	= 8 to 9 leaves depending on strength
1 oz plain gelatin	= 3 T
1 pkg dry yeast	= 1 cake compressed yeast

Substitutions

Note that not all substitutions will work in all pastry applications. Always test a small batch before final product production.

Baking Powder

1 t = 1/2 teas. baking soda + 1/2 teas. cream of tartar

Unsweetened Chocolate

1 oz = 3/4 T cocoa + 3/4 T shortening or 5/8 oz cocoa + 3/8 oz shortening

Whole Milk

1 pound = 14 oz water + 1 1/2 oz dry milk + 1 oz butter

1 cup = add to reconstituted dry milk 1 T butter

1 cup = 1/2 cup evaporated milk + 1/2 cup water

Corn Syrup

1 cup = 1 cup sugar + 1/4 cup water, dissolved