

Using Wheat Flour

October 9th, 2018

Prep Time: 00:00

Cook Time: 00:00

Measuring flour by volume can produce a wide range of results, depending on how tightly or loosely the flour is packed in the measuring container. A more consistent method for measuring flour is by weight. However, this becomes even more complicated because the weight of the flour will vary by brand and by type of flour.

Ingredients:

Directions:

You should typically use "enriched all-purpose flour" unless the recipe specifically calls for a different flour type.

When using wheat flour, try to find a recipe that includes weight measurements instead of volume measurements.

If a Weight measurement is not available, check the package of your flour. It may include an "Ounce to Cup" conversion. I typically use "Grams" for cooking measurements, as Grams are more precise than Ounces.

If that is not an option, use a large spoon to scoop flour into the measurement container so that it is "loosely packed".

Weight Table for Common U.S. Flour Brands

Flour Brand	Volume	US Standard	Metric
King Arthur Unbleached All-Purpose Flour	1 Cup	4.25 Oz	120 Grams
King Arthur Unbleached Bread Flour	1 Cup	4.25 Oz	120 Grams
Pillsbury Bleached All-Purpose Flour	1 Cup	4.37 Oz	124 Grams