



BAKERS FORMULA

Ever wondered how these bread recipes are made? How do chefs determine the quantity of each ingredient? Well, that needs experience and some hit & try. But, apart from these factors, what all professional bakers follow is the 'Baker's Math formula'

Every professional baker view recipe as a formula and they conceive them as ratios and percentages rather than as cups or spoonfuls. Measuring by weight is far more accurate than measuring by volume.

To understand the formula, it is important to know that all ingredients are viewed in ratio to the total flour weight. The total flour weight always equal 100 percent and all other ingredients are figured as a percentage against the flour.

Let us look at an example to get a better understanding. Let's say in a recipe, Flour is 100 gms, Salt is 3 gms, yeast is 5 gms and water is 60 gms. Now, going by the formula, Flour is 100%, Salt is 3%, Yeast is 5% and Water is 60%.

By looking at these percentages, any experienced baker would be able to tell you that it is a recipe of a soft bread.

Total flour weight consists of all the flour in the recipe, if a recipe contains 2 to 3 types of flour, then the total of all those flours will be 100%

In the formula, total percentage doesn't need to add up to 100%, only the flour weight does. Every formula will have a different 'Total Percentage' depending upon the number of ingredients. It will begin with 100% and go up from there.

BASIC PERCENTAGES

PERCENTAGE FOR A SOFT CRUST BREAD		PERCENTAGE FOR A HARD CRUST BREAD	
INGREDIENT	PERCENTAGE	INGREDIENT	PERCENTAGE
Flour	100%	Flour	100%
Salt	1.5-2.5%	Salt	2-3%
Yeast	1.5-3%	Yeast	1.5-2.5%
Water	55-62%	Water	68-80%
Fat	3.5-5.5%	Fat	2-3.5%