

THE SUPERYACHT

 C H E F

Sugars and fats

- White Sugar 1 cup = 200g
- Light brown sugar (lightly packed) 1 cup= 160g
- Icing sugar 1 cup= 135g
- Honey 1 cup = 100g
- Butter 1 cup = 225g
- Parmasen 1 cup= 80g
- Vegetable oil 1 cup= 225g

Flours

- Flour 1 cup = 150g
- Cornstarch 1 cup= 125g
- Ground Almonds 1 cup= 125g
- Glutenous rice flour 1 cup= 130g

Grains

- Chia seeds 1 cup= 175g
- Couscous (uncooked) 1 cup = 180g
- Polenta (fine) 1 cup= 185g
- Rice (uncooked) 1 cup= 200g
- Rolled Oats 1 cup = 175g
- Buckwheat 1 cup= 170g

Baking

- Cocoa Powder 1 cup =130g
- Panko breadcrumbs 1 cup = 100g
- Chocolate (chipped/chipped) 1 cup= 170g
- Shredded coconut 1cup= 120g

www.thesuperyachtchef.com