GRAMS TO VOLUME CONVERSION

FULL
1,000 g all-purpose flour
750 g water (more or less as necessary)
20 g non-iodized salt
4 g instant dry yeast

FULL
8 cups all-purpose flour
3 1/4 cups water (more or less as necessary)
1 Tbs non-iodized salt
1 scant tsp instant dry yeast

HALF
500 g all-purpose flour
375 g water (more or less as necessary)
10 g non-iodized salt
2 g instant dry yeast

HALF
4 1/4 cups all-purpose flour
1 1/2 cups + 1 1/2 Tbs water (more or less as necessary)
1 3/4 tsp non-iodized salt
1/2 tsp instant dry yeast

High Altitude Adjustments

Yeast Breads (Colorado State University)

High altitude has its most pronounced effect on the rising time of bread. The shortened rise period can interfere with flavor development, thus less yeast may be used or the dough may be punched down, allowed to rise a second time, and punched down again before molding into loaves or rolls. Watch carefully to prevent over-rising. Allow dough to rise until just double in bulk, as over-proofing can result in a heavy, dry loaf or misshapen or collapsed loaf.

Flours tend to be drier and thus able to absorb more liquid in high, dry climates. Therefore, less flour or possibly additional liquid may be needed to moisten the dough to the proper consistency.

When baking bread at over 3,000 feet …

Set oven temperature a little higher (15-25 degrees).

Bake less time – reducing 5-8 mins for each 30 mins of baking time.

Start checking the dough halfway through the recommended rise time to see if it has doubled. If the dough had over-risen, punch it down and allow it to rise again.

Use about a third less yeast. If a recipe calls for one package of active dry yeast (2-1/4 teaspoons), you would need to use about 1-1/2 teaspoons.

Add flour slowly when mixing the dough and use only enough to make the dough easy to handle. If the dough is sticky, use greased rather than floured hands for kneading.

Oil the dough and cover with greased plastic wrap to prevent it from drying out while waiting to be shaped.

Check doneness a few minutes before the minimum recommended baking time. Tent with foil if it's browning too quickly.