

*Food staples: Butter, Flour, Sugar  
quick reference charts*

This section includes quick-reference charts for butter, flour and sugar. The measures in these charts increase incrementally, for quick and easy reference without having to calculate.

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**BUTTER CHART**

*QUICK REFERENCE CHART* — butter volumes, rounded off,  
for 5g up to 500g ..... 219

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**FLOUR CHART**

*QUICK REFERENCE CHART* — volumes for both plain flour  
[all-purpose flour] and strong flour [bread flour], rounded off,  
for 5g up to 1kg ..... 222

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**SUGAR CHARTS**

*QUICK REFERENCE CHART, WHITE GRANULATED SUGAR & BROWN  
SUGAR* — volumes rounded off, for 5g up to 600g ..... 228

*QUICK REFERENCE CHART, ICING [CONFECTIONERS'] SUGAR* —  
volumes for both unsifted and sifted icing sugar, rounded off,  
for 5g up to 1kg ..... 231

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