

Densities of Common Ingredients			
	<i>bulk</i>		
Salt	<i>specific gravity</i>	gm/tsp	
salt (non-iodized)	1.21	5.96	
salt (fine) (non-iodized)	1.21	5.96	
salt (coarse) (non-iodized)	1.05	5.18	
salt (kosher)			
	<i>bulk</i>		
Cure	<i>specific gravity</i>	<i>frac.nitrite</i>	<i>frac.nitrate</i>
Peklosol	1.21	0.0060	0.0000
Prague powder #1	1.21	0.0625	0.0000
Prague powder #2	1.21	0.0625	0.0400
Prague powder #1 (UK)	1.21	0.0588	0.0000
Prague powder #2 (UK)	1.21	0.0567	0.0362
Morton TenderQuick	1.21	0.0050	0.0050
Morton Sugar Cure	1.21	0.0050	0.0050
Morton Smoke Flavored Sugar Cure	1.21	0.0000	0.0100
	<i>bulk</i>		
sugar	<i>specific gravity</i>	<i>% sugar</i>	
brown sugar	0.93	100%	
corn syrup	1.38	52%	
dextrose (glucose) powder	0.8	100%	
fructose powder	0.83	100%	
high fructose corn syrup	1.38	76%	
honey	1.42	71%	
maple syrup (66 °Brix)	1.33	66%	
molasses	1.41	48%	
piloncillo	0.95	93%	
simple syrup (glucose/fructose)	1.35	66%	
table sugar	0.85	100%	
treacle	1.39	48%	

	bulk	<---1000 means "measure yourself"		
other solid	specific gravity	note		
<water binder>	1000			
carrageenan	1000	0.2 - 0.7% common, no limit		
non fat dry milk	1.33	1 - 3% common, use <4% (Poli), no limit		
phosphates (Amesphos)	1000	0.3% common, 0.5% max		
soy protein concentrate	3.2	1 - 3% common (Poli: 1-1/2 - 2%), no limit		
soy protein isolate	3.2	1 - 3% common, no limit		
soy protein powder	3.2	1 - 3% common, no limit		
<other solid>				
sodium ascorbate	1			
sodium erythorbate	1			
<extender-general binder>				
caseinate				
corn (starch)		1% - 5%, no limit		
corn syrup solids		1% - 5%, typically 2%, no limit		
egg (whole)		1% - 3% in low meat content		
egg white		1% - 3% in low meat content		
gelatin		1% binder for fatty cuts		
other (starch)		1% - 5%, no limit		
potato (starch)		1% - 5%, no limit		
rice (starch)		1% - 5%, no limit		
Rusk				
tapioca (starch)		1% - 5%, no limit		
<curing accelerator>				
Ascorbic acid		0.05% common, no limit		
Sodium erythorbate		limit 0.5%. Poli recommends 0.05% + 0.01% citric acid		
<Fermentation + Flavor enhancer>				
Fermento				
MSG		0.05 - 0.2% common (Poli: 0.027% of meat wt), no limit		
Ribonucleotide				
T-SPX Bactoform				
F-RM-52 Bactoform				
LHP Bactoform				
F-LC Bactoform				
<Preservative>				
acetate		3% common. More affects taste.		
citric acid		Poli recommends 0.05% erythythorbate + 0.01% citric acid		
potassium lactate		3% common		
sodium lactate		3% common		
Sodium metabisulfite				
sodium sulfite				

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	-----density-----		<---1000 means "measure yourself"	
seasonings	gm/tsp	up to...	note	minor typical
<herb/spice>	1	1	---	-
achiote (powder)	2	2	---	-
achiote (recado de...)	2.3	2.3	---	-
achiote paste	2.3	2.3	---	-
Adobo	1.9	2.8	use up to 0.2%	-
allspice (ground)	1.9	2.8	use up to 0.2%	-
anise	1.9	1000	---	-
annatto (achiote) powder	2	2	---	-
basil	1.9	3.4	---	-
bay leaf (crumbled)	0.6	10000	---	-
bread crumbs	10000	10000	---	-
caraway	2.1	10000	use up to 0.2%	-
cardamom (ground)	2	2.2	use 0.1% - 0.2%	-
cayenne (ground)	1.8	3.1	---	-
celery seed	2.5	10000	---	-
Cheese(cheddar)	4.9	4.9	---	
Cheese(feta)	4.9	4.9	---	
Cheese(1)	4.9	4.9	---	
Cheese(2)	4.9	4.9	---	
chile-(other)	2.5	3	up to 0.4%	-
chile-(reserved 1)	2.5	3	up to 0.4%	-
chile-(reserved 2)	2.5	3	up to 0.4%	-
chile-Aji	2.5	3	---	-
chile-ancho	2.5	3	---	11 gm whole, 7 gm seeded
chile-arbol	2.5	3	---	-
chile-chipotle	2.5	3	up to 0.4%	-
chile-guajillo	2.5	3	---	-
chile-mulatto	2.5	3	up to 0.4%	-
chile-New Mexico (dried)	2.5	3	up to 0.4%	-
chile-New Mexico green (Ha	2.5	3	up to 0.4%	-
chile-pasilla	2.5	3	15 gm whole, 11 gm seeded	
cilantro (leaf)	0.33	1	up to 0.2%	-
cilantro (ground seed)	2	2.2	0.1% to 0.2%	-
cinnamon (ground)	2.3	2.5	0.05% to 0.1%	-
cloves (ground)	2.1	2.2	0.1% to 0.2%	-
coriander (leaf)	0.33	1	up to 0.2%	-
coriander (ground seed)	2	2.2	0.1% to 0.2%	-
cumin (ground)	2.1	3	up to 0.1%	-
curry powder	2.2	2.4	---	
dill seed	2.42	2.5	---	-
fennel (fresh)	2	4	up to 0.2%	-
fennel seed (ground)	3.7	3.7	up to 0.2%	-
fennel seed (whole)	2	2.5	up to 0.2%	-
fenugreek (ground)	3.7	5	---	-
file gumbo	1.2	1.3	---	-
garlic (fresh)	2.5	4	0.3% to 0.5%.	5 gm/clove

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seasonings	gm/tsp	up to...	note	minor typical
garlic (powder)	2.8	2.8	Use 1/3 amt of fresh	
ginger (ground)	1.8	2.8	up to 0.05%	-
Harissa (see recipe)	5	6	---	scale the recipe
Herbes de Provence	1	1.1	go easy	
juniper berries	1.53	2	up to 0.2%	-
mace (ground)	1.69	3.1	up to 0.5%	-
marjoram (dried)	1.5	3.4	up to 0.3%	-
mustard (ground)	2.2	2.3	up to 0.2%	-
mustard seed (yellow)	3.2	10000	up to 0.2%	-
nutmeg (ground)	2.03	2.2	up to 0.1%	-
onion (green)	10000	10000	up to 1.0%	-
onion (red)	10000	10000	up to 1.0%	-
onion (white)	10000	10000	up to 1.0%	-
onion (yellow)	10000	10000	up to 1.0%	small=200gm; large=350gm
onion powder	2.2	8	0.2% to 1.0% powder, 1% fr	-
orange zest	4	10000	---	-
oregano	1.5	2	---	-
paprika (special)	2.1	2.2	up to 0.2%	-
paprika hot	2.1	2.2	up to 0.2%	-
paprika Aleppo	2.1	2.2	up to 0.2%	-
paprika smoked	2.1	2.2	up to 0.2%	-
paprika sweet	2.1	2.2	up to 0.2%	-
parsley	1.5	10000	up to 0.2%	-
parsley (Italian)	1.5	10000	up to 0.2%	-
pepper (bell)	3	4	---	-
pepper (black)	2.1	3	up to 0.4%	-
pepper (red crushed)	2.3	0.75	up to 0.4%	-
pepper (white)	2.4	2.2	up to 0.4%	-
quatre epices	2.1	2.1	---	-
rosemary	1.2	3.9	---	-
sage	0.7	5.6	---	-
Savory	1.46	1.5	---	-
Savory, summer	1.46	1.5	---	-
smoke powder (Hickory)	10000	10000	---	-
smoke, liquid (hickory)	1	1	---	-
smoke, liquid (mesquite)	1	1	---	-
smoke, liquid (other)	1	1	---	-
SPECIAL INGREDIENT	1	1	---	-
spinach	10000	10000	---	-
sriracha	5.2	5.2	---	-
sumac	2.3	2.4	---	-
tarragon	3	3	---	-
thyme	1.4	3.9	up to 0.1%	-
Tomatoes	1.8	2	---	-
Tomatoes (sun-dried, in oil)	1.8	2	---	-
turmeric	3	3	0.2% to 0.4%	-