

LANCEWOOD® Conversion & Measurement Information



BASIC CONVERSIONS

Teaspoons		Tablespoons		Cups		Miscellaneous	
¼ teaspoon	= 1.2 ml	1 tablespoon	= 15 ml	¼ cup	= 60 ml	A pinch	= 1 ml
½ teaspoon	= 2.5 ml	1½ tablespoons	= 22.5 ml	½ cup	= 80 ml	A handful	= 125 ml
1 teaspoon	= 5 ml	2 tablespoons	= 30 ml	¾ cup	= 160 ml	Large eggs	= 51 – 58 g
1½ teaspoons	= 7.5 ml	3 tablespoons	= 45 ml	½ cup	= 125 ml	X Large eggs	= 59 – 65 g
2 teaspoons	= 10 ml	4 tablespoons	= 60 ml	¾ cup	= 180 ml	Jumbo eggs	= 66 – 75 g
2½ teaspoons	= 12.5 ml			1 cup	= 250 ml	Stock (cube, liquid, powder, pot)	= 250ml prepared stock
3 teaspoons = 1 tablespoon	= 15 ml			1½ cup	= 375 ml		
				2 cups	= 500 ml		
				2½ cups	= 625 ml		
				3 cups	= 750 ml		
				3½ cups	= 875 ml		
				4 cups	= 1 litre		

OVEN TEMPERATURES

°C	°F	Description
100	200	very cool
120	250	very cool
140	275	very cool
150	300	cool
160	325	cool
180	350	moderate
190	375	moderately
200	400	hot
220	425	hot
230	450	very hot
240	475	extremely hot
260	500	extremely hot

OVEN SYMBOLS

	Lower heat element only		Upper and lower heat		Fan with lower heat		Fan only
	Full grill		Part grill		Grill and fan		Grill and lower heat
	Defrost		Light		Plate warming		Pyrolytic cleaning
	Alarm		Minute minder		Child lock		

PAN & TRAY SIZES

Type of Pan	Size
Cake pan, round	20 cm (diameter) x 4.5 cm (depth)
Cake pan, square	20 cm x 20 cm x 4.5 cm (depth)
Cake pan, deep	20 cm (diameter) x 7 cm (depth)
Springform pan	20cm (diameter) x 5.5 cm (depth)
Loaf pan	25 cm (length) x 13 cm (width) x 5.6 cm (depth)
Bundt pan	23 cm (diameter) x 7.5 cm (depth)
Baking sheet / tray	24 cm (length) x 18 cm (width) x 2 cm (depth)
Swiss roll pan	33 cm (length) x 23 cm (width) x 2cm (depth)
Quiche pan, large	23 cm (diameter) x 3 cm (deep)
Individual quiche pans	Small: 7.5 cm (diameter) x 2 cm (depth)
	Medium: 9.5 cm (diameter) x 2 cm (depth)
	Large: 11.5 cm (diameter) x 2 cm (depth)
Muffin / cupcake pan	12x: 7 cm (diameter) x 3.5 cm (depth)
	6x: 7 cm (diameter) x 3.5 cm (depth)
Mini muffin / cupcake pan	24x: 4.5 cm (diameter) x 2.5 cm (depth)

HINTS & TIPS

- Before following a recipe, carefully read through the ingredients and method to ensure that you have all the necessary ingredients and cooking equipment such as baking sheets, pans, electric beaters, blenders and utensils such as graters or sieves. Ensure that you measure correctly when converting between millilitres and grams.
- When measuring dry ingredients overfill the measuring spoon or cup slightly and then scrape off the top with a knife, to level it.
- Only use measuring cups up to 250 ml for measuring dry ingredients and not a measuring jug (which can measure up to 1 litre). The more dry ingredients are compacted the more they will weigh which may influence the baking results. Give the flour container a shake or a stir before using it to make it less compact.
- When measuring sticky ingredients like honey or syrup, spray the measuring spoon or cup with non-stick spray or oil lightly to prevent ingredients from sticking to the spoon or cup.
- Use the weight of the pack as a rough guide if you don't have a kitchen scale available. For instance, a 900 g block of Cheddar cut in half will be 450 g which if cut into 10 equal pieces will give you roughly 10 x 45 g blocks of cheese. Use the same method for butter, Cream Cheese or Cottage Cheese. Use a knife to make marks for halves and quarters to get 125 g/115 g and 60 g/55 g measurements from a 250 g tub.
- Empty and clean a LANCEWOOD® Sour Cream or Sauce Delight™ container to measure 1 cup (250 ml). A standard teacup also roughly equals 1 cup.
- Use a medicine spoon to measure 5 ml (1 teaspoon) accurately.
- Tips for cleaning a dirty baking sheet: Sprinkle bicarbonate of soda over the surface of the pan. Spray generously with hydrogen peroxide to wet the bicarbonate of soda. Leave to stand overnight. Scrape off any big pieces with a plastic scraper and then scrub with a sponge or steel wool and wash in warm soapy water. If you don't have steel wool, crumple tin foil into a ball and scrub the pan.

KEY COOKING TERMS

- Al dente:** A term used to describe the firmness of pasta, rice and vegetables - cooked so as to be still firm when bitten.
- Au gratin:** A breadcrumb or grated cheese topping that is sprinkled over food and grilled until well browned and crusty.
- Bake blind:** The process of baking a pie crust or other pastry without the filling. It becomes even more important when the crust will be filled with an unbaked or 'wet' filling, which will cause the pastry to become soggy if not baked first. Bake blind by covering the base of the pastry shell with greaseproof or baking paper and then filling it with dried beans and baking it for 10 minutes at 180°C. Remove the paper and beans and bake for a further 5 – 10 minutes.
- Baste:** To spoon or brush cooking juices or other hot liquid over meat or other food while cooking to keep it moist.
- Beat:** To stir (cooking ingredients) vigorously to make a smooth or frothy mixture, or using an electric beater.
- Blanch:** A quick method of cooking food by placing it in boiling water for a short while and refreshing it in ice cold water to either loosen the skin, or to prepare it for freezing or preserving.
- Blend:** To combine two or more ingredients until smooth using either an electric beater or a food processor.
- Boil:** To cook in liquid (water or stock) over high heat.
- Bone:** To remove the bones from meat, chicken or fish.
- Braise:** To fry food lightly (usually brown it) and then stew it slowly in a closed container.
- Butterfly:** To flatten food, like chicken, by splitting it down the centre but not cutting through it entirely.
- Caramelise:** To melt sugar over heat, continuously stirring it, to convert into caramel.
- Coring:** To remove the middle part of fruits that contain seeds.
- Cut in:** A method of blending to mix butter, margarine or other solid fat or liquid into dry ingredients using a knife or a spatula.
- Dice:** To chop food into small uniformly sized squares.
- Dollop:** To add a large mass of food (like ice-cream, cream cheese, whipped cream etc) casually and without measuring.
- Deep fry:** To fry food in an amount of fat or oil sufficient to cover it completely, until golden and crisp.
- Deglaze:** To make a gravy or sauce by adding liquid to the cooking juices and food particles in (a pan in which meat has been cooked).
- Flake:** To gently break up food, like fish, into smaller pieces using a fork.
- Fold in:** To mix ingredients lightly to incorporate air using a spatula or metal spoon.
- Grill:** A device on a cooker that radiates heat downwards for cooking food. It can be achieved in the oven (from the top) or in a griddle pan (from the bottom).
- Glaze:** To brush with syrup, egg or marinade to give a shine to meat, pastry and scones.
- Gratin:** A breadcrumb or grated cheese topping that is sprinkled over food and grilled until well browned and crusty.
- Grease:** To apply oil, butter, fat or non-stick spray to a roasting tray, oven dish or cake pan to ensure that food doesn't stick to it.
- Infuse:** To allow the flavour of an ingredient to soak into a liquid until the liquid takes on the flavour of the ingredient.
- Julienne:** To cut food into uniformly shaped matchsticks. (short and thin strips).
- Knead:** To work dough into a soft uniform texture by folding and stretching it using the heel of your hand.
- Marinate:** To place food in a marinade to allow flavours to develop and to impart the flavours of the marinade into the food.
- Mince:** To finely chop food into small pieces.
- Parcook or parboil:** Partly cooking food by boiling.
- Poach:** To cook chicken, fish or fruit gently by simmering in a small amount of liquid. Or to cook an egg without its shell in or over boiling water.
- Prove:** To allow a mixture usually containing yeast to rise in a warm place.
- Puree:** A smooth cream of liquidised or crushed fruit or vegetables.
- Reduce:** To boil vigorously to concentrate liquid to intensify the flavour or to thicken the consistency.
- Roast:** To cook meat or vegetables by prolonged exposure to heat in an oven or over a fire.
- Roux:** A mixture of fat (especially butter) and flour used in making sauces.
- Rub in:** To mix butter, margarine or other fat into dry ingredients by using your fingertips until the mixture resembles breadcrumbs.
- Sauté:** To fry lightly in a little oil over high heat to brown food evenly.
- Seal or sear:** To brown the surface of meat, chicken or fish quickly to seal in the juices.
- Shallow fry:** Shallow frying is used to lend a crispy texture to small, delicate foods without the need to completely submerge them in oil.
- Simmer:** The process of cooking food in hot liquid (gently bubbling), keeping it just below boiling point.
- Steam:** To cook food by heating it in steam from boiling water.
- Score:** Shallow, diagonal cuts made on the surface of meat or vegetables for rendering fat, encouraging crispiness and to allow for the absorption of flavour.
- Water bath:** To wrap a springform pan in foil ensuring that no water gets inside the pan. Place boiling water into a deep oven pan, being sure to only fill it up to a third, and then place the springform pan inside. Often used when baking cheesecake.
- Whip:** to beat (cream, eggs or other food) into a froth, usually to incorporate air or to increase the volume.
- Whisk:** To beat or stir (like cream or eggs) with a light, rapid movement.
- Zest:** Scraping off the outer coloured part of the peel (a piece of citrus fruit) for use as flavouring.

