

INTRODUCTION

Why a book just about measurements? Aren't there already any number of cookery books containing lists of food measures and equivalents? Well, yes there are, but try finding measures for less common ingredients, such as quinoa, or try finding a common ingredient in the configuration you want. For example, a recipe calls for 2 cups of cooked rice; how much uncooked rice would you need to start with if you don't have cooked rice to hand? Or it calls for 3 cups of cubed pumpkin; what weight of unpeeled pumpkin will give you 3 cups of peeled cubed pumpkin?

Following the publication of *American Cooking in England* in 1998, I've 'Americanized' books for the North American market. Most have been cookery books, and Americanizing these includes converting the weights of ingredients to cups. Finding these conversions typically meant weighing and measuring the ingredients myself. These conversions I'd then compile in a document which, over the years, grew until it had expanded to the length of a book. However, this 'book' remained on my computer and increasingly, I found I needed it in the kitchen. Then the penny dropped: if I needed it in the kitchen, perhaps others did, too — and then the real work started. The *List of Ingredients* section in the book you're now holding is my conversions document, tidied-up so that someone other than me can make sense of it, and reworked so that people in both the UK and North America can use it for their conversions.

The main sections of this book are:

A word about measurement equivalents — This small but important section clarifies the difference between volume and weight. It also looks at the effects of the Metrication Law on

Britain, as well as the differences between the British Imperial and US Customary measurements systems. The fluid ounce: a measure of weight or volume? Not sure? To clear up the understandable confusion, read this section.

List of ingredients — This fairly comprehensive list of ingredients gives the weight and volume equivalents of each ingredient listed, so that people who measure food in cups can do a weight-to-cups conversion, and those who measure food by weight can do the reverse. Invaluable when using a cookbook from 'across the pond'. Also in this section are instructions for making a bouquet garni, a biscuit base (graham cracker crust), tea/coffee, and for cooking wheat grains and reconstituting frozen concentrated orange juice.

Substitutes & other transformations — This section tells you what to do if you don't have a particular item in stock, for example, Baker's chocolate squares, buttermilk, baking powder, self-raising flour, etc. It also says what to do to substitute dried beans for cooked/tinned (and vice versa) and how to calculate amounts for things like whipped-from-unwhipped cream; uncooked-to-cooked rice; etc.

Recipes — To help lighten things up in this reference book, I've included a smattering of recipes, including crêpes, chilli, latkes, and others.

Measurements charts & conversion formulas — This section includes 'quick-reference' charts and conversion formulas for weights, volumes and lengths. There are also oven and air temperatures charts, and helpful tips on food-safety and cooking temperatures.

These are followed by *Food Staples*, with quick-reference charts for butter, flour and sugar — including granulated, brown and icing [confectioners'] sugar, plus egg charts comparing EU, old EEC & US sizes, and milk and cream charts comparing fat contents of British and American milks and creams. Next is the *American Cooking Equivalents* chart for common US cooking measures (e.g., $\frac{2}{3}$ cup), and an *American Can Sizes* chart.

The final section, *Measuring Tools & Definitions, Pan Sizes, &c.*, includes spoon measures, bar measures (e.g., jigger), etc.

I've compiled the measurements in this book to demystify the cup conundrum for British cooks and the metric muddle for the Americans, and to give us all a single source we can grab for quick conversions, and which is likely to have the food or measurement we're looking for.

I hope you find this book as helpful as I do.

Burton upon Trent, November 2011

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