
ADDITIONAL ENTRIES *for*
MEASUREMENTS FOR COOKING

(these entries — or additions to existing entries —
were not included in the 1st edition)

LIST OF INGREDIENTS
and
THEIR EQUIVALENT MEASURES

Page 17 — The following **agar agar** cross-reference was not included in the 1st edition but is helpful to know, so have included it here.

agar agar, *see Agar agar* on page 143 in the *Substitutes & Other Transformations* section

Page 23 — The **BASIL** entry which appeared in the 1st edition, has been amended, below, to include the weight of *fresh* basil.

BASIL *fresh* 18 fresh leaves (& stems) = 4g

Page 74 — The **CANNELLINI BEANS** entry which appeared in the 1st edition, has been amended to include additional US can sizes, below.

BEANS, CANNELLINI

TINNED (*US*) comes in 15-oz. [425g], 19-oz.
[540g] and 29-oz. [820g] cans

Page 74 — The note about lemons, which appeared at the end of the **LEMONS** entry in the 1st edition has been amended with additional information, below.

LEMONS

➔ Lemons vary greatly in size, as does the amount of juice you can get from two similar-sized lemons. For example, one small (2-inch/5cm), thin-skinned lemon of mine yielded 4 tablespoons juice ($\frac{1}{4}$

cup)! If a recipe book calls for the juice of one lemon (or 1 medium lemon), they usually mean 2–3 tablespoons juice.

Page 75 — The **LENTILS** entry which appeared in the 1st edition, has been amended: *tinned* equivalents, and the *BLACK LENTILS & WHITE SPLIT LENTILS* section have been added.

LENTILS AND SPLIT PEAS/BEANS

MOST VARIETIES *tinned* 1 cup tinned = 155g;
100g tinned = $\frac{2}{3}$ cup;
410g tin holds 2 cups

BLACK LENTILS & WHITE SPLIT LENTILS

urad beans, whole (black gram) 1 cup dried = about 190g;
100g = about $\frac{1}{2}$ cup [8 Tbsp.]
(whole urad beans [black gram beans] are also known as sabat [i.e., whole] urad, and kali [i.e., black] dal; they're the seed of the plant *Phaseolus mungo*)

white urad dal, split same as for *urad beans*, above
(white urad dal [or urid/urd dal] is the hulled and split urad bean [black gram bean]; the split bean is the more common form of this bean)

Page 116 — The **WILD RICE** entry which appeared in the 1st edition, has been amended: *uncooked* volume/weight equivalents, plus a note with the rice:water cooking ratio have been added.

RICE, WILD *uncooked* 1 cup uncooked = 160g;
100g = $\frac{2}{3}$ cup

→ The wild rice-to-water ratio for cooking is 1:3.

Page 142 — The **NUTRITIONAL YEAST FLAKES** entry, below, is a new entry; it did not appear in the 1st edition of Measurements for Cooking.

YEAST FLAKES, NUTRITIONAL 1 Tbsp. = $2\frac{1}{2}$ –3g
1 cup = about 43g;
100g = $2\frac{1}{3}$ cups

SUBSTITUTES & OTHER TRANSFORMATIONS

Page 143 — The note which appeared at the end of the **AGAR AGAR** entry in the 1st edition has been amended: the amounts to set 1 US pint (16 oz.) have been added.

AGAR AGAR

➔ To set 1 British pint [$2\frac{1}{2}$ cups]: use 2 Tbsp. agar flakes or 2 tsp. powdered agar for a fairly firm jelly; to set 1 US pint [475ml]: use $1\frac{1}{2}$ Tbsp. agar flakes or $1\frac{1}{2}$ tsp. powdered agar.

Page 144 — The **BAKER'S CHOCOLATE SQUARES** entry says 1 square equals 1 ounce. This had been true for decades, and many recipe books listing Baker's chocolate as an ingredient, listed '1 square' rather than '1 ounce' as everyone knew that 1 square equalled 1 ounce. However, in 2013, the makers of Baker's chocolate changed their packaging and changed the size/weight of their squares so not only does 1 square no longer equal 1 ounce, but 1 square is no longer individually wrapped and hence, no longer discernable as 1 square; their boxes now say '4 pieces = 1 ounce'.

RECIPES

Page 169 — The **SEEDED SODA BREAD** entry, has been amended: an 'end-of-baking' tip has been added to the paragraph, below.

Seeded soda bread

Remove the bread from the oven — I let mine sit 5 minutes or so on the baking sheet before removing it to

a wire rack to cool. If your bread has stuck to your baking sheet, then let it sit longer, until the moisture from the bread's heat loosens it (and it will); then slide a spatula beneath it to loosen it, and lift onto a wire rack. Alternatively, if the centre of your loaf still appears slightly damp, then leave the loaf on the baking sheet and trap the heat by covering it with a very large upended mixing bowl, propped up a little at one end. Let the residual trapped heat continue to cook the loaf until the loaf has cooled.
