

step-by-step cooking
FILIPINO
delightful ideas for everyday meals

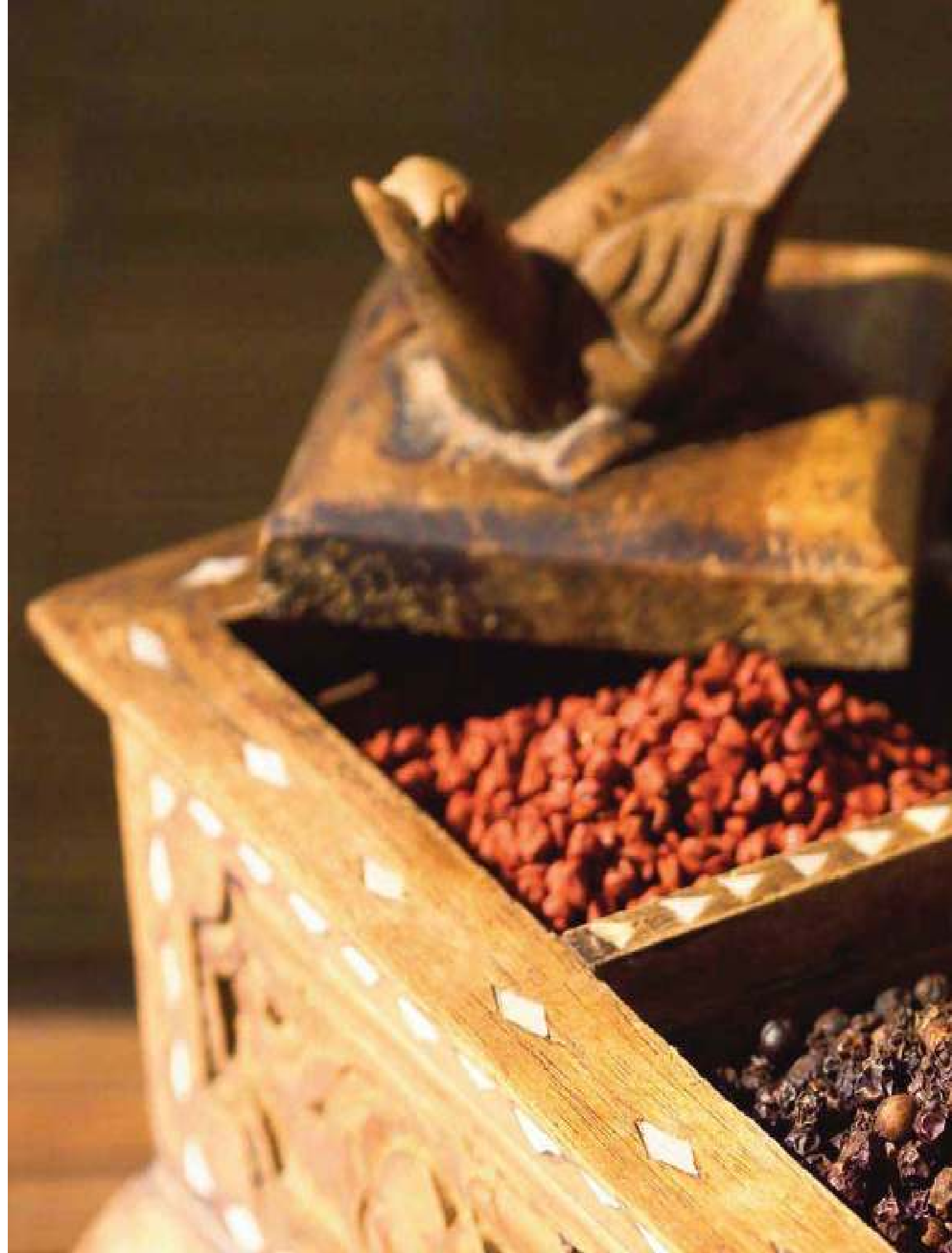


Arlene Diego

FILIPINO

step-by-step
cooking

delightful ideas for everyday
meals



step-by-step cooking
FILIPINO
delightful ideas for everyday meals

Arlene Diego

 Marshall Cavendish
Cuisine

This book is dedicated to my mother and father, with love and gratitude. Endless thanks to Janet and all my friends who have supported me with their time and help for this project!

— Arlene Diego

Photographer: Suan I Lim, Kamera Obscura

First published 2008 as Feast of Flavours from the Filipino Kitchen

This new edition 2009, reprinted 2011

Copyright © 2008 Marshall Cavendish International (Asia) Private Limited

Published by Marshall Cavendish Cuisine
An imprint of Marshall Cavendish International
1 New Industrial Road, Singapore 536196

All rights reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any

form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner. Request for permission should be addressed to the Publisher,

Marshall Cavendish International (Asia) Private Limited, 1 New Industrial Road, Singapore 536196

Telephone: (65) 6218 9300; Fax: (65) 6285 4871; Email: order@marshallcavendish.com
Online bookstore: <http://www.marshallcavendish.com/genref>

The Publisher and its agents, editors, authors, and contributors have used their best efforts in preparing this book. The Publisher makes no representation or warranties with respect to

the contents of this book and is not responsible for the outcome of any recipe in this book.

While the

Publisher has reviewed each recipe carefully, the reader may not always achieve the results

Other Marshall Cavendish Offices:

Marshall Cavendish International, PO Box 65829 London EC1P 1WJ, UK • Marshall Cavendish

International, 99 White Plains Road, Tarrytown NY 10591-9001, USA • Marshall Cavendish

International may not be liable for any loss of profit or any other commercial damage, including business interruption, arising out of the use of the information contained in this book.

(Thailand) Co Ltd. 253 Asoke, 12th Flr, Sukhumvit 21 Road, Klongtoey Nua, Wattana, Bangkok

11010 • Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech

Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Diego, Arlene.

Filipino : delightful ideas for everyday meals / Arlene Diego. – New ed. – Singapore : Marshall Cavendish Cuisine, 2009.

p. cm. – (Step-by-step cooking series)

Includes index.

eISBN-13 : 978 981 4435 15 4

1. Cookery, Philippine. I. Title. II. Series: Step-by-step cooking series (Marshall Cavendish Cuisine)

TX724.5

641.59599 -- dc22 OCN469342551

This book is dedicated to my mother and father, with love and gratitude. Endless thanks to Janet and all my friends who have supported me with their time and help for this project!

— Arlene Diego

Photographer: Suan I Lim, Kamera Obscura

First published 2008 as Feast of Flavours from the Filipino Kitchen

This new edition 2009, reprinted 2011

Copyright © 2008 Marshall Cavendish International (Asia) Private Limited

Published by Marshall Cavendish Cuisine
An imprint of Marshall Cavendish International
1 New Industrial Road, Singapore 536196

All rights reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any

form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner. Request for permission should be addressed to the Publisher,

Marshall Cavendish International (Asia) Private Limited, 1 New Industrial Road, Singapore 536196

Telephone: (65) 6211 9300; Fax: (65) 6285 4871; Email: genref@marshallcavendish.com

Online bookstore: <http://www.marshallcavendish.com/genref>

The Author and the Publisher of this book have used their best efforts in preparing this book. The Publisher makes no representation or warranties with respect to

the contents of this book and is not responsible for the outcome of any recipe in this book.

While the

Publisher has reviewed each recipe carefully, the reader may not always achieve the results

desired.

Other Marshall Cavendish Offices:
Marshall Cavendish International, PO Box 65829, London EC1P 1NY, UK • Marshall Cavendish International, 99 White Plains Road, Tarrytown NY 10591-9001, USA • Marshall Cavendish International, 253 Asoke, 12th Flr, Sukhumvit 21 Road, Klongtoey Nua, Wattana, Bangkok (Thailand) Co Ltd.

Marshall Cavendish International is not liable for any loss of profit or any other commercial damage, including but not limited to special, incidental, consequential, or other damages.

Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Marshall Cavendish International (Singapore) Pte Ltd, 1 New Industrial Road, Singapore 536196

Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Marshall Cavendish International (Malaysia) Sdn Bhd, Times Square, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsah, Malaysia

Diego, Arlene.

Filipino : delightful ideas for everyday meals / Arlene Diego. – New ed. – Singapore : Marshall Cavendish Cuisine, 2009.

p. cm. – (Step-by-step cooking series)

Includes index.

eISBN-13 : 978 981 4435 15 4

1. Cookery, Philippine. I. Title. II. Series: Step-by-step cooking series (Marshall Cavendish Cuisine)

TX724.5

641.59599 -- dc22 OCN469342551

CONTENTS

INTRODUCTION

Cooking Techniques	6
Cooking Utensils	8
Weights & Measures	12

SOUPS

Chicken Broth with Ginger and Green Papaya (Tinola Manok)	16
Chicken and Young Coconut Soup (Chicken Binakol)	18
Fish Soup with Ginger and Vegetables (Pesa)	20
Macaroni Soup (Sopas)	22
Beef Shank Broth (Bulalo)	24
Prawns in Sour Broth (Sinigang Na Hipon)	26
Seafood Chowder (Sopa De Mariscos)	28

VEGETABLES & SALADS

Taro Leaves in Spicy Coconut Milk (Laing Na Gabi)	32
Stewed Vegetables with Prawn Paste (Pinakbet Tagalog)	34
Raw Fish Salad (Kinilaw Na Isda)	36
Prawn and Potato Salad	38
Fern Fronds Salad (Ensaladang Pako)	40

RICE & NOODLES

Stir-fried Glass Noodles (Sotanghon Guisado)	44
Filipino-style Spaghetti (Spaghetti Pilipino)	46
Paella De Madrid	48
Stir-fried Noodles with Sponge Gourd and Prawns (Ginisang Patola At Misua)	50
Stir-fried Egg Noodles (Pancit Canton)	52
Chicken Porridge (Arroz Caldo Con Puso)	54
Filipino-style Fried Rice (Sinangag)	56

MEAT & POULTRY Chicken Asado (Asadong Vegetable Manok) and Beef Chicken Beef Steak Meat Pie Pot Pie (Wedding Spicy Vegetar Manok's Beef Roll Chicken (Chicken Abitada Sinigang) (Abitada style Meat Manok and Loaf Sour Fish (Embutido (Escabeche Beef Stew with (Vegetab Mexican a with Fis sauce wi Broth Frageira (Dinardo Stuffed sauce Squid sa with Olive Peppers Young Pusit) Coconut F Grilled (Buko Pie) Squid Tri-colour (Inihaw N Layer Cak Pusit) (Sapin- Sapin) Filipino GLOSSARY & Index Caramel Glossary o Caramel Ingredient (Leche Fla Index Corn Budding
--

TS

COOKING TECHNIQUES

Stir-frying Techniques	6
Using Kitchen Utensils	8
Temperatures & Measures	12
Tomato and Onion Broth with Ginger and Chicken	14
Tomato and Papaya (Tinola Manok) and Young Coconut Soup (Manok Binakol)	16
Tortilla Soup with Ginger and Vegetables	18
Turkey Soup (Sopas)	20
Udon Noodle Soup (Bulalo)	22
Udon Noodle Soup in Sour Broth (Sinigang Na Hipon)	24
Udon Noodle Chowder (Sopa De Mariscos)	26
VEGETABLES & SALADS	
Asparagus and Carrots in Spicy Coconut Milk	28
Asparagus and Na Gabi	30
Asparagus and Vegetables with Prawn Paste (Pasta Tagalog)	32
Asparagus Salad (Kinilaw Na Isda)	34
Asparagus and Potato Salad	36
Asparagus and Beans Salad (Ensaladang Pako)	38
NOODLES	
Asparagus and Glass Noodles (Sotanghon)	40
Asparagus Noodle Soup (Sotanghon)	42
Asparagus-style Spaghetti (Spaghetti Pilipino)	44
Asparagus De Madrid	46
Asparagus and Glass Noodles with Sponge Gourd and Carrots (Ginisang Patola At Misua)	48
Asparagus and Egg Noodles (Pancit Canton)	50
Asparagus Porridge (Arroz Caldo Con Puso)	52
Asparagus-style Fried Rice (Sinangag)	54

MEAT & POULTRY

Chicken	60
Asado	62
(Asadong Manok)	64
Vegetable Manok	66
Chicken and Beef	68
Chicken and Beef Steak	70
Manok and Beef Pie	72
(Manok and Beef)	74
Spicy Vegetable Manok	76
Beef Roll	78
Chicken	80
(Chicken)	82
Appitades	84
(Appitades)	86
(Appitades style Meat)	88
Manok and Beef	90
Loaf	92
Sour Fish	94
(Embutido)	96
(Escabeche)	98
Stewed	100
(Vegetables)	102
Mexican and	104
with Fish	106
Stew with	108
Broth	110
Fresh	112
(Pangasinan)	114
Sauce	116
(Squid)	118
(Squid)	120
Roller	122
Young	124
(Pusit)	126
Coconut Pie	128
Grilled	130
(Buko Pie)	132
Squid	134
Tri-coloured	136
(Inihaw Na Pusit)	138
Layer Cake	140
(Sapin-)	142
Sapin)	144
Filipino	146
GLOSSARY & INDEX	
Index	110
Caramel	112
Ingredients	114
(Leche Flan)	116
Index	118
Corn	120
Budding	122

COOKING TECHNIQUES

Due to its rich history that was shaped by an influx of different cultures, Filipino cuisine is a blend of Western and Eastern cuisines. Therefore, it is only natural that Filipino food preparation and cooking techniques were adapted from the cuisines that shaped it into what it is today. The uniqueness of Filipino cooking does not lie in the techniques themselves, but in how they are employed to create the dishes.

GRILLING
The method of grilling is known as inihaw in Tagalog. This refers to food that is grilled (broiled) or barbecued over an open fire or hot coals. In the Philippines, eating places that specialise in grilled foods are known as ihaw-ihaw, or sinugba in the Visayan region. Meat, fish and seafood are always marinated before grilling, with seasonings such as the juice of a tangy, citric fruit like calamansi, fish sauce or various herbs and spices. It is useful to reserve any marinade, or to have a little cooking oil on the side to baste food items while grilling, as this helps to keep flavourful juices locked in.

BOILING AND SIMMERING
At home, grilling can also be done by cooking food in a grill pan or a regular convection oven.

Boiling and simmering are both referred to as nilaga. They are two of the primary cooking methods in Filipino cuisine and are used in creating the one-pot meals that Filipino cuisine is famous for. Simmering should take place over medium to low heat, so that the liquid does not reach a constant boiling point, thus causing the liquid to evaporate completely and the food items to dry out and burn. Tough cuts of meat or hard vegetables

such as carrots are simmered, as the constant movement of the ingredients keep them cooked. Stews, in particular, use the ingredients to retain much flavour.

ANOTHER SIMMERING METHOD
Another simmering method to see if food is done involves leaving the pot covered or uncovered and with the lid slightly ajar. This allows steam to separate and the ingredients to dry. This specific method is known as **ginataan**.

COOKING WITH VINEGAR
In Filipino cooking, there is a technique called **ginataan** which involves cooking with vinegar. The first step is to cook or stew the ingredients, and the second step is **kilawin**, which involves immersing the ingredients in a vinegar solution without stirring. Since vinegar's sourness is usually added to control the acidity of a dish from becoming too sour, this technique is used for meats or seafood for a short period of time, immersed in a mixture of vinegar, chillies and ginger.

Adding coconut milk to the mixture helps to balance the sourness of the vinegar. This technique is used for dishes like **ginataan** and **ginataan**.

INTRODUCTION

TECHNIQUES

was shaped by an influx of cuisine is a blend of lines. Therefore, it is only preparation and cooking from the cuisines that today. The uniqueness of not lie in the techniques they are employed to create known as inihaw in Tagalog. grilled (broiled) or barbecued. In the Philippines, eating grilled foods are known as the Visayan region. Meat, fish marinated before grilling, with a tangy, citric fruit like various herbs and spices. It is to baste food items while up flavourful juices locked in. be done by cooking food in a both referred to as nilaga. primary cooking methods in used in creating the one-pot is famous for. Simmering medium to low heat, so that the constant boiling point, thus porate completely and the burn. Tough cuts of meat

such as carrots and potatoes should always be simmered, as the constant temperature and gentle movement of the liquid help to ensure that the ingredients keep their shape as they are being cooked. Stews, in particular, should be simmered for the ingredients to cook in their own juices, thus retaining much flavour. Always refer to the recipe method to see if food should be simmered with the pot covered or uncovered, as this affects the flavour of the dish.

Another simmering method in Filipino cooking involves leaving food to cook in coconut milk uncovered and with little or no stirring, until oil starts to separate and the coconut milk is thick and almost dry. This specific method of cooking is known as **ginataan**.

COOKING WITH VINEGAR
In Filipino cooking, there are 2 techniques for cooking with vinegar. The first, pinaksiw, involves food being cooked or stewed in vinegar without stirring. The second is kilawin, where food is cooked by immersing it in vinegar without using heat. **Pinaksiw** involves adding vinegar to a combination of ingredients in a pot and bringing it to the boil without stirring. Stirring the mixture causes the vinegar's sourness and acidity to increase. Sugar is usually added to counter the vinegar and prevent the dish from becoming too sour to consume. Kilawin is the technique used for preparing extremely fresh fish or seafood for a salad. The fish or seafood is immersed in a mixture of lemon juice, vinegar, chillies and ginger and left aside for 1–2 hours. Adding coconut milk is another variation of kilawin.

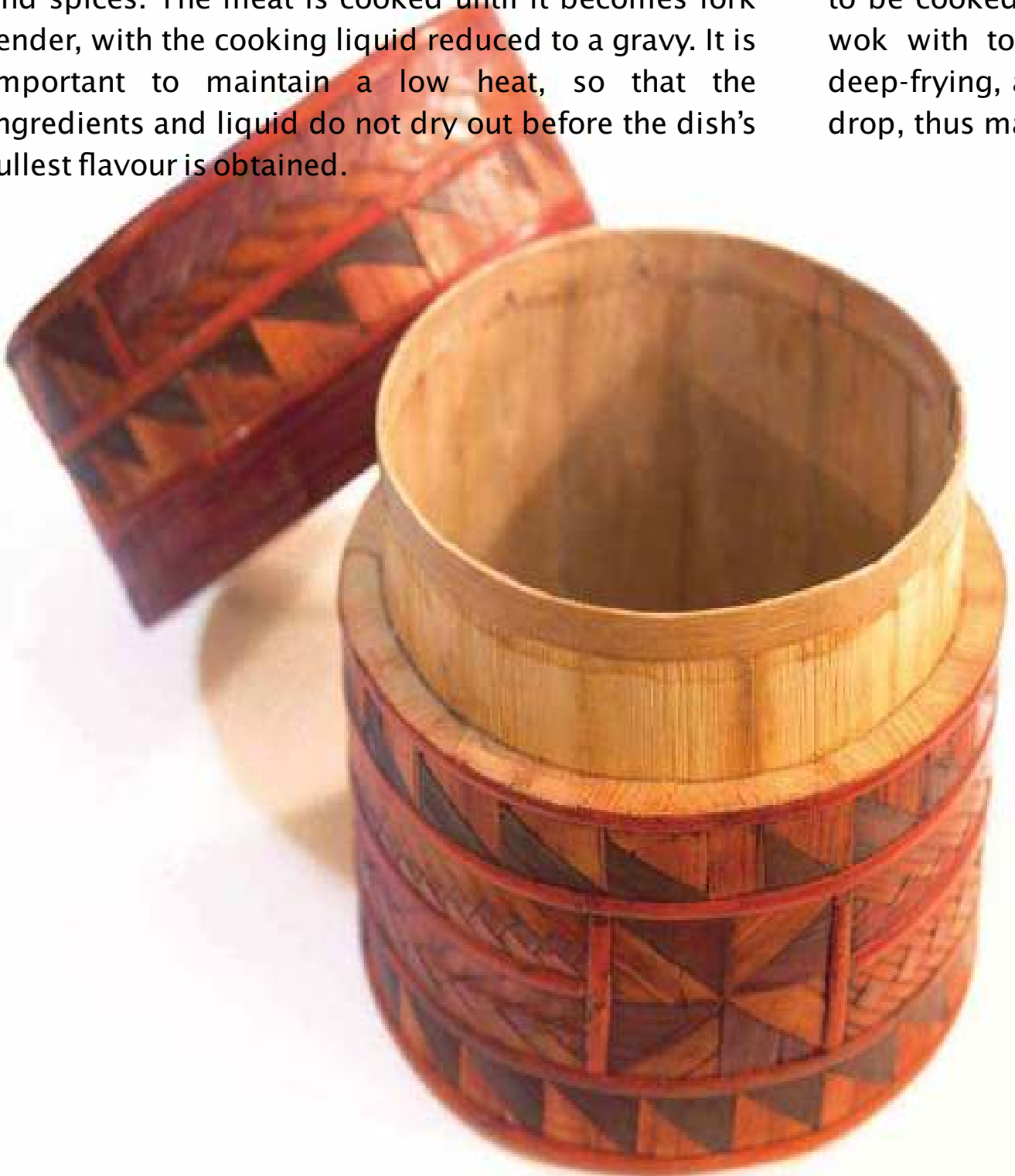
SECTION

BRAISING

Braising is known as adobo in Tagalog. Ingredients such as garlic and onion are sautéed and meat is browned over medium to high heat before adding a cooking liquid that contains a certain amount of acidity. A typical cooking liquid used in adobo is made up of a mixture of soy sauce, vinegar and various herbs and spices. The meat is cooked until it becomes fork tender, with the cooking liquid reduced to a gravy. It is important to maintain a low heat, so that the ingredients and liquid do not dry out before the dish's fullest flavour is obtained.

DEEP-FRYING

The Filipino method from Chinese influence is an indispensable cooking technique. For the best results, always use a neutral oil. Food items can be pre-cooked or also be heated to a high temperature to be cooked to desired doneness. A wok with too many ridges is not ideal for deep-frying, as it causes the oil to drop, thus making food soggy.



DEEP-FRYING

Adobo in Tagalog. Ingredients are sautéed and meat is cooked at high heat before adding a marinade. It retains a certain amount of moisture. The liquid used in adobo is made from vinegar, vinegar, vinegar, vinegar, vinegar, vinegar and various herbs. The marinade is cooked until it becomes fork-tender. The liquid is reduced to a gravy. It is cooked at a low heat, so that the meat does not dry out before the dish's

The Filipino method, deep-frying, or prito, stems from Chinese influence and has become an indispensable cooking technique to the Filipinos. For the best results, always use enough cooking oil, so that the food items can be fried evenly. Cooking oil should also be heated to a high temperature in order for food to be cooked to desired crispness. Do not crowd the wok with too many food items at one time which causes deep-frying, as it causes the temperature of the oil to drop, thus making food soggy.



COOKING UTENSILS

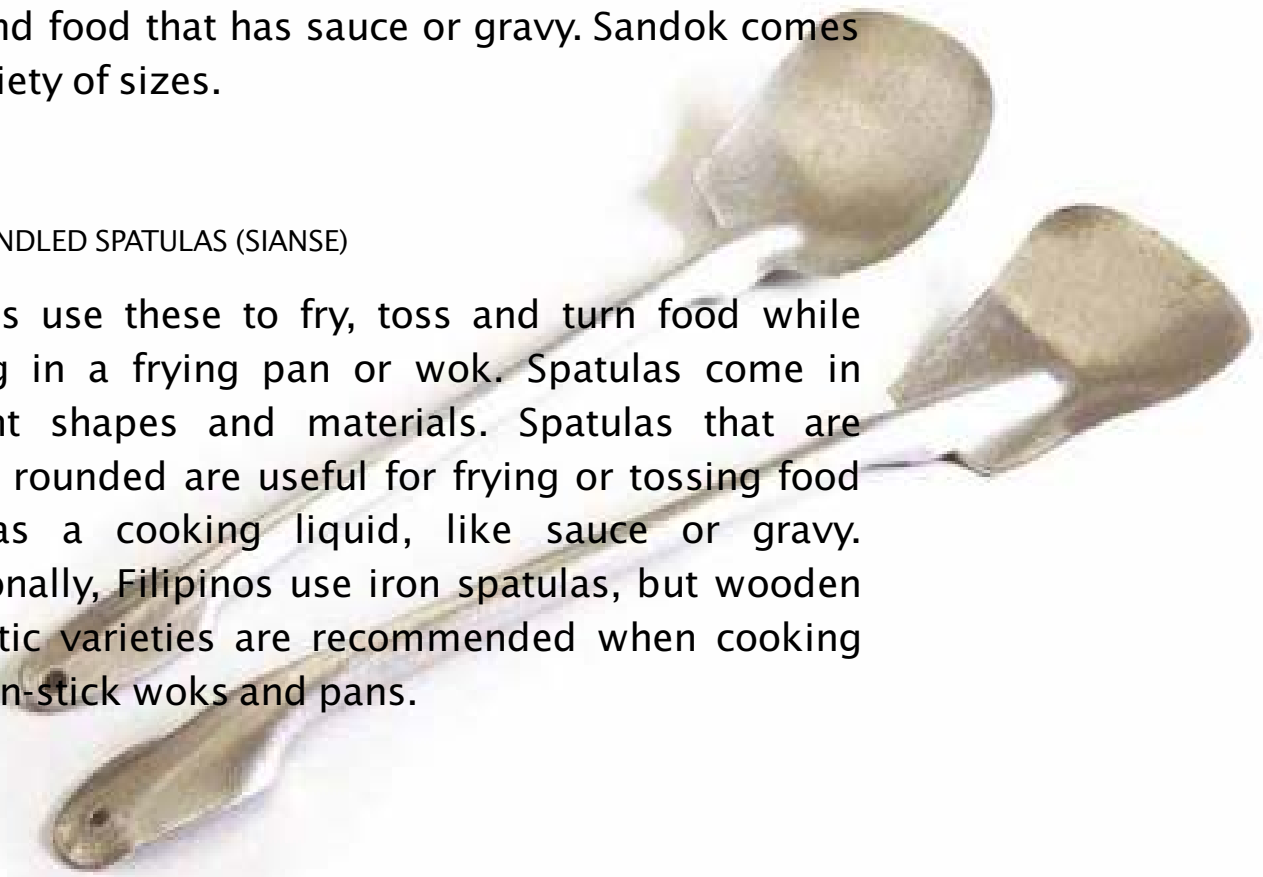


SCOOPS AND LADLES (SANDOK)

Sandok isa collective term used to describe a variety of serving scoops and ladles. Short-handled sandoks are used for serving rice during meals. Traditionally, they are made from sun dried coconut husks. Long-handled sandoks are used for handling and serving soup and food that has sauce or gravy. Sandok comes in a variety of sizes.

LONG-HANDLED SPATULAS (SIANSE)

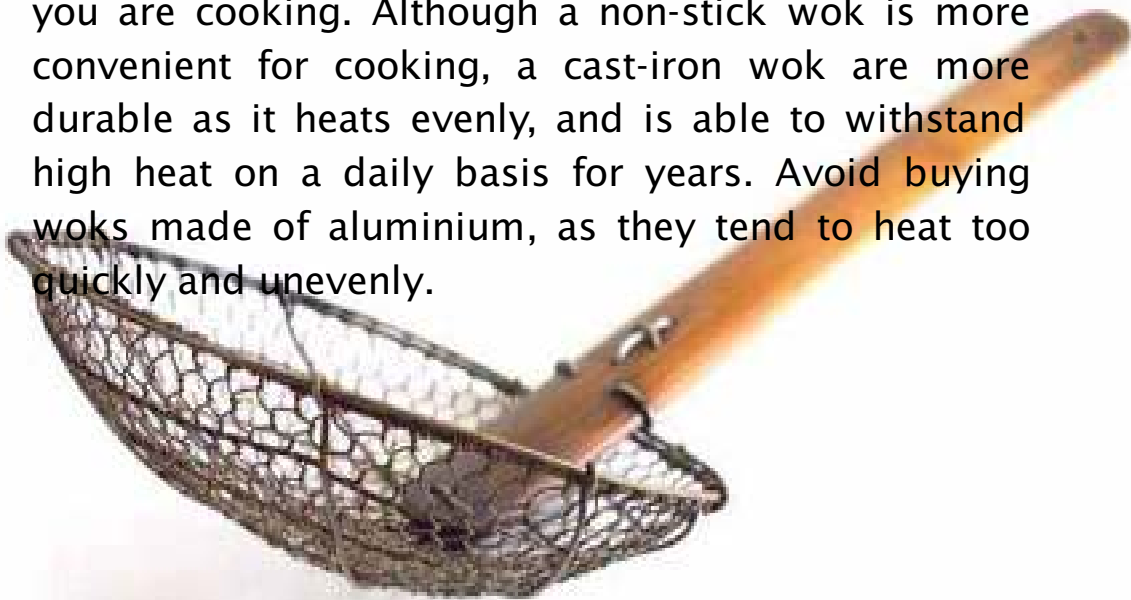
Filipinos use these to fry, toss and turn food while cooking in a frying pan or wok. Spatulas come in different shapes and materials. Spatulas that are slightly rounded are useful for frying or tossing food that has a cooking liquid, like sauce or gravy. Traditionally, Filipinos use iron spatulas, but wooden or plastic varieties are recommended when cooking with non-stick woks and pans.





WOK (KAWALI)

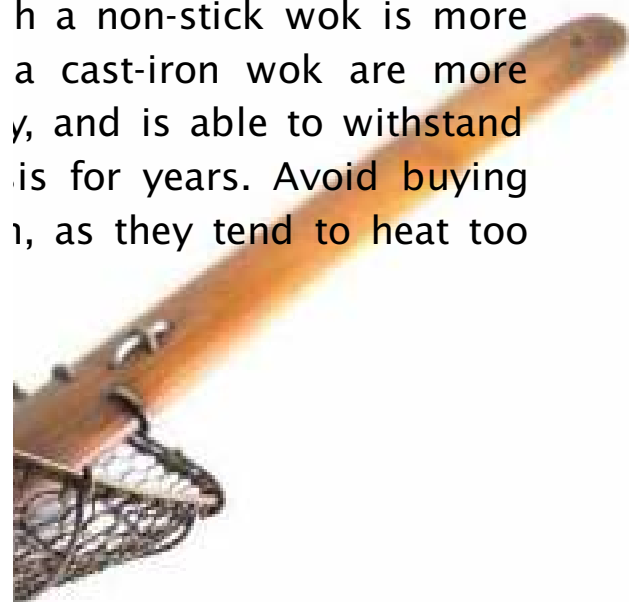
The wok is an indispensable tool for cooking stir-fried noodles or deep-fried dishes. Traditionally, kawali refers to a big, deep-bottomed wok that is used for cooking large amounts of food. However, it is more practical to purchase a small to medium-size wok, as you can retain better control over the food you are cooking. Although a non-stick wok is more convenient for cooking, a cast-iron wok are more durable as it heats evenly, and is able to withstand high heat on a daily basis for years. Avoid buying woks made of aluminium, as they tend to heat too quickly and unevenly.



WIRE MESH SCOOP (SALAA)



able tool for cooking stir-fried dishes. Traditionally, deep-bottomed wok that is mounts of food. However, it use a small to medium-size better control over the food h a non-stick wok is more a cast-iron wok are more y, and is able to withstand is for years. Avoid buying n, as they tend to heat too



WIRE MESH SCOOP (SALAAN)



COCONUT SCRAPER
(PANGKAYOD)
Made of iron or steel
to scrape coconut
applied as the coco
direction and in on
scraper produces s
finer strips, use the
holes. The coconut s
the flesh of various n



ROUND-BELLIED EARTHEN
CLAYPOT
Traditionally, red t
Filipino cooking Cla



COCONUT SCRAPER
(PANGKAYOD)

Made of iron or steel, this is a handy tool that is used to scrape coconut meat into strips. Firm pressure is applied as the coconut meat is scraped in a single direction and in one long stroke. Each end of the scraper produces strips of different thickness. For finer strips, use the fan-shaped end that has 6 small holes. The coconut scraper can also be used to scrape the flesh of various melon fruits for drinks.



ROUND-BELLIED EARTHEN
CLAYPOT

Traditionally, red terracotta claypots are used in Filipino cooking. Claypots can be used to cook rice



PAELLERA

The paellera is a shallow round pan with 2 side handles for easy handling. Its name is comes from the



w round pan with 2 side
Its name is comes from the

WEIGHTS & MEASURES

Liquid And Volume Measures

Metric	Imperial	American
5 ml	1/6 fl oz	1 teaspoon
10 ml	1/3 fl oz	1 dessertspoon
15 ml	1/2 fl oz	1 tablespoon
60 ml	2 fl oz	1/4 cup (4 tablespoons)
85 ml	2 1/2 fl oz	1/3 cup
90 ml	3 fl oz	3/8 cup (6 tablespoons)
125 ml	4 fl oz	1/2 cup
180 ml	6 fl oz	3/4 cup
250 ml	8 fl oz	1 1/4 cups
300 ml	10 fl oz (1/2 pint)	1 1/2 cups
375 ml	14 fl oz	1 3/4 cups
500 ml	16 fl oz	2 cups
625 ml	20 fl oz (1 pint)	2 1/2 cups
750 ml	24 fl oz (1 1/5 pints)	3 cups
1 litre	32 fl oz (1 3/5 pints)	4 cups
1.25 litres	40 fl oz (2 pints)	5 cups
1.5 litres	48 fl oz (2 2/5 pints)	6 cups
2.5 litres	80 fl oz (4 pints)	10 cups

Oven Temperature

	°C	°F	Gas Regulo
Very slow	120	250	1
Slow	150	300	2
Moderately slow	160	325	3
Moderate	180	350	4
Moderately hot	190/200	375/400	5/6

Quantities for this book are given in Metric, Imperial and American (spoon and cup) measures

Standard spoon and cup measurements

Dry Measures Metric Imperial

30 grams 1 Tbsp = 5 ml, 1 Tbsp = 15 ml, 1 cup = 250 grams

45 grams 1 cup = 110 grams

70 grams 1 1/2 cups

100 grams 1 1/2 cups

110 grams 2 cups

125 grams 1 3/4 cups

140 grams 1 1/2 cups

150 grams 1 1/4 cups

160 grams 1 1/2 cups

170 grams 1 1/4 cups

180 grams 1 1/2 cups

190 grams 1 1/4 cups

200 grams 1 1/2 cups

250 grams 1 3/4 cups

300 grams 2 cups

350 grams 2 1/2 cups

400 grams 3 cups

450 grams 3 1/2 cups

500 grams 4 cups

550 grams 4 1/2 cups

600 grams 5 cups

650 grams 5 1/2 cups

700 grams 6 cups

750 grams 6 1/2 cups

800 grams 7 cups

850 grams 7 1/2 cups

900 grams 8 cups

950 grams 8 1/2 cups

1000 grams 10 cups

1100 grams 11 cups

1200 grams 12 cups

1300 grams 13 cups

1400 grams 14 cups

1500 grams 15 cups

1600 grams 16 cups

1700 grams 17 cups

1800 grams 18 cups

1900 grams 19 cups

2000 grams 20 cups

2100 grams 21 cups

2200 grams 22 cups

2300 grams 23 cups

2400 grams 24 cups

2500 grams 25 cups

2600 grams 26 cups

2700 grams 27 cups

2800 grams 28 cups

2900 grams 29 cups

3000 grams 30 cups

3100 grams 31 cups

3200 grams 32 cups

3300 grams 33 cups

3400 grams 34 cups

3500 grams 35 cups

3600 grams 36 cups

3700 grams 37 cups

3800 grams 38 cups

3900 grams 39 cups

4000 grams 40 cups

4100 grams 41 cups

4200 grams 42 cups

4300 grams 43 cups

4400 grams 44 cups

4500 grams 45 cups

4600 grams 46 cups

4700 grams 47 cups

4800 grams 48 cups

4900 grams 49 cups

5000 grams 50 cups

Length

Metric Imperial

0.5 cm 1/4 inch

1 cm 1/2 inch

1.5 cm 3/4 inch

2.5 cm 1 inch

3 cm 1 1/4 inch

4 cm 1 1/2 inch

5 cm 2 inch

6 cm 2 1/4 inch

7 cm 2 3/4 inch

8 cm 3 inch

9 cm 3 1/4 inch

10 cm 4 inch

11 cm 4 1/4 inch

12 cm 5 inch

13 cm 5 1/4 inch

14 cm 5 1/2 inch

15 cm 6 inch

16 cm 6 1/4 inch

17 cm 6 3/4 inch

18 cm 7 inch

19 cm 7 1/4 inch

20 cm 8 inch

21 cm 8 1/4 inch

22 cm 8 1/2 inch

23 cm 9 inch

24 cm 9 1/4 inch

25 cm 10 inch

26 cm 10 1/4 inch

27 cm 10 3/4 inch

28 cm 11 inch

29 cm 11 1/4 inch

30 cm 12 inch

31 cm 12 1/4 inch

32 cm 12 1/2 inch

33 cm 13 inch

34 cm 13 1/4 inch

35 cm 13 1/2 inch

36 cm 14 inch

37 cm 14 1/4 inch

38 cm 15 inch

39 cm 15 1/4 inch

40 cm 16 inch

41 cm 16 1/4 inch

42 cm 16 1/2 inch

43 cm 17 inch

44 cm 17 1/4 inch

45 cm 18 inch

46 cm 18 1/4 inch

47 cm 18 1/2 inch

48 cm 19 inch

49 cm 19 1/4 inch

50 cm 20 inch

Abbreviation

tsp 1/2 inch

Tbsp 1 1/2 inch

cup 1 1/2 inch

1/2 cup 3/4 inch

1/3 cup 2/3 inch

1/4 cup 1/2 inch

WEIGHTS & MEASURES

Liquid And Volume Measures

Metric	Imperial	American
5 ml	1/6 fl oz	1 teaspoon
10 ml	1/3 fl oz	1 dessertspoon
15 ml	1/2 fl oz	1 tablespoon
60 ml	2 fl oz	1/4 cup (4 tablespoons)
85 ml	2 1/2 fl oz	1/3 cup
90 ml	3 fl oz	3/8 cup (6 tablespoons)
125 ml	4 fl oz	1/2 cup
180 ml	6 fl oz	3/4 cup
250 ml	8 fl oz	1 1/4 cups
300 ml	10 fl oz (1/2 pint)	1 1/2 cups
375 ml	1 1/4 fl oz	1 3/4 cups
500 ml	16 fl oz	2 cups
625 ml	20 fl oz (1 pint)	2 1/2 cups
750 ml	24 fl oz (1 1/5 pints)	3 cups
1 litre	32 fl oz (1 3/5 pints)	4 cups
1.25 litres	40 fl oz (2 pints)	5 cups
1.5 litres	48 fl oz (2 2/5 pints)	6 cups
2.5 litres	80 fl oz (4 pints)	10 cups

Oven Temperature

	°C	°F	Gas Regulo
Very slow	120	250	1
Slow	150	300	2
Moderately slow	160	325	3
Moderate	180	350	4
Moderately hot	190/200	375/400	5/6

Quantities for this book are given in Metric, Imperial and American (spoon and cup) measures.

Dry Measures

Standard spoon and cup measurements used are:
 30 grams = 1 Tbsp
 45 grams = 1 cup
 50 grams = 1 1/2
 70 grams = 1/2 cup
 100 grams = 1 cup
 110 grams = 2 1/2
 125 grams = 1/2 cup
 140 grams = 3/4 cup
 180 grams = 1 cup
 250 grams = 1 1/2 cups
 300 grams = 1 1/4 cups
 375 grams = 1 3/4 cups
 500 grams = 2 cups
 700 grams = 2 1/2 cups
 800 grams = 3 cups
 1 kilogram = 2 1/2 pounds
 1.5 kilograms = 3 1/2 pounds
 2 kilograms = 4 1/2 pounds

All measures are level unless otherwise stated

1 tsp = 5 ml, 1 Tbsp = 15 ml, 1 cup = 250 ml

Length

Metric	Imperial
0.5 cm	1/4 inch
1 cm	1/2 inch
1.5 cm	3/4 inch
2.5 cm	1 inch

Abbreviation

tsp	teaspoon
Tbsp	tablespoon
cup	cup
lb	pound
oz	ounce





SOU

sample content of Step by Step Cooking: Filipino

- [download The Vegetarian Myth: Food, Justice, and Sustainability](#)
- [read online Dignity: Its History and Meaning book](#)
- [click Technical Analysis For Dummies pdf, azw \(kindle\), epub, doc, mobi](#)
- [click Advanced Rails pdf, azw \(kindle\), epub, doc, mobi](#)
- [read online Design of Energy-Efficient Application-Specific Instruction Set Processors](#)
- [download online Lauren Yanofsky Hates the Holocaust pdf](#)

- <http://redbuffalodesign.com/ebooks/The-Vegetarian-Myth--Food--Justice--and-Sustainability.pdf>
- <http://aneventshop.com/ebooks/Protestantism-and-Patriotism--Ideologies-and-the-Making-of-English-Foreign-Policy--1650-1668--Cambridge-Studies->
- <http://hasanetmekci.com/ebooks/The-Urban-Fantasy-Anthology.pdf>
- <http://www.khoi.dk/?books/Advanced-Rails.pdf>
- <http://test1.batsinbelfries.com/ebooks/Phantoms-on-the-Bookshelves.pdf>
- <http://www.uverp.it/library/Cutting-the-Body--Representing-Woman-in-Baudelaire-s-Poetry--Truffaut-s-Cinema--and-Freud-s-Psychoanalysis--The>