



MEASURING UP

WELL, WHAT IS A CUP ANYWAY?



BUTTER, MARG & LARD
 1 stick = 8 tbsp = 100g
 1 cup = 225g

BREADCRUMBS
 Fresh: 1 cup = 50g
 Dried: 1 cup = 115g

CHEESE
 Grated cheddar: 1 cup = 115g
 Diced cheddar: 1 cup = 170g
 Parmesan: 1 cup = 150g
 Cream cheese: 1 cup = 225g

Cornflour: 1 cup = 100g

DRIED FRUIT
 Currants, sultanas: 1 cup = 150g
 Apricots: 1 cup = 150-175g
 Prunes: 1 cup = 175g
 Cherries: 1 cup = 125g

FISH
 Prawns, peeled: 1 cup = 175g
 Fish, cooked and flaked: 1 cup = 225g

Flour: 1 cup = 115g
 Golden syrup, treacle, honey: 1 cup = 350g

NUTS
 Almonds, whole, shelled: 1 cup = 150g
 Almonds, flaked: 1 cup = 115g
 Hazelnuts: 1 cup = 150g
 Walnuts and pecans: 1 cup = 115g
 Ground nuts: 1 cup = 115g
 Chopped nuts: 1 cup = 115g

OATS
 Rolled: 1 cup = 100g
 Oatmeal: 1 cup = 175g

PULSES
 Split peas, lentils: 1 cup = 225g
 Haricot beans: 1 cup = 200g
 Kidney beans: 1 cup = 300g

RICE
 Uncooked: 1 cup = 200g
 Cooked, well drained: 1 cup = 165g
 Semolina, ground rice, couscous: 1 cup = 180g

SUGAR
 Caster and granulated: 1 cup = 225g

Moist brown: 1 cup = 200g
 Icing sugar: 1 cup = 125g

VEGGIES
 Onions, chopped: 1 cup = 115g
 Cabbage, shredded: 1 cup = 75g
 Peas: 1 cup = 150g
 Beansprouts: 1 cup = 50g
 Potatoes, peeled and diced: 1 cup = 170g
 Potatoes, mashed: 1 cup = 225g
 Tomatoes: 1 cup = 225g