

# App1 Conversions

The units used in this book are oz, floz, and spoon measures. The following conversions are approximate only. Where recipe books offer alternative sets of units stick to one set or the other and don't mix.

## Oven Temperature

very hot	240° (475°F)	mark	9	200° fan
very hot	230° (450°F)	mark	8	190°
hot	220° (425°F)	mark	7	180°
moderately hot	200° (400°F)	mark	6	170°
moderately hot	190° (375°F)	mark	5	165°
moderate	180		4	160°
moderate	170° (340°F)	mark	3	155°
moderate	160° (325°F)	mark	3	150°
cool	150° (300°F)	mark	2	140°
cool	140° (275°F)	mark	1	130°

## Volume

When measuring liquids, ensure vessel is horizontal and view from as near to the height of the surface as possible.

1 tbsp (slightly rounded) ~ 3 tsp ~ 14.2 (15) ml ~ ½ floz
1 pt (UK) ~ 20 floz ~ 568 (600) ml
1 pt (US) ~ 16 floz ~ 2 (US) cups ~ 454 (480) ml
1 US cup ~ 240 ml (8.45 floz)
1 metric cup ~ 250 ml (8.8 floz)
1 wine glass ~ 6 floz
1 sherry glass ~ 3.5 floz
1 liqueur glass ~ 2-3 tbsp
1 vol dried herbs ~ 3 vol fresh
1 litre ~ 1.76 pt ~ 35.2 floz
5 floz = 142ml
1 tbsp = 15 ml = 3 tsp [flat measure]
1 dessertspoon = 10 ml = 2 tsp
1 tsp = 5 ml

## Self Raising Flour

Add 1 level tsp baking powder per **100g** /3.5 oz plain flour  
(some say per 55g /2oz flour)

## Weight

1 oz = 28.3g (30g)
2 oz = 56.6g (55g)
3 oz = (85g)
4oz = (110g)
6oz = (170g)
7oz = (200g)
8 oz = 226.4g (225g)
50g = 1.76 oz (2 oz)
100g = 3.53 oz (3.5 oz)
500g = 17.65 oz (18 oz)
1 stick butter (US) = 4 oz

## Length

1" = 25.4 mm, 100 mm = 4"

## Volume to weight

1 US cup syrup ~ 14 oz/400g
butter, rice or dried beans ~ 8 oz/225g
dry lentils, red ~ 190g, Puy ~ 200g, brown ~ 210g
milk, water or cream ~ 8 oz
sugar ~ 7 oz/200g
flour ~ 5 oz/140g (150g)
grated cheese or chopped veg ~ 4 oz/110g
breadcrumbs ~ 2 oz/55g, sultanas 170g
1 tbsp ~ 15g, ½ oz, e.g. butter
1 oz sugar ~ 2 tbsp
flour ~ 3 tbsp (slightly rounded)
oil ~ 3 tbsp
eggs: size 2 ~ 2¼ floz ~ 2 oz,
size 3 ~ 2 floz ~ 1.8 oz

## Area Conversions

#	sq cm	ROUND	SQUARE	OBLONG
3.3	(20)	2		1 x 3
5	(32)	2½	2¼	
7.2	(46)	3		2½ x 3
13	(80)	4	3½	
20	(130)	5	4½	
33	(214)	6½		6½ x 5
38	(248)	7	6	1 lb loaf
50	(325)	8	7	6 x 8
57	(366)	8½	7½	
64	(410)	9	8	7 x 9
80	(507)	10	9	7 x 11½
96	(613)	11		8 x 12
112	(730)	12	10 x 11 or 9 x 12½ (swiss roll)	
177	(1140)	15		

new quantity = recipe quantity x new area/recipe area

1# = 645 sq mm = 6.45 sq cm

all purpose flour: 50% fine and 50% strong flour

# App 2 Dietary Information

## Typical Content per 100 g (3.5 oz) for different food classes

First column gives actual requirement for adult male. The classes columns are for typical members only and are given as percentage of actual requirement.	Ave. Daily Actl Requirement	Dried Fruit	Olive Oil	Root Vegetable	Fat Meat	Lean Meat	White Fish	Eggs	Cheese	Green Vegetable	Pulse	Whole Grain
Fibre	18 g	100	0	15	0	0	0	0	0	15	28	50
Fat MAX	93 g	tr	106	tr	32	16	2	11	37	tr	0.4	3
Protein	70 g	3		1.0	34	35	28	18	36	2.5	10	14
Energy	2750 Kcal	8	32	.75	15	9	5.5	5.3	15	.75	3.6	11
Vit A Retinol	750 RE					tr	tr	25	48	8	tr	0
B1 Thiamin	1.2 mg					12	8.3	7.5	2.5	6.7	9.2	37
B2 Riboflavin	1.6 mg					12	7.5	29	25	3.1	3.1	6.2
B3 Niacin	18 mg					33	11	3.9	0.4	3.9	5.6	22
C Ascorbic Acid	30 mg					0	tr	0	tr	60	tr	0
D	5 µg					tr	tr		5.2	0	0	0
E D-alpha toopherol	10 mg					1.0		22	5.3	10	tr	2
Folacin, Folic acid	400 mg					1.5	3.3	13	8.3	7.5		
Phosphorus	800 mg					26	25	25	61	4.4	12	31
Iron	10 mg					15	6	20	3	5	20	35
Zinc	15 mg					20	12	8.7	15	2	6.7	13
Calcium	500 mg					2	3.6	12	144	6	3	12

## Content of different fats by type

Content per 100 g Fats are virtually 100% fat (butter & margarine are 20% water). Fat has 900 energy units/100g. Trans fats include hydrogenated and mono-un- saturated	Dripping	Butter	Suet/Lard	Peanut Oil	Sunflower Marg	Sesame Oil	Olive Oil	Sunflower Oil	Double Cream
Sat	58	55	47	22	19	15	14	13	
Trans	37	22	28	-	25	-	-		
Mono	-	-	-	49	-	40	75	21	
Poly	5	4	7	28	40	44	11	65	
Vit A		886							
D		0.76							
E		2							

## % of Daily Requirement for Protein, Fibre Etc in Common Foodstuffs

Daily Requirement	2750	70g	93 max	18g
Item	%req energy	%req protein	%max fat	%req fibre
1 size 2 egg (2 Oz)	3	10	6.3	0
Portion hard cheese 3½oz	15	25	37	0
haddock fillet 150 g	4	27	1.1	0
3½ oz frozen prawns	3	23.5	1.6	0
½ tin tuna in brine 100 g	4	27	0	0
5 oz portion lean beef	13	35	23	0
skinless chicken breast (6 oz)	7.2	40.4	5.6	0
3½ oz Quorn pieces	3	17.5	3	26.5
2 oz dry T.V.P				
2 slices whole wheat bread	7	7.5	1.8	25.5
1 slice trad sponge cake	12.5	6.3	21.4	3.8
½tin baked beans 210 g	8.8	13	0.3	50
3 oz dry lentils	9.7	21	1.2	23
3 oz dry basmati rice	8.8	8	0	10.5
3 oz dry pasta	11.3	11.3	1.6	?
2½ oz sultana bran	8.8	6.5	1.6	40
1 oz plain flour	3.5	3.2	0.4	5
1 oz butter	7.5	0.2	25	0
½ pt milk semi-skimmed	3.8	10.8	4	0
2 floz double cream	9.3	1.1	30	0
1 tbsp oil (½ floz)	4.6	0.1	15	0
1 oz sugar	4.2	0	0	0
1 oz honey	3.2	0.1	tr	0

## The Key Food Stars

Stars	Biggest common suppliers
Vitamin A	liver, carrots, sweet potatoes, cress, butter, spring greens, spinach, w-cress, cream cheese, broccoli, mackerel, peas
B1	Walnuts, almonds, sesame, sunflower seeds, wheat germ, bran, sweet potatoes, prunes, oatmeal, peas, dried apricots
B2	liver, goats cheese, eggs, cheddar cheese, broccoli, dried apricots & figs, skimmed milk, tuna, prunes
B3	liver, tuna, turkey breast, mackerel, roast chicken, haddock, mushrooms, broad beans
B6	wheat germ & bran, salmon, mackerel, steak, currants, brussels, prunes, leeks, broccoli
C	watercress, lemon juice, cauliflower, brussels, broccoli, orange juice, raspberries, asparagus, avocado
D	tinned tuna, egg, butter, cheddar cheese, carrot
E	tinned tuna, avocado, butter, spinach, full fat soya, tomato, broccoli, brussels, leeks, peppers
Folic Acid	liver, soya flour, wheat germ, chick peas, spinach, butter beans, peanuts, camembert, marrow, almonds
Iron	pistachio nuts, wheat germ, sesame, sunflower, minced beef, cashew nuts, dried figs and apricots
Zinc	Wheat germ & bran, brisket, shrimps, steak, lamb roast, full fat soya flour, pork & ham, cheddar cheese
Calcium	cheese, spinach, sardines, dried figs, almonds, watercress, mussels

## App 3 Choosing Potatoes

Variety	Floury		Waxy
	Mashing Baking	Roasting Chipping	Boiling Steaming
Cara		✓	
Charlotte		✓	✓
Desiree	✓	✓	
Estima	✓	✓	✓
Golden Wonder	✓	✓	✓
Jersey			✓
King Edward	✓	✓	
Maris Piper	✓		
Pink F. A.			✓
Nicola			✓
Romano		✓	
Wilja	✓		

# App 4 Meat Cooking Times

## Meat Cooking Chart, Times & Temperatures

Cooking Time and Temperature Chart	Y	F	G	R	P	L	C	S
Beef fillet	Y	F	G	H				
beef sirloin, fore/wing /prime rib/rump	Y	F	G	R				
top rump/thick flank, topside, silverside, brskt						L		
beef shoulder/chuck, thin flank/skirt								S
beef leg/shin, neck/clod								S
pork loin/fillet/tenderloin, leg	Y			R			C	
pork shoulder/blade/sparerib/best neck					P		C	
pork belly/spareribs (American/Chinese)			G		R			
pork hand/spring					P			
pork chops, slices of loin or fillet		F	G	H			C	
lamb loin/chump/saddle, best neck/rack		F	G	R			C	
lamb leg/gigot				R	P		C	S
lamb neck fillet								S
lamb shoulder, breast						L		
lamb middle neck/scrag end							C	
veal fillet		F		R				
veal loin/leg				R	P			
veal/pork escalopes		F						
veal shin/foreleg /ossobuco							C	
chicken/turkey				R	P		C	
chicken pieces on bone			G	H			C	
chicken/duck breast fillet	Y	F		H				
duck/goose/quail		F	G	R	P		C	
rabbit							C	
partridge, pheasant				H	P			
cured joints								B

### Times in minutes.

#### Y STIR FRY

Cut in strips against grain and marinated: chicken breast 2.5

beef, prawn 3; pork, lamb 6

#### F SAUTE/FRY

first medium/fast then slow

beef steak 5+5; lamb chop 7+7

pork chop 9+11; veal 10+12

pork escalope 2-4/side; liver 7+5;

boned chicken breast 10+10

Less time & faster for strips, tender or thin pieces

#### G GRILL/DRYFRY

beef steak 6m/" HIGH

lamb cutlet 9m/" MEDIUM

pork chop 12m/" MEDIUM

burgers 10m/" MEDIUM

chicken joint 15m

boned duck breast 12

#### H HIGH/FLASH ROAST 230°

beef 7-10/lb, partridge 20-25,

pheasant 30-45, duck breast 15-20

chops or chicken fillet in foil 20-30

#### R ROAST 180°C plus 15min. 230°

Add 20% if off the bone.

beef 10-12/lb; veal 20-25/lb;

lamb 12-15/lb; pork loin 25/lb; other

pork 35/lb; 3lb chicken 55; 3lb duck

80; 8lb turkey 140; 8lb goose 150

(ext.wt 15/lb) quail 20

#### P POT ROAST/BRAISE

170-180°

joints: lamb&pork 30-40/lb;

quail 50; partridge 65

pheasant 75 chicken as roast

#### L SLOW POT ROAST 140°

Joints: Beef 50-70/lb;

rolled lamb shoulder 35-

40/lb

duck legs 60

#### C CASSEROLE CHOPS

etc. 170°

chicken joints/lamb chop 45-

50; duck/turkey/pork chop

50-60; ossobuco/rabbit

thighs 90

#### S STEWS & CASSEROLES

140°

cubed pork/lamb 90-120;

beef shldr etc. 2-2.5hours;

beef shin etc. 4 hours

#### B BOILING JOINTS

ham/gammon 20/lb+20 over;

other cured joints 35/lb,

minimum of 100

Escalopes can be rolled or layered with stuffing and tied with string, then treated as a joint.

Times assume meat starts at room temperature.

Joints cooked by weight need less time if long and thin.

Include any stuffing weight.

Joints need more time if on the bone.

Chops and cutlets are cooked by width.

# App 4 Stir-fry Cooking Times

## Stir Fry Times for Meat & Vegetables

		SEAL	REHEAT
MEAT	Pork slices, chicken cubes	2-3	2-3
	beef/lamb slices	2-3	1
	pork/chicken shreds	1½	1
HARD	Onion, blanched carrot, fresh ginger (do not fry too fast alone or the onion and ginger may burn and become bitter)		10
MEDIUM	broccoli, cauliflower, fennel, garlic, leek, green beans		6-8
SOFT	Courgettes, peppers, mushrooms, celery, spinach, mange tout		3
RAW	bean sprouts		1

Notes: Heat wok before adding oil; do not crowd the pan or the food will steam not fry and will require longer cooking times. It is advisable to pre-cook the meat and the vegetables separately, recombining for the reheat period of 1 -2 minutes.

For a softer stir-fry, before adding the meat, cover and braise the vegetables slowly for 1-2 minutes.

## Microwave Times, unfrozen, on trivet

	setting	minutes
2 large pork chops	medium	12
4 lamb loin chops	medium	8
2 boned chicken breasts	high	8
4 chicken drumsticks	high	8
lamb curry 1lb cubed	high	10
	then low	40
chicken joint casserole	high	5
	then low	30-40

# App 5 Vegetable Cooking Times

## Vegetable Cooking Chart

Preferred methods and approximate times are given. A traffic light system is used to show when method not advisable, a blank square indicates possible but not preferred unless Y or cooking time given.

Average cooking time is given in minutes and excludes pre-cooking when desirable such as parboiling or blanching to retain colour, remove odour or reduce toughness. When recommended (indicated by \*), allow one third of the time indicated for complete cooking in water. Sometimes proportion of pre-cooking is desirable.

Whether to boil or steam see Vegetable methods; for salads, C =

cooked; Bl = blanched; R = raw

The times assume that the vegetables will be prepared and cut up in the manner indicated in the text unless indicated otherwise in the table. Because of the nature of vegetables times are only approximate, older ones may take longer; the only foolproof way is to start testing after 75% of cooking time.

	recommended
	possible
	not recommended

**CHART TO BE COMPLETED**

Approximate times only!	Boil/Steam	Mic Wave	Braise	Saute	Stir Fry	Bake	Roast	Grill	A la Greque	Purée	Salad	Stuff
Artichoke G	30	6,10		15					Y	Y	C	Y
Artichoke J	10	3,5		20	10		15					
Asparagus	8-20	3,6			6		12				C	
Aubergine		2,6	Y	15	15	30 <sup>1</sup>		10			C	Y
Avocado			Y							Y	R	Y
Beetroot	60-90	6,16	Y			150	90				C	
Broad Beans	5-10	3,6	Y								Bl	
Broccoli	2+3	3,8	Y		6		40				C	
Brussels	8-10	4,8		+10								
Cabbage	5-10	4,8	60		6						R	Y
Cabb Qtrs	12											
Carrots	10-15	6,13	Y		10		*30			Y	RC	
Carr. Whole	30											
Cauliflower	2+5	5,10	Y		6				Y	Y	Bl	
Caul. Whole	15-20											
Cavolo Nero	10		Y		6						C	
Celeriac	12		Y	15					Y	Y	R,Bl	
Celery	20	7,9	*45		8	+15					R	
Chicory	10-30		60								R	
Courgettes	2	3,8		15	3	*10			Y		RC	Y
Courg Whole	15					30						
Fennel	10-15	8,10	8	6	8	+20	20		Y		RC	Y
French Beans	8-15	5,11									C	
Kohl Rabi	20		Y								C	
Leeks	10	4,7	45	30	8				Y	Y	C	

Approximate times only!	Boil/ Steam	Mic Wave	Braise	Saute	Stir Fry	Bake	Roast	Grill	A la Greque	Puree	Salad	Stuff
Leeks whole	20	4,7	45	30					Y	Y	C	
Mange-tout	8				8						C	
Marrow	15	3,7	19	9		30					C	Y
Marr. whole	30	3,7				40						Y
Mushrooms	15	2,4	7	10	3	20		Y	Y		RC	Y
Okra	10	4,7		15								
Pak Choi	6			6	6							
Parsnips	15			10			45			Y		
Pars. Whole	25											
Peas	10	2,5	20							Y	C	
Peppers	10				6		30			Y	RC	Y
Pepp. Whole	15		40			40	40			Y		Y
Potatoes	15-20	3,10	Y	*15		90	*40+			Y	C	Y
New Pots	8-10		Y		?					Y	C	
Runner Beans	10	5,11									C	
Salsify	20		Y								C	
Samphire	15				?						C	
Spinach	3-5	2,7		3	2					Y	R	
Squash butt.	20		Y	10	6		40-60			Y	C	
Swede	20	3,9	Y	*Y			Y			Y	C	
Sweet Corn	8,10		Y					Y		Y	C	
Sweet P'to	20		Y	Y	6	Y	30			Y	C	
Swiss Chard	10		Y	Y	6						C	
Tomato				Y			20	Y		Y	R	Y
Turnip	20	3,9	Y		10		*30				Bl	
Watercress				3	2						R	

# App 6 Fruit Chart

Fruit main preparation methods:

Fruit	Preparation Methods										
	Fresh	Salad	Caramelise	Poach/Compo	Bake	Pie	Flan	Fool	Mousse	Sorbet/Icecream	
Apple		✓		✓	✓	✓	✓	✓	✓		
Apricot	✓	✓		✓		✓	✓	✓	✓	S	
Banana		✓			✓		✓	✓			
Blackberry	✓	✓		✓		✓	✓	✓	✓	I	
Cherry	✓			✓		✓	✓				
Dried Fruit		✓		✓		✓		✓		I	
Gooseberry				✓		✓		✓		S	
Lemon									✓	S	
Mango	✓	✓			✓	✓	✓	✓		IS	
Melon	✓	✓								S	
Orange	✓	✓	✓				✓		✓	S	
Peach	✓	✓		✓	✓	✓	✓			S	
Pear	✓	✓		✓			✓				
Pineapple	✓	✓		✓	✓					S	
Plum	✓	✓		✓	✓	✓	✓	✓			
Raspberry	✓	✓		✓		✓	✓	✓	✓	IS	
Red/BlckC	✓	✓				✓		✓	✓	S	
Rhubarb			✓	✓		✓	✓	✓		I	
Strawberry	✓	✓				✓	✓	✓	✓	IS	



# App 7 Vegetable Seasons

## Vegetable Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus					Ma	Jun	Jul					
Aubergine					Ma	Jun	Jul	Aug	Sep	Oct		
Basil						Jun	Jul	Aug				
Beetroot	Jan						Jul	Aug	Sep	Oct	Nov	Dec
Broad Beans							Jul	Aug				
Broccoli							Jul	Aug	Sep	Oct		
Brussels sprouts	Jan	Feb	Mar							Oct	Nov	Dec
Cabbage	Jan	Feb	Mar	Apr	Ma	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Carrot					Ma	Jun	Jul	Aug	Sep			
Cauliflower	Jan	Feb	Mar	Apr								Dec
Cavolo nero						Jun	Jul	Aug	Sep	Oct		
Celeriac	Jan	Feb	Mar	Apr					Sep	Oct	Nov	Dec
Celery	Jan	Feb					Jul	Aug	Sep	Oct	Nov	Dec
Chicory	Jan	Feb	Mar									
Courgette						Jun	Jul	Aug	Sep			
Fennel bulb						Jun	Jul	Aug	Sep			
French Beans						Jun	Jul	Aug	Sep			
Garlic						Jun	Jul	Aug	Sep	Oct		
Globe artichoke					Ma	Jun	Jul	Aug	Sep	Oct	Nov	
Jerusm artichoke	Jan	Feb	Mar							Oct	Nov	Dec
Kale	Jan	Feb							Sep	Oct	Nov	Dec
Kohlrabi							Jul	Aug	Sep	Oct	Nov	
Lamb's lettuce					Ma	Jun	Jul	Aug	Sep	Oct	Nov	
Leek	Jan	Feb	Mar						Sep	Oct	Nov	Dec
Lettuce				Apr	Ma	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Marrow							Jul	Aug	Sep			
New potatoes				Apr	Ma	Jun	Jul					
Pak choi	Jan	Feb	Mar	Apr	Ma	Jun	Jul	Aug	Sep	Oct	Nov	Dec

 In season       Coming in

*Many vegetables are available all year round but are better at certain times*

## Vegetable Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Parsnip	Jan	Feb	Mar						Sep	Oct	Nov	Dec	
Peas				Apr	Ma	Jun	Jul	Aug	Sep	Oct	Nov		
Pepper		Feb	Mar	Apr	Ma	Jun	Jul	Aug	Sep	Oct			
Potatoes new				Mar	Apr	Ma	Jun	Jul					
Potatoes main	Jan	Feb	Mar							Sep	Oct	Nov	Dec
Pumpkin							Jul		Sep	Oct	Nov	Dec	
Purple spr broc	Jan	Feb	Mar	Apr									
Radicchio	Jan	Feb	Mar	Apr	Ma	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Radish				Apr	Ma	Jun	Jul	Aug	Sep	Oct			
Runner bean						Jun	Jul	Aug	Sep	Oct	Nov		
Salsify	Jan								Sep	Oct	Nov	Dec	
Samphire							Jul	Aug					
Spinach			Mar	Apr	Ma	Jun	Jul	Aug	Sep				
Squash, winter									Sep	Oct	Nov	Dec	
Spring greens			Mar	Apr	Ma	Jun							
Swede	Jan	Feb								Oct	Nov	Dec	
Sweet potato	Jan	Feb	Mar							Oct	Nov	Dec	
Sweetcorn								Aug	Sep				
Swiss chard							Jul	Aug	Sep	Oct	Nov		
Turnip	Jan	Feb								Oct	Nov	Dec	
Watercress			Mar	Apr	Ma	Jun	Jul	Aug	Sep				

 In season       Coming in

*Many vegetables are available all year round but are better at certain times*

UK Apples  
Forced Rhubarb

# App 8 Herbs and Spices

Herbs	
Basil	tomato, peppers, broad beans, pasta, eggs, red mullet, roast beef
Bay	Casseroles and sauces generally (inc. fish)
Caraway	Cakes, cabbage, pork & cheese, carrots
Dill	Sour cream, vinegar, cucumber
Fennel	Fish, pork, breads, salami, potatoes
Marjoram	Roast pork, replace thyme, adding at the end of cooking to retain flavour
Oregano	Tomato, cheese, beans, shellfish
Rosemary	Lamb, stoved or roasted potatoes, plums
Sage	Turkey, white meats, white beans, squash
Tarragon	Eggs, cream, chicken, salmon, sole
Thyme	Bacon, garlic, onion, wine, casseroled meat/poultry, stuffing

Spices	
Cardamom	Use the seeds. Lifts tomato, chick pea and lentil dishes, Danish pastries, curries, apricots, rhubarb
Cinnamon	Curries, cakes, lamb, rice, red cabbage, apple, mulled wine
Chipotle, smoked Paprika	Smoke dried jalapeno pepper, tagines, patatas bravas, jambalaya
Coriander	Curry, mushrooms, tomato sauce, casseroles, lemon, ham, cream sauces
Cumin	Curries, chili con carne, aubergines, potatoes, cauliflower, courgettes cheese
Fenugreek	Heightens garam masala, use in potato curry, dal etc
Ginger	Curries, stir fries, rhubarb, pak choi
Mustard	Cheese, cauliflower, cabbage, vinaigrettes
Nutmeg /Mace	Spinach, sauces, orange
Paprika	Eggs, meat stews, rice
Black Pepper	Add at end of cooking to avoid loss of aroma
Saffron	Rice dishes, fish, apricots, pears
Sumac	dried fruit of sumac plant, use in vinaigrette or dishes with lemon

## App 9 Some international spice combinations

### **Adobo - Latin & Caribbean**

*A dry rub for roasted or grilled meats, but also works well in stews and braised dishes, including seafood and poultry, pork, and beef. An earthy, nutty blend of classic flavours.*

*Heat is added separately in the form of chili powder or hot peppers*

The classic adobo contains garlic powder, oregano, black pepper, cumin and onion powder. Some variants include citrus zest or annatto/achiote.

### **Baharat - middle eastern**

2 tbsp each of paprika, black pepper  
3 tsp ground cumin  
1 tsp each of ground nutmeg, ground coriander, ground cinnamon, ground cloves

½ tsp ground cardamom

### **Berberé - Ethiopian (mild)**

*Used in slow cooked stews containing lentils, meat, beans*

½ cup chilli powder, ¼ cup paprika, ½ tsp each of ground ginger, ground cardamom, ground turmeric, ground coriander, ground fenugreek, ¼ tsp each of ground cinnamon, ground nutmeg, ground allspice,

⅛ tsp ground cloves, black pepper.

### **Cajun - Louisiana**

*(food of southern Louisiana, descendants of French Canadians, displaced from 'Acadia'; considered more rustic than Creole and their spices contain more pepper and tomato is common)*

2 tsp garlic powder

2½ tsp paprika

1 tsp each of ground black pepper, onion powder, cayenne pepper

1¼ tsp each of dried oregano, dried thyme, ½ tsp red pepper flakes

### **Chermoula - Morocco**

Usually a lemony marinade, dip or sauce of spices, garlic, and fresh herbs, but can also be a spice mix:

2 tbsp each ground cumin, ground coriander, 1- ½ tsp each of chilli powder, sweet paprika, ground cinnamon, ¾ tsp each ground allspice, & ginger, ½ tsp each cayenne & turmeric

### **Creole - Caribbean, Louisiana**

*(a blend of the various cultures of New Orleans, including French, Spanish, African, Caribbean, and Native American, Creole cooking contains more herbs than Cajun.*

5 tbsp paprika, 3 tbsp salt

2 tbsp each of onion powder, garlic powder, dried oregano, dried basil  
1 tsp each of dried thyme, black pepper, white pepper, cayenne pepper

### **Harissa - North Africa (Tunisia)**

½ cup dried chillies minced,  
2 tbsp each smoked paprika, cumin seeds, coriander seeds, 1 tsp each sea salt, garlic powder, 1 tsp caraway seeds

### **Jerk - Jamaica**

Refers to method of incising meat to add the flavourings

¼ cup light brown sugar, 2 tbsp each of canola oil, allspice, salt, cayenne pepper, 1 tsp ground black pepper  
½ tsp dried thyme, ¼ tsp each of ground cinnamon, ground cumin, ginger, ground cloves

### **Ras el hanout - Morocco**

*top of the shop* from northern africa  
1 tsp each of ground cumin, ground turmeric, ground ginger, ¾ tsp each ground black pepper, cayenne pepper, ½ tsp each of salt, ground cardamom, ground cinnamon, ground coriander, ground white pepper, ground allspice, ground nutmeg, ¼ tsp ground cloves, sometimes rose petals.

### **Shichimi Togarashi - Japan**

A general purpose seasoning

1-2 tbsp red chilli flakes, 1 tbsp dried orange peel, 2 tsp white sesame seeds, 2 tsp black sesame seeds, 1 tsp sanshō or sichuan peppercorns, ½ tsp poppy seeds, ½ sheet of nori seaweed

### **Tandoori - India**

3 tbsp paprika, 1 tsp each of ground coriander, ground cumin, ground turmeric, ginger powder, ½ tsp each of cayenne pepper, ground fenugreek seeds, ¼ tsp each of ground cinnamon, ground cloves, ground cardamom, ground nutmeg, black pepper

### **Vadouvan - France**

a French version of a spice blend that was being used before Europeans colonized the Subcontinent.

2 lb onions, cut into 1-inch pieces. 1 pound shallots, halved. 12 garlic cloves, peeled. ¼ cup vegetable oil. 1 teaspoon fenugreek seeds. 1 tablespoon thinly sliced fresh curry leaves (optional) 1 tablespoon ground cumin. 1 teaspoon ground cardamom.

### **Za'atar - Middle East & Med General seasoning.**

2 tbsp cumin toasted & ground, 2 tbsp each of toasted sesame seeds, dried oregano, sumac

## App 10 Smoky and meaty flavours

### **Smoky Flavours**

Ingredients imparting a smoky taste include smoked paprika/chipotle, smoked tempeh, smoked tofu (taifun), smoked olive oil, smoked water, black cardamom, cumin, smoked cheese.

### **Meaty flavours**

A meaty taste can be added by soy sauce, dried mushrooms, yeast extract, Marmite, miso paste.

### **Substitutes for bacon:**

Bacon has such qualities - smoky, oily, meaty, caramel, salty, protein-rich, crispy - it is difficult to substitute one ingredient.

Caramel can come from honey, butter or maple syrup.

A smoky and a meaty ingredient are needed, as per listed above.

A crispy texture can come from croutons, cook them in oil to which some of the above flavours have been added.

*This needs more exploration*