

4 Handy Measure Table

The measures used are the Standard British Kitchen Measuring Cup, tablespoon and teaspoon. The cup holds half a pint. The figures given here are a useful average.

All measures are level

<i>Food</i>	<i>Weight of 1 cup</i>
Beetroot, raw, grated	6 oz.
„ cooked, chopped	8 „
Breadcrumbs, fresh	3 „
„ dry, sifted	6 „
Bread, soaked and squeezed	7 „
Cabbage, raw, shredded	2 „
Carrots, raw, grated	3 „
„ cooked and diced	6 „
Cheese, grated	5½ „
Flour, unsifted	5 „
Margarine or fat	8 „
Oatmeal, medium	6½ „
Peas, cooked	8 „
Potato, cooked, mashed	8 „
Sultanas	6½ „

Handy Spoon Measures

Number of level tablespoons in 1 oz.

Beans, cooked	3 level tablespoons
Breadcrumbs, fresh	5 „ „
„ dry	3 „ „
Carrot, raw, grated	4 „ „
Cheese, grated	4 „ „
Flour	3 „ „
Oatmeal, medium	2 „ „
Onion, chopped	3 „ „
Potato, cooked, mashed	1 level tablespoon
Sultanas	2 level tablespoons