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## Abbreviations

Abbreviation	English	French	Spanish
g	gram	gramme	
ml	militer	millilitre	
cl	centiliter	centilitre	
cp	cup	tasse	
dl	deciliter	decilitre	
tsp	teaspoon	cuillère à soupe	
doz	dozen	douzaine	

kg	kilogram	kilogramme	
lb	pound	livre	
l	liter	litre	
mg	miligram	milligramme	
ml	mililiter	millilitre	
pc	piece	unité	
oz	ounce	once	
qt	quart	quart	

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Exact volume equivalents (grams) for root crop flour, cooked and mashed roots (c/m), and other ingredients.		
Baking powder Bicarbonate of soda Cassava (c/m) Cassava flour Dried yeast Grated coconut	Please select a commodity	equals <input type="text"/> grams
	<input type="text"/>	equal <input type="text"/> grams
1 tablespoon = 2 dessertspoons = 4 teaspoons; 1 cup = 16 tablespoons		

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**To use the search feature, you just need to be able to describe what you are looking for with a word or a phrase, and then click the "Search" button. After this INPhO will find results that match the word or the phrase.**

**INPhO investigates whether the word or the phrase can be found in the ingredients section of a recipe.**

**The above generated example, the search for 'dried cowpeas' will produce references to recipes that contain the phrase in the ingredients section. Please click the Search button to perform this search.**

**The INPhO Cookbook only supports simple searching. It does not support boolean search operators (e.g. 'and', 'or').**

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# **Weights, measures and oven temperatures**

**The recipes in this database are from and for rural, village households, where it is acknowledged that equipment such as weighing scales may not be available. The use of kitchenware items such as teaspoons, dessertspoons and coffee mugs for measuring is common practice. If the user intends to use the recipes as a basic formulae for producing the products at the small scale, industrial level then the use of weighing scales and graduated (volume) measuring jugs are strongly recommended.**

**Similarly, it is appreciated that most rural, village households do not have access to modern gas cookers with pre - calibrated temperature dials. Cooking temperatures stated in some of the following recipes are general indicators of the oven temperature required to cook the product. Where INPhO users have access to more modern cookers or small scale industrial**

**ovens, then pre calibrated temperature settings should be used. The use of an accurate probe type thermometer is recommended for checking cooking temperatures at the small scale industrial level [see section on quality control for more information].**

**Please select one of the calculation tools from the following list or from the list box on top of this window.**

- **[Weight calculator for firm ingredients](#)**
- **[Volume table for liquid ingredients](#)**
- **[Oven temperatures](#)**
- **[Abbreviations used in the recipes](#)**

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# Main units of measure and equivalences

1 cuillère à café	= 1 tsp	= 5 g	or 5 ml	= 60 gouttes
1 cuillère à soupe	= 1 tbsp	= 15 g	ou 15 ml	
3 cuillères à café	= 1 cuillère à soupe			
6 2/3 cuillère à soupe		= 100 g		
2 cuillères à soupe	= 1 once	= 1 oz	= 30 g	
4 cuillères à soupe	= de tasse	= 2 onces (2 oz)		
1 tasse	= 1 cup	= 225 g	= 1	= 8 onces

1 tasse	= 1 cup	= 225 g	= 1	(8oz)
tasse	= 8 cuillères à soupe			= 4 onces
2 tasses	= 1 pinte	= 450 g	= 1 litre	= 16 onces (oz)
4 tasses	= 4 cups	= 1 quart	= 900 g	
4 1/3 tasses	= 4 1/3 cups	= 1 litre	ou 1 kg	
1 tasse + 1 cuillère à soupe	= 250 ml			
1 once	= 1 oz	= 30	g = 30 ml	= 2 cuillères à soupe
1 pincée	= 1 pinch			= 1/8 cuillère à café



1 boîte	= 1 can			= 16 onces (16 oz)
1 l	= 2,1 pinte			
1 l	= 1,06 quart			
1 l	= 0,26 gallons			
1 dl	= 2/5 tasse			= 6 à 7 cuillères à soupe
1 pinte	= 0,45 l			= 40 onces (40 oz)
1 livre	= 1 pound	= 450 g		= 16 onces (16 oz)
1 kg	= 2,2 livre (1b)			

1 quart	= 0,95 l			
1 gallon	= 3,8 l	= 4 quarts		

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## Approximate conversion of oven temperatures

DESCRIPTION	TEMPERATURE		GAS MARK
	F	C	
VERY COOL	225	110	

VERY COOL COOL	250 275	130 140	1
COOL	300 - 325	150 - 170	2
MODERATELY HOT	350 - 375	180 - 190	3
HOT	400 - 425	200 - 220	4
VERY HOT	450 - 475	230 - 250	5

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**Exact volume equivalents (mls) for some ingredients.**

<b>Comodity</b>	<b>Measure</b>	<b>Exact volume equivalent</b>
Water	1 mug	250 mls
Water	1 tablespoon	20 mls
Vanilla essence	1 teaspoon	5 mls
Cooking oil	1 mug	260 mls
Milk, fresh	1 mug (full)	250 mls
Lemon or lime juice	1 tablespoon	20 mls
Lemon or lime juice	1 teaspoon	5 mls

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