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MEASURES & COOKING DETAILS

1 teaspoon = 5ml.
 1 Australian tablespoon = 20ml (4 teaspoons). Elsewhere, 1 tablespoon = 15ml (3 teaspoons). For most recipes any slight variance in the measures will not be noticeable. However, for recipes using baking powder or bicarbonate of soda, if you are using a 15ml tablespoon add an extra teaspoon for each tablespoon specified.

1 cup = 250ml.

All cup and spoon measurements are level.

Eggs have an average weight of 60g.

Vegetables are medium-sized unless stated. Vegetables and herbs are fresh, unless stated.

Dairy products are all full-fat, but can often be replaced with low-fat and soy products; however, we take no responsibility for variations in flavour as a result of these substitutions.

Oven temperatures are for fan-forced ovens. Increase temperatures by 10C for conventional ovens.

Microwave temperatures are based on 800 watts.

NB The elderly, pregnant women, young children and those suffering from immune deficiency diseases should consult their doctor with any concerns about eating raw eggs.

SERVING SIZES are a guide only. They are estimates for an average adult and five-year-old child with a moderate appetite. Please adjust to suit your family's needs.