

Equipment Tips and Temperatures

All our recipes include a comprehensive equipment list but don't worry if you haven't got all the kitchen kit listed. You can often make do with an alternative kitchen item you have available. A few simple swaps and tricks will mean you can still make the recipe. For example, you can swap a masher for a fork.



Measuring spoons and cups are great. They can be used to measure liquids and solids so you don't even need scales.

Measuring spoons are great for accuracy but you can also use ordinary cutlery spoons.

5ml spoon = 1 heaped teaspoon
15ml spoon = 1 heaped table spoon

Measuring rice with no scales

One portion of rice = 75 grams
75 grams of uncooked rice = 3 rounded tablespoons of rice or a 1/3 of an average sized mug.
80 grams (one portion) of uncooked pasta will fill an average sized mug.



No food processor? A masher or stick blender works with most soups and a grater turns stale bread into breadcrumbs easily.

Don't have a juicer? Cut the lemon/orange in half. Put a fork into the cut side, cup it in one hand and with the other rotate the fork and squeeze the fruit.

No biscuit or cookie cutter? Try using a small glass or an empty glass jar. Dip the rim in flour to stop the dough sticking.

Oven temperatures:

Gas Mark	° Celsius	° Celsius Fan	° Fahrenheit
¼	110° C	100° C	225° F
½	130° C	120° C	250° F
1	140° C	130° C	275° F
2	150° C	140° C	300° F
3	170° C	155° C	325° F
4	180° C	165° C	350° F
5	190° C	180° C	375° F
6	200° C	190° C	400° F
7	220° C	200° C	425° F
8	230° C	210° C	450° F
9	240° C	220° C	475° F

