

Dilip's Cooking Hints Summary Page

Fresh Vegetable	Minutes to Steam
Beans - Green/Wax	15-18
Beans - Lima	25-35
Beans - Snap	20-35
Broccoli spears	13-15
Corn on the cob	20
Asparagus	3-5 up to ½" diameter
Artichoke	35-40
Brussel Sprouts	15-20
Leafy greens	3-5
Potatoes	30-35
Carrots	16-19
Snow Peas	10
Cabbage	20-23
Cauliflower head (med.)	18-20
Cauliflower florets	20-25
Summer Squash	15
Acorn squash	30-35
Turnips	15
Beets	30-40
Bean sprouts	3

Frozen Vegetable	Minutes to Steam
Cut Corn (16 oz bag)	13-15
Peas (16 oz)	15
Green Beans (16 oz)	22-24
Broccoli Cuts (16 oz)	20
Spinach (whole leaf) (20 oz)	25
Asparagus spears(20 oz)	20-23
Cauliflower (20 oz)	18-20
Mixed Vegetables (28 oz)	23-25

Volume (liquid) measurements
 1t=1/6 fl ounce,
 1T= 3t, 1cup=16T,
 1 pint = 2 cups, 1
 quart = 2 pints, 1
 gallon = 4 quarts =
 128 ozs=3.785 litres



Grain (1 Part Dry)	Parts Water	Mins Simmer	Parts Yield
Brown rice (long gm)	2.5	45	3
Brown rice (short gm)	2-2.5	45	3
Brown Basmati rice	2	40-45	3.5
White Basmati rice	1.5	15-20	3-3.5
Jasmine rice	2-2.5	15	3-3.5
Sushi rice	1.25	20	2.5
Wild rice	2.5-3.5	50-60	4
Arborio rice	2.5	30	2-2.5
Orzo	4	10-15	
Amaranth	2.5-3	20-25	2.5-3
Buckwheat groats	2	15-20	3.5
Couscous	1-1.5	5	2-2.5
Cracked wheat	2	20-25	2.25
Bulgur wheat	2	15	2.5
Millet (hulled)	3	20-25	3.5
Steel cut oats	3	45-60	
Cornmeal(coarse,polenta)	3-4	10	2
Cornmeal (fine)	3-4	8-10	2
Quinoa	2	15	3
Teff	3	10-20	3.5
Rolled rye flakes	3	20	
Pearled barley	3-4	50-60	3.5-4.5
Hulled barley	3	75	3.5
Barley flakes	3	20	2.5



Substitutes for one egg

- Ener-G[®] Egg Replacer
- 1t baking powder, 1/2 t baking soda, 2T flour, and 3T water whisked together until frothy
- 1T flaxseed meal , 3T water whisked together approx 1/2 minute
- 1t soy flour mixed with 1T water
- 1/4 cup mashed banana or applesauce
- 1/4 cup soft aseptically-packaged tofu blended with liquid ingredients from recipe
- 2T flour mixed with 1 1/2 T canola oil
- 1/2 t baking powder mixed with 2T water

1-cup weight equivalents

Flour/dry bread crumbs/chppd nuts 4 oz
 Turbinado sugar 8 oz
 Raisins/semolina 5 oz
 Long-grain rice/cornmeal 5 oz
 Rolled oats 3 oz
 Dried beans 6 oz
 Jam 11 oz

(Avoirdupois)
Weight 1 pound =
 16 ounces = 453.6
 grams

Enjoy! -Dilip Barman

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When cooking with dried herbs, use 1/4-1/3 as much as you would if using fresh herbs. If you need a T of fresh herb, you can use about a t of it dried.

1 pound margarine = 4
 sticks = 32T = 2 cups

%CF= % cal's fr fat; rec 30%
 down to very low fat 10-15%;
 = g fat x 9 x 100 / cal's; daily
 adult req't 12-18 cal's/lb (less
 for women); e.g., 140 lb man,
 30% CF => 2100 cal's,70g fat

Soups

Stocks – 5x water as solid, simmer 3h
 Miso – 1T mixed into 1 cup hot water
 or 1/4cup into quart water

Vegetable oils - 100% fat; 1T of any kind has 14g fat, 126 calories