

LIST OF ABBREVIATIONS

Volume

A set of measuring cups and measuring spoons can only get you so far. If you don't know what the recipe is asking for, no measuring spoon will save your dish from disaster. You may see these abbreviations in your cookbook:

- bu - bushel (there aren't any in this recipe book, but it looks interesting)
- C or c - cup
- dsp - dessertspoon (in Australia or even here)
- fl oz - fluid ounce
- gal - gallon
- ml - millilitre
- L or l - litre
- pk - peck (see bushel above)
- pt - pint
- qt - quart
- T, TB, or tbsp - tablespoon
- t or tsp - teaspoon

Weight

South Africa uses the metric system to describe how much of an ingredient one should add. The metric system has evolved since the 1790s, as science and technology have evolved, in providing a single universal measuring system. The United States typically uses pounds to measure the weight of ingredients. Some common weight abbreviations include:

- g - gram
- kg - kilogram
- lb - pound
- mg - milligram
- oz - ounce

Other Measurement Units

What should you do if a recipe calls for a sp of cinnamon? Or a pkg of chocolate chips? Check out these measurement units that describe size and amount of an ingredient.

- doz. - dozen
- lg - large
- p - pinch
- pkg - package
- sm - small
- sp - speck (also not in this book, but interesting to see that some folks do things in miniature)

Since this is an academic sort of book, you might want to read the following lecture while waiting for something to boil/warm up/ cool down.