

The how much guide

myinheritedkitchen.co.uk

Cooks are creative artists not engineers so the precise amount of each ingredient to use in all dishes does vary.

This MyIK guide gives you a base to work from and also gives you space to write in your own amended amounts and comments. Print it out and put it into your recipes ring binder. It will help when you have to go off recipe because you don't have all the ingredients or you just want to create something for yourself.

Ingredient	MyIK Amount	Comments		Your Amount
Beef (<i>diced</i>)	175g	For curry or casseroles	<input type="checkbox"/>	
Beef (<i>minced</i>)	150g	Dishes like spaghetti bolognese	<input type="checkbox"/>	
Carrots	2 (180g unpeeled)	Or one very big one	<input type="checkbox"/>	
Celery	1 stalk	Make sure that you wash it first	<input type="checkbox"/>	
Chicken breast	160g - 180g	Buy them individually wrapped for the freezer	<input type="checkbox"/>	
Chips (<i>frozen</i>)	180g -200g	This is for steak cut chips. McD style fries need less	<input type="checkbox"/>	
Egg noodle nests	1	Something that actually comes in servings for one	<input type="checkbox"/>	
Garlic	1 clove or 1tsp	Easy garlic from a jar is simpler	<input type="checkbox"/>	
Herbs	1 tsp	Recipes will vary but this is a common amount	<input type="checkbox"/>	
Lamb (<i>diced</i>)	175g	Dishes like lamb Rogan Josh	<input type="checkbox"/>	
Meatballs	4	If they are small you may need 6	<input type="checkbox"/>	
Mixed winter frozen veg	125g -150g	A bit heavier than peas	<input type="checkbox"/>	
Olive oil	1tsp	Some dishes like stir fry need a tablespoon (tbsp)	<input type="checkbox"/>	
Onions	1 (180g)	You rarely need a whole onion when cooking for one. Use frozen diced onions - typically 2tbsp	<input type="checkbox"/>	
Pasta	100g	Dry uncooked pasta	<input type="checkbox"/>	
Peas (<i>frozen</i>)	80g - 100g	Similar for other lightweight frozen vegetables	<input type="checkbox"/>	
Rice	100g	Easy to work out how much water to add (200ml)	<input type="checkbox"/>	
Pilau (<i>seasoning</i>)	2tsp	Goes well in the rice of any curry	<input type="checkbox"/>	
Potatoes	300g (unpeeled)	Works for all cooking methods	<input type="checkbox"/>	
Prawns	75g - 100g		<input type="checkbox"/>	
Salmon	125g	A typical supermarket size	<input type="checkbox"/>	
Sausages	3	Two may be enough if they are large	<input type="checkbox"/>	
Spaghetti	100g	Put it in a tall glass to weigh, then use it for a beer	<input type="checkbox"/>	
Stirfry vegetables	320g - 450g	Typically 50% less if you also have noodles or rice	<input type="checkbox"/>	
Steak	225g - 275g	Equivalent to 8oz to 10oz	<input type="checkbox"/>	
			<input type="checkbox"/>	
			<input type="checkbox"/>	