

RECIPES

For the Days of Unleavened Bread

From The Worldwide News comes an editors' choice of unleavened bread recipes.

ALL-BRAN FRUIT LOAF

1 c. All-Bran cereal; 1 c. brown sugar, packed; 1 c. raisins; 1 c. milk; 1 c. flour. Steep bran, sugar, raisins and milk for 5 to 6 hrs., or overnight. Add flour, mix well. Put into loaf tin lined with buttered grease-proof paper. Bake ½ hr. at 350° and another ½ hr. at 325°.

FLAT BREAD

2 c. flour (1 c. whole wheat and 1 c. unbleached white); ½ t. salt; ¼ c. sesame seeds; 1 egg; ½ c. plus 2 T. milk. Mix flour, salt and seeds with a fork in a large mixing bowl. Make a well of the dry ingredients and break the egg into it. Pour in a bit of the milk and whip egg with the fork, then pour in the rest of the milk and stir until flour is pretty well coated. Put onto a floured surface and knead in rest of the flour till dough is smooth and somewhat elastic. Roll out with a pin to about ¼ in. thickness and place on a greased (shortening) pizza or biscuit pan. Pat out to the edges of pan. Spread with soft butter before (or right after) baking. Bake at 375° 15 to 20 min. It doesn't get very brown. Variations: Add onions and garlic or sugar and spices.

UNLEAVENED BREAD

3 T. honey; 1 c. oil; 1½ c. milk; 7 c. flour; 2 t. salt. Blend honey, oil

and milk. Stir in remaining ingredients. Knead lightly. Roll on floured board. Place over rolling pin and place on cookie sheet. Cut in squares. Make a few holes in each piece with fork. Salt lightly if desired. Bake at 325° for 20 min. 1 to 2 c. wheat germ may be added. Adjust the flour accordingly. Tastes like whole-wheat bread.

QUICK MAYONNAISE BISCUITS

2c. sifted all-purpose flour; ¼ c. mayonnaise; ¼ c. milk; ½ c. sharp cheddar cheese, shredded; 2 T. onion, minced. Stir together flour, mayonnaise and milk until well blended. Add cheese and onion. Drop by tablespoons onto greased cookie sheet. Bake at 350° for 10 min., or until lightly browned. Serve warm. Makes 24 biscuits.

CANADIAN BANANA BREAD

1 c. brown sugar, packed; ½ c. oil; 1 t. vanilla, 3 large ripe bananas, mashed; 2 eggs, well beaten; 2 c. sifted whole-wheat flour; ½ t. salt; ½ c. chopped nuts. Cream sugar and oil. Add vanilla and mashed bananas, then eggs. Sift all dry ingredients together twice and add to creamed mixture with nuts. Pour into a greased loaf pan and bake 1 hr. at 350°.

CORN BREAD

1 c. cornmeal; 1 c. flour; ¼ c. sugar; 1 t. salt; 1 egg; 1 c. milk; ¼ c. shortening. Combine cornmeal, flour, sugar and salt, and mix. Add

remaining ingredients; stir until moist. Pour into muffin pan. Bake at 425° for 20 to 25 min.

LAVOSH

8 c. sifted whole-wheat flour; 3 eggs; ¼ c. butter; 1½ T. salt; 2½ t. sugar; 2 c. milk; sesame seeds, hulled; poppy seeds. Work all ingredients except seeds into a firm dough. Let rest for ½ hr. Roll the dough out very thinly. Place it on an ungreased pan that has been liberally sprinkled with sesame seeds. Sprinkle poppy seeds on top. Bake for 15 min. in a 375° oven. It would be better if the first 5 min. of the baking period can be done in a steam oven. (At home try putting a pan of hot water in the oven for the first 5 min. Place it on the shelf below the bread. Remove it for the last 10 min. of baking.)

OATMEAL CRACKERS

1½ c. flour; 2 c. rolled oats; 2 T. sugar; 1 t. salt; ½ c. butter; ½ c. boiling water. Combine dry ingredients. In a separate bowl cover butter with boiling water. Stir liquids into dry mixture and mix. Roll out very thin, cut like crackers. Bake 5 to 10 min. at 350°.

APPLE-SAUCEY SHORTBREAD

3 c. sifted flour; ¼ c. butter or margarine; ½ c. sugar; ½ t. salt; 1 egg yolk; ½ c. applesauce; nutmeg; 1 c. chopped nuts. Blend ingredients. Put in 15½-by-10 in. ungreased pan. Prick dough with fork. Bake 15 min. at 350°, then 25

min. at 300°. Cut while warm. Top with apple sauce. Yield: 3 doz.

WHOLE-WHEAT CRISPS

1 lb. whole-wheat flour; 2 T. honey; 5 oz. peanut butter (made into a milk by dissolving in about ½ pt. water.) Add honey to peanut butter. Stir the flour into the mixture and salt to taste. Make the dough stiff enough to roll. Roll very thin; prick with a fork; bake till well done.

HONEY GRAHAMS

¼ lb. soft butter; 2 unbeaten eggs; ½ c. honey; 2 t. vanilla; ½ t. salt. Blend with wooden spoon, leaving butter in small pieces. Add 2¼ c. whole-wheat flour in several portions. This should make a very soft dough. Let rest 5 min. Pat the dough out as flat as possible on a buttered cookie sheet. Cover with waxed paper and finish smoothing out evenly to the edges of the pan with rolling pin. Remove paper, score into cracker-size squares. Prick each cracker with fork 10 or 12 times. Bake 15 or 20 min. in 350° oven. (For the rest of the year, add 1½ t. baking powder.)

HAND-PRESS CRACKERS

½ c. soft butter; 1 c. bran; ¼ c. yellow cornmeal; ¼ c. soya flour; ½ c. whole-wheat flour; 3 T. brewer's yeast; 3 heaping T. wheat germ; ½ c. sesame seeds; ½ t. salt. Cut all of the above into soft butter (not margarine). Moisten just till all sticks loosely together (about ¼ c. cold water). Press over a large standard-size cookie sheet with palm of hand; should be thin. Bake at 350° to 375° for 30 min., or until golden. Score before baking.

APPLE PANCAKE

3 eggs; 3 T. flour; 1 T. sugar; ½ c. milk; 2 c. sliced apples; ¼ t. cinnamon; 3 T. sugar; ¼ c. butter or margarine; 2 T. lemon juice. Beat eggs, flour, 1 T. sugar and milk. Pour into a 10-in. oven-proof skillet that has been rubbed with butter. Arrange sliced apples on top of batter. Bake in a hot oven, 400°, for 15 min. Place pancake on a platter. Mix sugar and cinnamon together and sprinkle on pancake. Melt butter, add lemon juice and pour over pancake.

BRAN PANCAKES

3 eggs; 2½ c. milk; ½ t. vanilla; 1

c. whole-wheat flour; 1½ t. honey; 1 c. bran. Blend all ingredients at high speed or beat. Bring to heavy-cream consistency. Butter skillet. Makes thin, light pancakes. Serves about 8.

SWEDISH PANCAKES

3 eggs; 1½ c. milk; 1 c. whole-wheat pastry flour; ½ t. salt; oil for frying. Put all ingredients into a bowl and mix with hand beater until blended. Prepare large frying pan by heating to medium hot. Put about 1 t. oil in pan and cover bottom well, but not so oil is runny. Pour ¼ ladle of batter into pan and tilt pan immediately so batter covers bottom completely. When pancake appears dry on top, turn over. Serve rolled or folded, spread with butter and maple syrup. Variations: Grate 1 large sweet apple into batter. Proceed as above but make small pancakes instead of pan size. Or make long oval pancakes, then spread them with strawberries, roll up and top with whipped cream. Or serve with orange sauce: ½ c. butter, ¼ c. sugar, 6-oz. can orange-juice concentrate; bring to a boil, stirring occasionally.

OATMEAL-BRAN BREAKFAST BARS

2c. rolled oats; 2 c. bran; 1 c. wheat germ; 1 c. flour (any kind); 1 c. sesame seeds; 1 c. raisins (or dates or apricots, chopped); 1 c. powdered milk; 1 c. oil; 1 to 2 c. honey (to taste); 2 T. vanilla; 6 eggs; grated rind of two oranges. Mix together with hands. Press into lightly oiled pan. Sprinkle top with sesame seeds. Bake at 325° 30-35 min. Note: These may be made ahead of time and stored in the freezer.

CLASSIC CHEESECAKE

Crust: ½ c. butter or margarine, melted; 2 c. rolled oats; ¾ c. brown sugar, packed; 1 t. cinnamon. Combine ingredients. Firmly press onto bottom and sides of ungreased 10 in. pie plate or spring-form pan. Bake in preheated oven (350°) 10 min. Cool. Filling: 11 oz. cream cheese, soft; ¼ c. creamed cottage cheese; ¼ c. granulated sugar; 3 eggs; 1 t. vanilla. Place cream cheese and cottage cheese in mixer and beat for approximately 10 min. (there may

still be some tiny lumps). Gradually add sugar, beating constantly. Add eggs 1 at a time, beating well after each addition. Add vanilla. Spread evenly on crumb crust. Bake in 350° oven for 35 to 40 min. Topping: 1¼ c. dairy sour cream; 3 T. granulated sugar; 1 T. vanilla. Combine sour cream, sugar and vanilla. Spread over cheesecake. Bake an additional 7 min. Chill several hours before serving. Best made a day before serving.

CRISPY DATE BARS

Crust: 1 c. flour; ½ c. brown sugar, packed; ½ c. butter or margarine, softened. Combine and mix well until crumbly. Press into an ungreased 11-by-7-in. or 9-in. square pan. Bake at 375° 10 to 12 min. or until golden brown. Filling: 1 c. chopped dates; ½ c. sugar; ½ c. butter or margarine; 1 egg, well beaten; 2 c. crisp rice cereal; 1 c. chopped nuts; 1 t. vanilla. In a medium saucepan, combine dates, sugar and butter. Cook over medium heat until mixture comes to a boil, stirring constantly. Simmer 3 min. Blend about ½ c. hot mixture into beaten egg. Return to saucepan. Cook until mixture bubbles, stirring constantly. Remove from heat. Stir in rice cereal, nuts and vanilla. Spread over baked crust and cool. Frosting: 2 c. powdered sugar; ½ t. vanilla; 1 (3-oz.) pkg. cream cheese, softened. Combine ingredients and beat at low speed until smooth. Spread over cooled filling.

WHEAT-GERM AND OATMEAL COOKIES

¼ c. oil; 1 c. honey; 2 T. molasses; 2 eggs; 2 t. pure vanilla; ½ c. skimmed-milk powder, sifted; ¼ c. soy flour, sifted; ½ c. raisins or chopped dates; ¼ c. walnuts; 1 t. salt; 1½ c. wheat germ; 2 c. rolled oats. Combine oil, honey and molasses. Add eggs one at a time, beating well after each addition. Combine dry ingredients. Stir wet ingredients into dry ingredients and blend well. Drop by teaspoons onto lightly oiled cookie sheet. Bake in 350° oven until lightly brown, about 10 to 12 min.

CHOCOLATE-CHIP COOKIES

1 c. oil; 1 c. brown sugar, packed; ¼ c. sugar; 1 t. vanilla; 1 egg; 2 c. flour; ½ pkg. chocolate chips; ¼

c. nuts; 1 t. salt. Blend first 4 ingredients. Add other 5 ingredients. Bake at 475° for 10 min. Cool.

BANANA OATMEAL COOKIES

1 c. brown sugar, packed; ¼ c. oil; 1 ½ c. mashed ripe bananas; ½ t. salt; 4 c. rolled oats; ½ c. chopped walnuts; ½ c. raisins. Beat sugar and oil. Stir in bananas and salt. Gradually blend in oats, walnuts and raisins. Drop by teaspoons onto greased baking sheet. Bake 20 min. in 350° oven.

COLD QUICHE

A cold quiche is great for packed lunches, as cocktail appetizers and even for breakfast. 1 Unbaked 9-in. single-crust pie shell (oil pastry); ½ c. shredded cheddar or Swiss cheese; ½ c. chopped cooked meat or poultry; 6 eggs, beaten; 1 (10¾ oz.) can condensed cream of mushroom soup, undiluted; ½ c. milk; 2 T. onion, chopped; ¼ t. prepared mustard; ¼ t. pepper. Sprinkle cheese and meat over pastry shell. Beat together eggs, mushroom soup, milk, onion, mustard and pepper. Pour over cheese-meat mixture. Bake at 375°F (190°C) until knife inserted halfway between edge and center comes out clean, 30 to 35 minutes. Cool on wire rack. Cover and chill. Makes 4 to 6 servings.

BEEF-FILLED PANCAKES

Thin Pancakes: 3 eggs, beaten; 1 c. milk; 1 c. sifted whole-wheat flour; 1 T. sugar; 2 T. melted butter; ½ t. salt. Filling: 2½ c. lean ground beef; 1 med. onion, chopped; 4-oz. can sliced mushrooms; 1 T. butter or oil; ¼ t. salt; 1 t. dry mustard; ½ c. ketchup; 1 T. Worcestershire sauce; ½ t. dried parsley; ½ t. dried rosemary; ½ t. oregano; 1 crumbled bay leaf; 2 c. shredded cheddar cheese; 1 c. grated Parmesan cheese; ½ c. milk or dry white wine. To make pancakes: Mix ingredients in order listed; blend until smooth. For each pancake, melt 1 t. butter in 7-in. heated skillet; add ¼ c. batter, tipping pan so batter spreads evenly. When batter is set, turn the pancake. Spread pancakes on clean towels; cool. Makes 8 large pancakes. To make filling: Sauté beef, onion and mushrooms in butter or oil; spoon off excess fat and add

remaining ingredients except cheese and milk. Cover and simmer gently 15 minutes. Remove from heat. Combine cheddar and Parmesan cheese and sprinkle one half over top of meat mixture. Heat until cheese is almost melted, but do not stir. Spread filling on pancakes, roll up and place in 13-by-9-by-2-in. baking pan. Pour milk or wine over rolls and cover with remaining cheese. Bake, uncovered at 400°F (200°C) for 20 minutes, or until hot and cheese melts. Makes 8 servings.

TOSTADO PIZZA

First comes the crust, then a layer of refried beans, ground beef laced with taco seasoning mix and chilies and finally shredded cheese. Let everyone add the colorful toppings of lettuce, tomato, onion and taco sauce at the table. Crust: 1 c. sifted whole-wheat flour; ¼ t. salt; 4 T. oil; ½ c. milk; 2 T. yellow cornmeal. Sift together dry ingredients, except cornmeal. Combine oil and milk. Add to dry ingredients, stirring just till moistened — just till dough follows spoon around bowl. Turn onto lightly floured surface. Knead gently 5 or 6 times. Roll to 14-in. circle; pat into a generously greased 12-in. pizza pan sprinkled with 2 T. yellow cornmeal. Crimp edges. Bake 5 to 8 minutes at 350°F (175°C). Take out of oven and set aside while you mix the rest of the ingredients. Pizza topping: 1¼ lb. ground beef; ¼ c. water; 3 T. chopped, seeded green chilies; 1 envelope taco seasoning mix; 2 c. refried beans; 1 c. shredded sharp cheese; 1 c. shredded lettuce; 1 tomato, chopped (1 cup); ½ c. chopped onion; taco sauce. In skillet, brown meat; drain off excess fat. Add the ¼ c. water, the chilies and taco seasoning mix; bring to boil. Reduce heat and simmer, uncovered, 15 min. or till thick. To reify beans, take cooked pinto beans with some of their cooking liquid and put in a skillet. Mash partially, so that some beans remain whole, and cook until moderately thick but still very moist and not dry. Spread beans on dough. Top with meat mixture. Bake in 450°F (230°C) oven for 18 to 20 min. Top with cheese. Return to oven to melt cheese, about 4 min. Cut in 6 wedges. Garnish with fresh green chili peppers, if desired. Pass lettuce, tomato

and onion. Drizzle with taco sauce, if desired. Makes 6 servings. Taco sauce: ¼ c. tomato puree; ½ onion, minced; 1½ t. vinegar; ½ t. oregano; 1 T. oil; ¼ t. salt; green peeled chilies to taste. Combine the ingredients in the order listed, mixing well. Drizzle over pizza.

CORNISH PASTRIES

Pastry: Make whole-wheat pastry for double-crust pie. Roll out on lightly floured board to ¼-in. thickness. Cut into 6-in. circles (about the size of a saucer). Makes about 10 circles. Filling: ½ lb. ground beef (mincemeat); ½ large potato; ½ onion; 1 t. salt; pinch of pepper; ½ c. beef gravy or ½ c. beef broth or bouillon, thickened with 1 T. flour. Chop the potato and onion finely and mix with the meat and gravy. Add the salt and pepper. Method: Preheat oven to 400°F (200°C). Place a rounded tablespoon of the mixture in the center of each pastry circle. Brush the edges with water. Fold the circle in half above the filling to enclose it completely. Press the seams together firmly and crimp them with your fingers, or with the tines of a fork — making sure you have a good tight seal. Place the pastries on a lightly oiled baking sheet (or tray), and bake in the middle of the oven for 10 minutes. Reduce heat to 350°F (175°C) and continue to bake for a further 30 min. Serve hot or cold. For a hot hors d'oeuvre make these half as large. The small ones are delicious too, as an accompaniment to a bowl of soup.

WHOLE WHEAT OIL PASTRY

9-in. single crust: 1 c. whole-wheat pastry flour, unsifted; ¼ t. salt; ¼ c. oil; 2-3 T. water. Double crust: 2 c. whole-wheat pastry flour, unsifted; ½ t. salt; ½ c. oil; 4-6 T. water. If using all-purpose whole-wheat flour, sift (before measuring): single crust — ¾ c. and 2 T. Double crust — 1¾ c. Blend salt with flour in mixing bowl. Combine oil and water; add all at once to flour and salt. Mix lightly with fork until dough clings together and ball is formed. (Do not overmix.) Let rest 5 min. Divide in half for two pie crusts. Roll out between 2 pieces of lightly floured waxed paper 1 to 1½ in. larger than circumference of the pie pan. Start at center and go

outward (not over edge) $\frac{1}{4}$ -in. thick. Loosen top paper from dough. Place dough with wax paper on bottom over pie pan so paper is up. Fit smoothly into pan being careful not to stretch dough. Remove paper and shape dough around top of pan with fingers. Prick dough with fork. Bake pastry at 425°F (220°C) for 12 to 15 min. For pie where dough is baked with filling, use baking instructions given with pie filling.

WHEAT-GERM YOGURT THINS

5 T. oil; 4 T. yogurt; 2 T. water; 1 T. brown sugar, packed; $\frac{1}{4}$ c. whole-wheat flour; $\frac{1}{2}$ c. rolled oats; $\frac{1}{4}$ c. untoasted wheat germ; $\frac{1}{2}$ t. salt. Blend oil, yogurt, water and brown sugar. Stir into flour, oats, wheat germ and salt, mixing well. Shape dough into ball. Roll out to 1-in. thickness on lightly floured board. Dough will crack at first, but smooths out as it becomes thinner. Using a pastry wheel or large knife cut parallel diagonal lines 2 in. apart. Cut across first lines to make diamond shapes. Transfer to lightly oiled baking sheet with spatula. Bake at 350° (175°C) for 15 min. until light golden brown. Cool on racks. Makes about 2½ dozen crackers.

CHEESE ONION CRACKERS

2 c. whole-wheat flour; $\frac{1}{2}$ t. salt; 2 T. onion, grated; $\frac{1}{2}$ c. butter; $\frac{1}{2}$ lb. sharp cheddar cheese, grated (2 cups). Combine flour, salt and onion. Cream butter and cheese. Add flour mixture and mix well. Roll into 1-in. balls and place on a greased baking sheet. Flatten to 1-in. thickness (use bottom of glass dipped in flour first). Prick top with fork. Bake at 350°F (175°C) for 12 to 15 min. Makes 2½ dozen.

SESAME WHEATMEAL CRACKLES

1½ c. whole-wheat flour; $\frac{1}{4}$ t. salt; pinch paprika; $\frac{1}{4}$ c. butter, melted; $\frac{1}{2}$ c. milk; 3 T. sesame seeds (1 oz.). Combine all ingredients and mix well. Roll very thin ($\frac{1}{16}$ to $1\frac{1}{16}$ inch) on a lightly floured surface. Make into desired shapes. Place on ungreased baking sheet. Bake in 350°F (175°C) oven for about 15 min. Makes 20.

APRICOT FOLDOVERS

$\frac{1}{4}$ c. butter; 4 oz. Jack cheese,

grated (1 cup); 1½ c. whole-wheat flour; 2 T. water; 1 c. dried apricots, uncooked; 1 c. brown sugar, packed. Cream butter and cheese till light. Blend flour into the creamed mixture. Add water and mix well. Chill 4 to 5 hours or 30 min. in freezer. Meanwhile: Simmer dried fruit in $\frac{1}{2}$ c. water for 15 to 20 min. until water is absorbed. Stir brown sugar into hot fruit and cook over medium heat till mixture boils. Stir until smooth. Cool. Roll the chilled dough into a 10-in. square. Cut in 2½-in. squares. Put 1 t. of filling on each. Bring up the diagonal corners and seal. Place on ungreased baking sheet. Bake at 375°F (190°C) for 8 to 10 min. Makes 2 to 2½ dozen.

SHORTBREAD

$\frac{1}{2}$ c. butter; $\frac{1}{2}$ c. powdered sugar (icing sugar); 2 T. cornstarch (corn flour); $\frac{1}{4}$ c. unbleached flour; $\frac{1}{4}$ t. salt. Cream butter and powdered sugar well. Add sifted cornstarch, flour and salt to creamed mixture. Knead mixture and form into a long roll, about 2 in. in diameter. Cover with waxed paper and place in refrigerator. When required, cut into $\frac{1}{4}$ - to $\frac{1}{2}$ -in. thick slices. Place on a cold, greased baking pan. Bake in a moderately slow oven (325-350°F, 165°-175°C) for 15 to 20 min. Makes 2 dozen.

CHINESE CHEWS

$\frac{1}{2}$ c. chopped nuts; 1 c. chopped dates; $\frac{1}{4}$ c. whole-wheat flour; 2 T. butter; $\frac{1}{2}$ c. brown sugar; 2 eggs. Mix chopped nuts and dates. Sift flour over and mix well. Cream butter and brown sugar. Beat in eggs one at a time. Add flour, date and nut mixture. Spread into greased 9-in. square pan. Bake at 350°F (175°C) for 25 to 30 minutes or until golden brown and firm to touch. Cool in pan. Cut into squares.

CHOCOLATE OATMEAL BROWNIES

1 c. whole-wheat flour; $\frac{1}{4}$ c. rolled oats; $\frac{1}{4}$ c. wheat germ; 1 t. salt; 1½ c. honey; $\frac{1}{2}$ c. cocoa (or carob); 2 t. vanilla; 1 c. oil; 4 eggs; $\frac{1}{2}$ c. chopped nuts. Put all ingredients, except nuts, in bowl in order given. Beat at low speed till smooth. Don't overbeat. Blend in nuts. Bake at 350°F (175°C) for 25 minutes.

BAKED YOGURT CHEESECAKE

1 partially baked 9-in. shortbread crumb shell; 6 oz. cream cheese, softened; $\frac{1}{2}$ c. honey; 3 T. unbleached flour; pinch salt; 2 t. lemon juice; $\frac{1}{4}$ t. lemon flavoring; 2 eggs; 1½ c. plain yogurt. Blend softened cream cheese and flour. Add honey, salt, lemon juice and flavorings. Blend. Add eggs and blend well. Pour into partially baked 9-in. crust-lined pie pan. Bake at 375°F (190°C) for 10 min. Turn oven down to 325°F (165°C) and bake 30 to 45 min. or until center seems set or knife inserted halfway between center and edge comes out clean.

SHORTBREAD CRUMB CRUST

2 c. shortbread crumbs; $\frac{1}{4}$ t. cinnamon; $\frac{1}{4}$ c. powdered sugar (icing sugar); 2 T. honey; 2 T. butter, melted. Combine crumbs, sugar and cinnamon. Combine melted butter and honey. Add to crumb mixture. Mix well. Press crumb mixture on bottom and sides of 9-in. pie pan. Bake at 350°F (175°C) for 5 to 6 minutes. Remove from oven.

Note: Some abbreviations used: t. (teaspoon), T. (tablespoon), c. (cup), lb. (pound), oz. (ounce), in. (inch), ml (milliliter), l (liter), g. (gram), °F (Fahrenheit), °C (Celsius).

Some U.S. "rounded" metric volume measures for food preparation (based on metric measuring utensil size): $\frac{1}{4}$ t. = 1 ml; $\frac{1}{2}$ t. = 2 ml; 1 t. = 5 ml; 1 T. = 15 ml; 1 fluid oz. (2 T.) = 25 ml; 2 fluid oz. ($\frac{1}{4}$ c.) = 50 ml; 4 fluid oz. ($\frac{1}{2}$ c.) = 125 ml; 8 fluid oz. (1 c.) = 250 ml.

Some common food items and weights in grams per cup:

Sugar: brown, packed — 200; granulated (white) — 200; powdered (icing), sifted — 95; powdered, unsifted — 123; honey — 332; molasses — 309.

Flour: all-purpose or unbleached, sifted — 115; all-purpose or unbleached, unsifted or spooned — 125; whole wheat, stirred — 132; rolled oats — 72.

Oils and butter: butter or margarine — 224; oils — 210.

Dairy products: cheddar cheese, grated — 113; cottage cheese — 236; heavy cream — 236; light cream — 240; sour cream — 241; milk — 242.