

WEIGHTS, MEASURES & MORE

| | STANDARD SUPERMARKET | WEIGHT PER PORTION | COOKING TIME | SOAKING TIME | EQUIVALENT DRY/WET | PRODUCT / WATER RATIO |
|---------------------------------|----------------------|--------------------|---------------|--------------|-----------------------|----------------------------|
| RICE | | | | | | |
| Arborio Rice | 500g | 75g | 30 minutes | N/A | 75g dry = 125g cooked | |
| Brown Basmati Rice | 1kg | 60g | 25 minutes | N/A | 60g dry = 125g cooked | |
| Brown Long Grain Rice | 1kg | 75g | 15 minutes | N/A | 75g dry = 125g cooked | |
| Camargue Red Rice | 500g | 75g | 20-25 minutes | N/A | 75g dry = 125g cooked | |
| Indian White Basmati Rice | 500g/1kg | 75g | 10-12 minutes | N/A | 75g dry = 125g cooked | |
| Long Grain Rice | 1kg | 75g | 15 minutes | N/A | 75g dry = 125g cooked | |
| PASTA | | | | | | |
| White Fusilli | 500g | 75g | 10-12 minutes | N/A | 75g dry | |
| White Macaroni | 500g/1kg | 75g | 11-13 minutes | N/A | 75g dry | |
| White Penne | 500g/1kg | 75g | 10-12 minutes | N/A | 75g dry | |
| White Spaghetti | 500g/1kg | 75g | 9-11 minutes | N/A | 75g dry = 125g cooked | |
| White Tricolour Fusilli | 500g | 75g | 10-12 minutes | N/A | 75g dry | |
| Wholegrain Emmer Mezzi Rigatoni | 500g | 75g | 12 minutes | N/A | 75g dry | |
| Wholegrain Spelt Conchiglie | 400g | 75g | 8 minutes | N/A | 75g dry | |
| Wholewheat Fusilli | 500g | 75g | 10-12 minutes | N/A | 75g dry | |
| Wholewheat Penne | 500g | 75g | 10-12 minutes | N/A | 75g dry | |
| Wholewheat Spaghetti | 500g | 75g | 9-11 minutes | N/A | 75g dry = 125g cooked | |
| PULSES | | | | | | |
| Black Turtle Beans | 500g | | 70 minutes* | N/A | 86g cooked | *1:5, bean:water ratio |
| Brown Lentils | 500g/2kg | 55g | 55 minutes | 30+ minutes | 55g dry | |
| Butter Beans | 235g | 31g | 60-90 minutes | 6-8 hours | 31g dry = 120g cooked | *75:100, bean:water ratio |
| Carlin Peas Black Badger | 500g | | 45-50 minutes | 5-6 hours | | |
| Chickpeas | 500g | 42g | 95 minutes | 8-12 hours* | 42g dry = 120g cooked | *1:5, chickpea:water ratio |
| Haricot Beans | 500g | | 60-90 minutes | 6-8 hours | 118g cooked | |
| Quinoa | 500g | 30g | 20 minutes | N/A | 30g dry = 125g cooked | *1:3, lentil:water ratio |
| Red Haricot Beans | 500g | | | | 120g cooked | |
| Red Split Lentils | 500g/1kg | 63g | 25 minutes* | N/A | 63 dry | *1:5, lentil:water ratio |
| Red Kidney Beans | 500g | | 60 minutes | 6-8 hours | 120g cooked | |
| White Couscous | 500g/1kg | 71g | N/A | N/A | 128g cooked | *4:5, couscous:water ratio |
| Whole olive green lentils | 500g | | 75 minutes | 30+ minutes | 71g dry = 118g cooked | |
| CONFECTIONARY | | | | | | |
| Popping Corn | 500g | | N/A | N/A | 24g cooked | |