

## In the Kitchen

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### Index

[Conversion Charts](#)

[Glossary English-Portuguese](#)

[Substitutions & Equivalentents](#)

[Meats & Fish](#)

[Cooking Terms](#)

## Conversion Charts

### Temperatures | Weights | Measures

Brazil works on the metric system. Here are some conversion charts for you to use to make your life simpler until you get accustomed to using the metric system.

#### TEMPERATURES

To convert Fahrenheit into Celsius: subtract 32 from the Fahrenheit temperature, multiply by 5 and divide by 9.

(Example:  $82^{\circ}\text{F} - 32 = 50 \times 5 = 250/9 = 28^{\circ}\text{C}$ )

To convert Celsius into Fahrenheit: multiply by 9, divide by 5 and add 32.

(Example:  $32^{\circ}\text{C} \times 9 = 288/5 = 57.6 + 32 = 90^{\circ}\text{F}$ )

Oven	Setting	Oven	Setting
$^{\circ}\text{F}$	$^{\circ}\text{C}$	$^{\circ}\text{F}$	$^{\circ}\text{C}$
160	71	375	190
200	90	400	205
220	106	410	210
230	110	425	220
250	120	450	230
275	135	475	250
285	140	500	260
300	150	525	265
325	160	530	275
350	175	550	290

Many stoves available in Brazil have only a "flame" as the indicator of temperature for the oven. There are five settings in which the "flame" gets progressively smaller.

Setting	$^{\circ}\text{F}$ (approx.)	$^{\circ}\text{C}$ (approx.)
High (Alto)	530 - 550	280
Medium High (Medio Alto)	450 - 475	250
Medium (Medio)	375 - 400	200
Medium Low (Medio Baixo)	325 - 350	180
Low (Baixo)	285 - 300	150

## WEIGHTS

To Convert	Multiply	By
Ounces to grams	ounces	28.25 <sup>1</sup>
Grams to ounces	grams	0.035
Pounds to grams	pounds	454
Pounds to kilograms	pounds	0.45 <sup>2</sup>
Kilograms to pounds	kilos	2.2

<sup>1</sup> You may use 30 for convenience, except where the quantities are so large that the difference will be considerable.

<sup>2</sup> You may divide by 2 for convenience.

## MEASURES

<b>US Volume</b>	
Dash	2-3 drops, or less than 1/8 tsp
Pinch	about 1/8 tsp
1 tablespoon (tbsp)	3 teaspoons (tsp)
1 ounce (oz.) liquid	2 tbsp
1 cup (c)	16 tbsp or 8 liquid ounces
1/3 cup	5 tbsp + 1 tsp
1 pint (pt)	2 cups or 16 liquid ounces
1 quart (qt)	4 cups or 2 pints or 32 liquid ounces
1 gallon	4 quarts or 128 liquid ounces
1 peck	8 quarts (dry measure)
1 bushel	4 pecks (dry measure)
<b>UK Volume (Liquid)</b>	
1 gill	5 ounces
1 pint	20 ounces
1 quart	40 ounces
<b>US &amp; UK Weight</b>	
1 ounce (oz)	1/16 pound (lb)
1 pound (lb)	16 ounces
<b>Metric Volume</b>	
1 milliliter (ml)	1 cubic centimeter
1 liter (l)	1000 ml
<b>Metric Weight</b>	
1 gram (g)	1/1000 kilogram (kg)
1 kilogram (kg)	1000 grams (g)

To Convert	Multiply	By
Teaspoons to ml.	Tsp	5
Tablespoons to ml.	Tbsp	15
Ounces to ml.	Ounces	29.57 <sup>1</sup>
Milliliters to oz.	ml.	0.033
U.S. quart to liter	quart	0.95
British quart to liter	quart	1.14
Liter to U.S. quart	liter	1.06
Liter to British quart	liter	0.88

<sup>1</sup> You may use 30 for convenience

## Glossary English - Portuguese

### Cereals & Flours | Food & Drinks | Fruits & Nuts | Vegetables

Cereals & Flours	Cereais e Farinhas
Barley	Cevada
Bran	Farelo de trigo; fibra de trigo
Buckwheat	Trigo mourisco; trigo saraceno
Cassava (manioc flour)	Farinha; farinha de mandioca
Corn (Indian); maize	Milho
Corn flour	Maisena (amido de milho)
Cornmeal	Fubá (farinha de milho)
Finest Grind	Creme de milho
Medium fine	Fubarina ("Pront'Angu")
Medium coarse	Fubá médio ("Milharina")
Coarse	Fubá grosso ("Polentina"; a little salt added)
Coarse flakes	Flocos de milho
Cornmeal mush	Mingau de milho
Cornstarch	Maisena (amido de milho)
Flour, white	Farinha de trigo especial
Grits (coarsely ground hulled grain)	Fubá (de qualquer cereal)
Mush	Mingau
Mush of sweet corn	Canjica (milho verde)
(grated or dried)	(ralado ou seco)
with sugar, coconut and cinnamon	com açúcar, leite de coco e canela;
	Canjiquinha
Oats	Aveia
Oatmeal, fine ground for baby cereal	Farinha de aveia
Instant oatmeal	Flocos de aveia
Quick-cooking oatmeal	Flocos de aveia (de preparo rápido)
Rolled oats	Aveia laminada
Whole oats	Aveia integral
Porridge	Mingau
Rice	Arroz
Brown rice	Arroz integral

Converted rice	Arroz parbolizado; arroz malekizado
Long grain rice	Arroz agulhinha; arroz amerelão; arroz goiana
Short grain rice	Arroz catete
Whole rice	See brown rice
Rice, broken	Arroz quebrado
Coarse	Canjição de arroz
Medium	Canjica de arroz
Fine	Quirera de arroz
Rice flour	Farinha de arroz
Fine; Course	Creme de arroz; Fubá de arroz
Rice Starch	Sêmolina ou semolina de arroz
Rye	Centeio
Rye flour	Farinha de centeio
Soy, soybean	Soja; feijão-soja
Soy milk (sold powdered)	Leite de soja; extrato de soja
Soy flour	Sojita
Wheat	Trijo
Wheat flour	Farinha de trigo integra;
Wheat germ	Germe (gérmen) de trigo
Wheat, cracked	Trigo para kibe
Wheat starch or cream of wheat	Sêmola ou semolina de trigo

Food & Drinks	Alimentos e Bebidas
Bacon	Bacon
Baking powder	Fermento em pó
single acting	Fermento em pó (Pó Royal)
double acting	Fermento em pó químico ((Pó Fleishmans)
Baking soda	Bicarbonato de sódio
Batter	Massa
Beef	Carne de boi
Beer	Cerveja
Draft beer	Chopp; chope
Biscuits; cookies; crackers	Biscoitos
Bouillon cubes	Caldo em cubinhos
Bread	Pão
Bread and butter	Pão com manteiga
Day-old bread	Pão dormido
Stale bread	Pão velho
Dry bread (i.e., without butter)	Pão seco
French bread (loaf)	Bisnaga
French roll	Pãozinho
Sandwich loaf	Pão de forma; pão americano
Brown bread	Pão preto
Rye bread	Pão de centeio; pão preto
Whole wheat bread	Pão integral; pão preto

Pumpnickel	Pão pumpnickel
Bread crumbs, fresh	Migalha de pão branco; miolo
Bread crumbs, fine, dry type	Farinha de rosca
Butter	Manteiga
Buttermilk	Leitelho
Cake	Bolo
Fancy cake with icing	Torta
Candy	Balas
Cheese	Queijo
Brazilian cream cheese	Queijo catupiry
Cottage cheese	Queijo cottage
Cream cheese	Queijo crème
Parmesan cheese	Queijo ralado (tipo parmesão)
Provolone cheese	Queijo provolone
Ricotta cheese	Queijo ricota
Swiss cheese	Queijo suíço
Chicken	Frango; galinha
Chocolate	Chocolate
Cocoa (drink); hot chocolate	Chocolate quente
Cocoa powder	Cacau em pó
Coffee	Café
Coffee beans	Café em grão
Ground coffee	Café moída; café em pó
Instant coffee	Café solúvel
Small cup (demitasse)	Cafezinho
Coffee with milk	Café com leite; média
Cookies; biscuits	Biscoitos
Corn flakes	Flocos de milho
Sweetened (Frosted Flakes)	"Sucrilhos"
Corn syrup	Glucose; "Karo"; glicose
Crackers; biscuits	Biscoitos salgados
Cream (any creamy substance)	Creme
Cream (milk product)	Creme de leite
Sour cream	Creme azedo
Whipping cream	Creme para chantilly
Whipped cream	Creme chantilly, chantilly
Cream of tartar	Cremer de tártaro
Dough	Massa
Duck	Pato
Mallard	Marreca
Fatback	Toucinho
Smoked fatback	Toucinho fumeiro
Food coloring	Anilina; corante
Game (wild animals)	Caça
Gelatin	Gelatina
Powdered gelatin	Gelatina em pó
Sheet gelatin	Gelatina em folhas
Flavored gelatin	Gelatina de sabor

Clear gelatin	Gelatina branca; gelatina incolor
Colored gelatin	Gelatine de cor
Goose	Ganso
Ham	Presunto
Honey	Mel
Eucalyptus	De eucalipto
Orange blossom	De laranjeira
Wild flower	Silvestre
Honeycomb	Fava de mel
Ice cream	Sorvete
Italian pastas	Massas (italianas)
Jam; jelly	Geléia
Ketchup; catsup	Catchup
Lard (pork)	Banha (de porco)
Lard (vegetable)	Banha vegetal; gordura vegetal
Liver sausage (Leberworst)	Salsicha de fígado; salsicha Lyonesa
Macaroni	Macarrão
Margarine	Margarina
Soft margarine	Margarina cremosa
Marmalade (orange or lemon)	Geléia (de laranja ou limão)
Milk	Leite
Condensed Milk	Leite condensado
Evaporated milk	Leite evaporado ("Ideal"); leite
Concentrado sem açúcar	Concentrado sem açúcar
Powdered milk	Leite em pó
Instant	Instantâneo
Skim	Desnatado
Molasses	Melado; melado de cana
Mustard	Mostarda
Oil, olive	Azeite
Oil, palm	Azeite de dendê
Oil, vegetable	Óleo vegetal
Corn oil	Óleo de milho
Peanut oil	Óleo de amendoim
Sesame oil	Óleo de gergelim
Soy oil	Óleo de soja
Sunflower oil	Óleo de girassol
Pancake	Panqueca
Paté	Paté
Pickles	Picles; pepino em conserva
Popcorn	Pipoca
Pork	Porco
Quail	Codorna
Quail eggs	Ovos de codorna
Rabbit	Coelha
Salami	Salaminho
Sardines (canned)	Sardinhas (enlatadas)
Sausage	Salsicha; lingüiça

Soup	Sopa
Cream soup	Creme
Dehydrated (in packets)	Desidratada (em pacotes)
Stock	Caldo
Beef stock	Caldo de carne
Chicken stock	Caldo de galinha
Vegetable	Caldo de legumes
Cubes	Cubos ("Knorr", "Maggi")
Soy sauce	Molho de soja; shoyu
Sweet and sour sauce	Molho agridoce
Spaghetti	Espaguete; espagueti
Sugar	Açúcar
Brown sugar ("Douradinho")	Açúcar mascavo ("Douradinho")
Confectioners sugar, icing sugar ("Glaçúcar")	Açúcar de confeitiro; açúcar de noiva ("Glaçúcar")
Crystallized sugar (Doçúcar)	Açúcar cristalizado (Doçúcar)
Cube sugar	Açúcar em cubos e em tabletes
Demerara sugar (brown crystals)	Açúcar demerara (açúcar mascavo cristalizado)
Loaf sugar (raw brown sugar in cakes)	Rapadura
Sugarcane	Cana-de-açúcar
Sugarcane juice	Caldo de cana
Tea	Chá
Camomile tea	Chá de camomila
Fennel tea	Chá de erva doce
Herb tea	Chá de ervas
Indian tea	Chá preto
Lemon grass tea	Chá de erva cidreira
Mint tea	Chá de menta; chá de hortelã
Tenderizer	Amaciante
Toast (pieces)	Torradas
Tomato paste	Extrato de tomate; purê de tomate
Tomato pulp	Polpa de tomate
Tomato sauce	Molho de tomate
Turkey	Peru
Turkey, smoked	Peru defumado
Vinegar	Vinagre
Cider vinegar	Vinagre de maçã
Red wine vinegar	Vinagre de vinho tinto
White wine vinegar	Vinagre de vinho branco
Tarragon vinegar	Vinagre com estragão
Worcestershire sauce	Molho inglês
Yeast	Fermento biológico; levedo; levedura
Brewer's yeast	Levedo de cerveja
Compressed yeast (fresh)	Fermento fresco em tablete
Yeast pills or capsules	Comprimidos de levedo ou cápsulas

Fruits & Nuts	Frutas e Castanhas
Alligator pear; avocado	Abacate
Almond	Amêndoa
Ambarella; Otaheite apple; Jew plum	Cajá-manga
Apple	Maçã
Apricot	Damasco
Apricot, tropical; mammee; mamey	Sapota (veja sapoti)
Banana	Banana
Bergamot	Lima-da-Pérsia (bergamota)
Blackberry	Amora-da-silva; amora-preta
Brazil nut	Castanha-do-Pará
Breadfruit	Fruta-pão
Cambucá	Cambucá
Cantaloupe	Cantalupe; melão-do-príncipe; melão-da-Amazônia
Carambola; star apple	Carambola
Cashew-apple	Caju
Cashew nut	Castanha de caju
Cherimoya; custard apple	Cherimólia; graviola
Cherry	Cereja
Cherry, Surinam	Pitanga
Chestnut	Castanha
Citron	Cidra
Coconut	Coco
Cupuaçu	Cupuaçu
Currant	Uva-de-corinto; groselha
Custard apple; cherimoya	Cherimólia, graviola
Date	Tâmara
Fig	Figo
Filbert; hazelnut	Avelã
Genip; marmalade box	Genipapo
Goober; peanut, ground-nut	Amendoim
Granadila; passion-fruit	Maracujá
Grape	Uva
Grapefruit	Grapefruit; toronja
Groundnut, peanut	Amendoim
Guava	Goiaba
Hazelnut; filbert	Avelã
Hog plum, yellow mombin	Cajá-mirim
Jaboticaba	Jaboticaba
Jackfruit	Jaca
Jambu; roseberry	Jambo
Japanese plum, loquat	Nêspera
Jew plum, ambarella	Cajá-manga
Lemon	Limão
Lime	Limão
Lime, sweet	Lima
Loquat; Japanese plum, medlar	Nêspara

Mamey, mammee, tropical apricot	Sapota
Mango	Manga
Marmalade box, genip	Genipapo
Marmalade plum; sapote	Sapoti
Maypop; passion fruit	Maracujá
Medlar, Japanese; loquat	Nêspêra
Melon	Melão
Mombin, yellow; hog plum	Cajá-mirim
Monkeynut; peanut	Amendoim
Mulberry	Amora
Nectarine	Nectarina
Olive	Azeitona
Orange	Laranja
Otaheite apple; ambarella	Cajá-manga
Pakooru	Bacuri
Papaya	Mamão
Passion-fruit, maypop; granadilla	Maracujá
Peanut; goober, ground-nut; monkeynut	Amendoim
Peach	Pêssego
Pear	Pêra
Pecan nut	Noz-pecã; noz-pecan
Persimmon, Japanese	Caqui; kaki
Pine seed	Pinhão
Pineapple	Abacaxi, ananás
Pitanga; Surinam cherry	Pitanga
Plum	Ameixa (frexca)
Pomegranate	Romã
Prune	Ameixa sexa
Quince	Marmelo
Raisins	Passas (de uva), uvas passas
Raisins, golden; sultanas	Uvas passas douradas; uvas passas amarelas
Raspberry	Framboesa
Roseberry, jambu	Jambo
Sapodilla; sapote	Sapoti
Strawberry	Morango
Sultanas, golden raisins	Uvas passas douradas; uvas passas amarelas
Sweet-cup	Abiu
Sweet-sop, sugar apple	Fruta-do-conde; pinha
Sweetsop, red	Pinhão
Tamarind	Tamarindo
Tangerine	Tangerina; mexerica; mandarina; bergamota
Walnut	Noz
Watermelon	Melancia

Vegetables	Legumes
Acorn squash (similar)	Abóbora japonesa
Alfalfa sprouts	Brotos de alfafa
Alligator pear	Abacte
Artichoke	Alcachofra
Artichoke, Jerusalem	Topinamba
Arugula	Rúcula
Asparagus	Aspargo
Asparagus bean; yardlong bean	Feijão de metro
Aubergine; eggplant	Berinjela
Avocado	Abacate
Bamboo sprouts	Brotos de bambu
Beans	Feijão
Asparagus beans	Feijão de metrol
Black beans	Feijão-preto
Brown beans	Feijão-manteiga
Butter beans	Feijão-manteiga
Cranberry beans	Feijão-rajado
Green beans	Vagem
Kidney beans	Feijão-mulatinho; feijão-roxo
Light brown beans	Feijão-mulatinho; feijão roxo
Lima beans	Fava
Pinto beans	Feijão-rajado; feijão-carioquinha
Red beans	Feijão roxo
Spotted beans	Feijão rajado; feijão rajadinho
String beans	Vagem (macarrão ou manteiga)
Wax beans	Feijão-manteiga
White beans	Feijão branco
Bean sprouts	Broto de feijão, moyashi
Bean, yardlong	Feijão de metro
Beet, beetroot	Beterraba
Blackeyed peas	Feijão fradinho
Breadfruit	Fruta-pão
Broccoli	Brócolos; brócolis
Brussel sprouts	Repolhinho-de-bruxelas; couve-de-bruxelas
Cabbage	Repolho
Cabbage, red	Repolho roxo
Carrot	Cenoura
Cassava; manioc, bitter	Mandioca-brava
Cassava; manioc, sweet	Aipim, mandioca doce; macaxeira
Cauliflower	Couve-flor
Celery	Aipo; salsão
Chard, Swiss	Acelga
Chayote; choko; christophenes	Chuchu; xuxu
Chickpea; garbanzo	Grão-de-bico
Chicory	Chicória
Chinese cabbage	Acelga japonese; repolho chinês

Chives	Cebolinha francesa
Collard	Couve tronchuda
Corn (Indian, American)	Milho
Ear of corn	Espiga de milho
Courgette, zucchini	Abobrinha
Cucumber	Pepino
Pickling cucumber	Pepino para conservas, pepino japonês
Dasheen, taro	Inhame; cará
Eggplant, aubergine	Berinjela
Elephant ear	Taioba
Fennel, sweet; Florence fennel	Funcho
Gandules; pigeon peas	Guando
Garbanzo, chickpea	Grão-de-bico
Garlic	Alho
Gerkin, Bur; West Indian gherkin	Maxixe
Heart of palm, palm cabbage	Palmito
Hubbard squash, pumpkin (England)	Abóbora
Kale	Couve-manteiga
Leek	Alho-porró; alho-poro
Lentil	Lentilha
Lettuce, Cos; Romaine	Alface comum, alface paulist
Lettuce, curly	Alface crespa
Lettuce, head	Lettuce Americana
Maize	Milho
Manioc, cassava	Aipim; mandioca, macaxeira
Marrow, vegetable (England)	Abóbora d' água
Mushroom	Cogumelo; champignon
Nightshade, Brazilian	Giló, jiló
Nightshade, Malabar; vine spinach	Bertalha
Okra	Quiabo
Onion	Cebola
Pearl onion	Cebola para conserva
Purple onion	Cebola roxa
Spring onion(scallion); green onion	Cebolinha
Oyster plant; salsify	Salsifis-branco
Parsnip	Pastinaga
Peas	Ervilha; petit-pois
Peas, split or dried	Ervilha partida ou seca
Pepper, green; bell pepper	Pimentão
Pepper, red	Pimenta vermelha
Pepper, sweet red; pimento	Pimentão-doce
Pigeon peas; gandules	Guando
Pimento	Pimentão-doce (vermelho)
Plantain	Banana-da-terra
Potato	Batata-inglesa
"Baroa" potato (not a true potato)	Batata batoa; maandioquinha
Sweet potato	Batata doce

Purple sweet potato	Batata roxa
New potato (tiny)	Batata bolinha
Pumpkin (USA)	Moranga; abóbora-moranga
Radish	Rabanete
Black radish	Rabanete-negro
Salsify; oyster plant	Salsifis-branco
Black salsify	Salsifis-preto
Scallion, spring onion, green onion	Cebolinha
Shallot	Chalota
Soybean	Soja, feijão-soya
Spaghetti squash	Abobrinha espaguete
Spinach	Espinafre
Squash	Abóbora, jerimum (regional)
Hubbard squash	Abóbora
Spaghetti squash	Abobrinha espaguete
Summer squash; vegetable marrow	Abóbora d'água
Sweet potato	Batata-doce
Purple sweet potato	Batata roxa
Taro; dasheen	Inhame; cará
Tomato	Tomate
Turnip	Nabo
Vine spinach	Bertalha
Watercress	Agrião
Yam	Inhame, cará
Yam, southern USA (sweet potato)	Batata-doce; batata roxa
Yuca; cassava; manioc	Aipim

### Substitutions & Equivalents

Arrowroot starch or flour	1 Tbsp equals 2 Tbsp all-purpose flour (for thickening)
Baking powder	1 tsp double-acting equals ½ tsp baking soda + 1 tsp cream of tartar + ½ tsp cornstarch  1 ½ tsp single-acting baking powder equals 1 tsp double-acting powder
Bisquick	Use Massa Sol, Massa Mil or Master Mix
Bouillon	1 cube (U.S.A.) equals ½ cube (Brazil)
Buttermilk	4 cups fresh milk + 1 small container firm yogurt. Leave at room temperature for several hours, then refrigerate  1 cup equals 1 Tbsp vinegar (or lemon juice) + sufficient milk to equal 1 cup liquid
Chili powder	½ cup equals 1/3 cup ground dried red peppers + 1 Tbsp ground cumin + 2 tsp salt + 1 tsp ground allspice + 1 tsp garlic powder + 1 tsp oregano + ½ tsp ground cloves + ½ tsp ground coriander. Mix all ingredients and store air-tight
Chili sauce	Make cocktail sauce (see below) and add Worcestershire sauce and hot pepper sauce to taste

Chocolate, bitter	1 oz (1 square) equals 3 Tbsp cocoa powder + 1 Tbsp shortening, oil, butter, or margarine
Chocolate, semi-sweet	6 oz (1 cup) semi-sweet morsels or semisweet chocolate equals 6 Tbsp cocoa powder + 7 Tbsp sugar + ¼ cup shortening
Chocolate, sweet	4 oz sweet cooking chocolate (such as German's Sweet Chocolate) equals 3 Tbsp cocoa powder + 5 ½ Tbsp sugar + 2 Tbsp and 2 tsp shortening
Cocktail sauce	1 cup equals ¾ cup catsup + 1/8 to ¼ cup prepared horseradish + juice of 1 lemon + 1 dash of hot pepper sauce
Corn flour	See cornstarch
Cornstarch	1 Tbsp equals 2 Tbsp flour (for thickening)
Corn syrup	1 cup equals ¾ cup sugar + ¼ cup water
Cream, light (single)	Mix 3 parts heavy cream with 2 parts milk
Cream, Sour	1 cup equals 1 Tbsp lemon juice (or vinegar) + sufficient evaporated (NOT condensed) milk to equal 1 cup liquid  1 cup equals 1 Tbsp lemon juice (or vinegar) + sufficient canned cream (without the watery part) to equal 1 cup liquid  Mix 1 can cream (without the watery part) + 2 Tbsp mayonnaise + 1 container natural yogurt  8 oz fresh cream + 1 small container firm yogurt. Let stand at room temperature several hours, then refrigerate  1 container creme de leite (without the watery part) + 1 container natural yogurt + 1 Tbsp lemon juice (or vinegar); refrigerate for several hours before using
Cream soups as cooking ingredients	1 can (10 oz) equals 1 ¼ cups white sauce flavored to taste with cooked celery, meat, chicken, mushrooms, onions, etc.)
Crisco	Saúde gordura vegetal hidrogenada
Diet drink	Mix club soda + juice of ½ lime + artificial sweetener
Eggs	2 large equal 3 small  1 egg equals 2 yolks + 1 Tbsp water in cookie recipes  1 egg equals 2 yolks in custard recipes
Egg, substitute	For a low-cholesterol substitute, 2 whites equal 1 egg in pancakes and waffles  For a low-cholesterol substitute, mix 6 egg whites + ¼ cup instant non-fat dry milk + 1 Tbsp oil. ¼ cup equals 1 egg; store in refrigerator or up to one week, or freeze  1 cup equals 1 ½ Tbsp cornstarch + sufficient sifted flour to make 1 cup
Flour, self-rising	1 cup equals 1 cup all-purpose flour + 1 tsp baking powder + 1 tsp salt
Garlic powder	1/8 tsp equals 1 medium clove garlic
Gelatin	1 envelope gelatin (U.S.A.) equals 1 Tbsp powdered gelatin. 1 envelope gelatin (Brazil) equals 1 1/3 Tbsp powdered

	<p>gelatin. Both types are capable of gelling 2 cups of water; therefore, 1 envelope gelatin (U.S.A.) equals 1 envelope gelatin (Brazil)</p> <p>1 envelope gelatin equals 6 sheets clear gelatin (Brazil). Note that sheet gelatin in the U.S.A. is different and 6 sheets of American gelatin gel twice as much liquid.</p>
Graham crackers	Use Maria, Caricia, or Maizena cookies, or zwieback, for crumbs; add cinnamon for flavor
Herbs	1 Tbsp fresh herbs equals 1 tsp dried herbs or 1/2 tsp powdered herbs
Honey	1 cup equals 3/4 cup sugar + 1/4 cup liquid
	1 cup may substitute 1 cup sugar in bread dough. For cakes and cookies, use 7/8 cup honey for each cup of sugar, reducing liquid in recipe by 3 Tbsp for each cup of honey
Horseradish	Soak 1 Tbsp dried horseradish (raiz forte) in 2 Tbsp water; add 1/2 cup heavy cream
Milk, fresh	1 cup equals 1/2 cup evaporated milk + 1/2 cup water
	1 cup equals 3 to 5 Tbsp dry milk solids + 1 cup water
Milk, sour	1 cup equals 1 Tbsp vinegar (or lemon juice) + sufficient milk to equal 1 cup liquid
Mushrooms	lb. fresh mushrooms equal 6 oz canned mushrooms
Mushroom soup as cooking ingredient	1 can equals 1 package dry mushroom soup prepared with half the liquid called for on the package, preferably milk
Mustard, dry	1 tsp equals 1 Tbsp prepared mustard
Parsley	cup chopped fresh parsley equals 1 Tbsp dried parsley
Pickling spice	Pound until well crumbled 4 cinnamon sticks (about 3" long) and 1 one-inch piece dried gingerroot. Discard any strings from ginger. Mix with 2 Tbsp mustard seeds, 2 tsp Allspice berries, 2 Tbsp peppercorns, 2 tsp Whole cloves, 2 tsp dill seeds, 2 tsp coriander seeds, 1/2 tsp nutmeg, 8 bay leaves, crumbled fine, and 1 small dried hot pepper, crumbled: Equals 2/3 cup
Salt coarse or kosher	Use coarse salt for churrasco ("sal grosso")
Soups, canned	See cream soups, mushroom soup, or tomato soup
Spinach	One 10 1/2 oz package frozen chopped spinach equals 2/3 cup cooked chopped spinach
Sugar, brown	1 cup equals 1 cup sugar + 3 Tbsp molasses. Mix with hands, as it does not work in the blender
Tapioca	1 Tbsp quick-cooking equals 1 1/2 Tbsp all- purpose flour (for thickening)
Tomatoes, canned	16 oz canned equals 6 oz tomato paste + 1 cup water 16 oz equals 1 1/2 cups chopped tomatoes, simmered 10 minutes
Tomato sauce	For an unseasoned sauce use tomato puree or tomato pulp
Tomato soup as cooking ingredient	1 can (10 oz) equals 3/4 cup tomato paste + 1/2 cup milk + chopped onion (1/2 small onion) + salt + dash of baking soda
Vanilla wafers	Use Mabel Rosquinhas de Leite cookies
Vegetable shortening	1 cup Crisco (hydrogenated vegetable shortening) equals 1/2 cup lard + 1/2 cup margarine

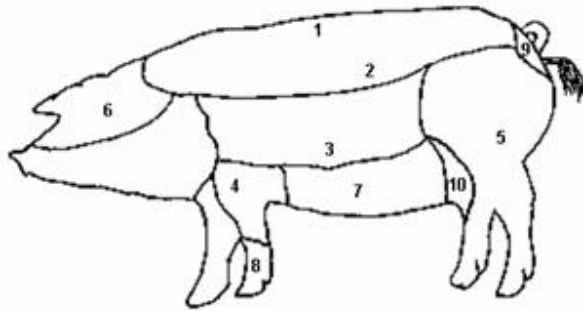
	For Crisco, use coconut fat; for solid vegetable shortening, use "banha vegetal" or "gordura vegetal" (Saúfide or other brand)
Wine, red	Use white wine or bouillon
Wine, white	Use dry vermouth or sherry
Yeast	One envelope (U.S.A.) equals 1 Tbsp dry yeast or 15g fresh yeast
Yogurt	1 cup equals 1 cup Buttermilk or sour milk

## Meats & Fish

### Beef | Pork | Chicken | Fish

Beef (Boi)	
1. Neck : Pescoço	11. Rump: Alcatra
2. Chuck roll: Acém	12. Knuckle: Patinho
3. Brisket: Peito	13. Outside round: Coxão duro (Chã-de-fora)
4. Shoulder: Braço, pá ou paleta	14. Inside round: Coxão mole (Chã-de-dentro)
5. Flank: Fraldinha	15. Eye of round: Lagarto
6. Short ribs: Ponta de agulha	16. Foreshank: Músculo (Garrão)
7. Filet mignon: Filé mignon	17. Hindshank: Músculo traseiro
8. Rib steak: Filé de costela	18. Shortloin: Aba de filé
9. Sirloin/striploin: Filé de lombo/contrafilé	19. Tail of rump: Mamihna de alcatra
10. Rib Cap: Capa de file	20. Cap of rump: Picanha

Pork (Porco)



1. Pork chops: Carré/costeleta de porco	6. Leg/shoulder: Pernil
2. Pork tenderloin: Lombo/lombinho	7. Pig's ear: Orelha de porco
3. Spareribs: Costela	8. Skin with underlying fat to be fried: Torresmo ("feijoadá")
4. Slab bacon: Toucinho	9. Tail: Rabo
5. Smoked ham: Tender/presunto tender	10. Pig's knuckle: Joelho

Chicken	Frango
Back	Dorso
Breast	Peito
Fillet	Filé
Foot	Pé
Gizzard	Moela
Heart	Coração
Liver	Fígado
Neck	Pescoço
Thigh	Coxa
Wing	Asa

Fish	Peixe
Albacore	albacora
Angelfish, black	peixe frade
Angelfish, sharklike (or monkfish)	viola (cação-viola or cação-anjo)
Barracuda	bicuda
Bass, sea	see grouper
Bluefish	enchova; anchova; enxova
Bonito	bonito
Broadbill	see swordfish
Bumper	palombeta; carapau
Cavalla	charéu, xaréu
Codfish	bacalhau
Coney	catoa
Corvina; croaker	corvina
Cutlass fish	peixe-espada; juvira
Dorado	dourado
Eel	enguia
Filefish	peixe-porco
Flounder	linguado
Grouper, small	badejo
Grouper (jewfish), black	cherne; xerne; cherna
Grouper, large	garoupa
Grouper, red	mero
Grunt	cocoroca, corocoroca
Guitarfish (a ray)	viola; arraia-viola
Hake, silver	merluza
Jewfish	see grouper
Mackerel, king	cavala preta; cavala verdadeira
Mackerel, painted	cavala branca
Mackerel, Spanish	sarda
Mackerel-scada	xixarro; carapau
Mero	see grouper
Mojarra	carapeba
Monkfish	see anglefish, sharklike
Moonfish	peixe galo
Moray eel	moréia, enguia
Mullet	tainha
Namorado	namorado
Needlefish; pipefish	peixe-agulha
Needlefish, large	agulhão
Perch, marine	see snapper, red
Pike	see snook
Porgy, red	pargo
Ray; skate	raia; arraia (see also guitarfish and sawfish)
Sardine (fresh)	sardinha fresca
Sawfish; sawray	peixe-serra; araguaguá
Sergeant fish	beijupira; bijupira
Shad	savelha
Shark, first grade	cação de primeira; anequim; enequim (the great

	white shark). Also cortagaroupa (a smaller shark)
Shark, second grade	cação de segunda
Shark, sand	cação
Skate	see ray
Smelt, sand	manjuba; manjubinha
Snapper, vermilion	realito
Snook, large (similar to pike)	robalo
Snook, small	robalete
Spadefish	paru
Surmullet	trilha
Swordfish; broadbill	separdate; peixe-espada
Tilefish, spotted	batata
Tuna; tunney	atum
Weakfish, large	pescada amarela
Weakfish, medium	pescada cambuçu
Weakfish, small	Pescada pernã-de-moça
Whalebait	peixe miúdo
Whiting, any small cod, hake or weakfish	pescadinha
Yellowtail	olho de boi

#### NOTES ABOUT NAMES AND SPECIES:

The name enchova (for anchovy or bluefish) is also used for the canned fillets of anchovy.

Flounder (linguado) is a good substitute for the European sole. Occasionally, another type of flatfish appears in the markets, simply called sole or "solha".

In both English and Portuguese, the swordfish and sawfish are often confused. Thus, the name "espadarte" is sometimes given to the sawfish (a ray).

Bonito is a medium-size tuna.

Cooking Terms	Terminologia Culinária
Bake	Assar
Baste	Regar
Beat, eggs, etc.	Bater, ovos, etc.
Boil	Ferver
Boil eggs	Cozer ovos
Boil, bring to a boil	Dar uma fervura; levantar fervura
Bone	Osso
Bone (to remove bone)	Desossar
Bouquet	Buquê
Breakfast	Café da manhã
Brown	Corar; dourar
Bunch; head	Molho
Chill	Esfriar
Chop	Picar
Clean	Limpar

Cook	Cozinhar
Cook over water or in double boiler	Cozinhar em banho-maria
Cook quickly; cook slowly	Cozinhar depressa; cozinhar devagar
Cube	Cortar em cubinhos; cortar em dadinhos
Crush (in mortar)	Socar (na cumbuca); esmagar
Dinner	Jantar
First course	Primeiro prato
Second course	Segundo prato
Dessert	Sobremesa
Dough	Massa
Dredge	Cobrir em farinha; passar em farinha
Freeze	Congelar
Fry	Fritar
Fry eggs	Estrelar ovos
Fry in deep fat	Fritar em bastante gordura; fritar em gordura para cobrir
Garnish	Enfeitar; guarnecer
Golden	Dourado
Grate	Ralar
Grate finely	Ralar no ralo fino
Grate coarsely	Ralar no ralo grosso
Grease (a pan)	Untar (uma fôrma)
Grill	Grelhar
Grind	Moer
Grocery store	Armazém
Heat	Esquentar; aquecer
Hull (peas, etc.)	Debulhar (ervilha etc.)
Knead	Amassar; assovar
Low heat	Forgo baixo ou brando
Lunch; luncheon	Almoco
Marinade (the liquid)	Escabeche; molho
Marinate	Deixar de molho
Mash	Fazer purê; espremer
Mince in food chopper	Passar na máquina (ce moer)
Peel	Descascar
Poach	Escaldar, fazer ovo pochê
Pound (meat, etc.)	Bater (carne etc.)
Rare	Mal-passado
Raw	Cru
Roll out (dough)	Abrir ou estender (a massa)
Sauté	Refogar
(Note:	(Nota:
the term "refogar" is generally	a palavra "refogar" geralmente
understood to mean to fry in little	quer dizer fritar em pouca gordura
fat with seasonings (garlic, onion,	com temperos (alho, cebola, etc.)
etc.) To avoid confusion say,	Para evitar confusão diga "sem
"sem temperos" (without	temperos" se necessário.)
seasonings), if necessary).	

Scald	Escaldar
Scramble eggs	Mexer ovos
Sear (meat)	Tostar (carne); crestar
Shred	Cortar fino; cortar em tiras
Shred with grater	Ralar
Shred meat	Desfiar
Simmer	Ferver em fogo brando (cozinhar ao ponto de ferver ou logo abaixo)
Slice	Fatiar; cortar em fatias
Slice in rounds	Cortar em rodelas
Slice in sections	Cortar em gomos (macã, limão, etc)
Snack	Lanche; merenda
To have lunch	Lanchar; tomar um lanche
Soak	Pôr de molho; deixar de molho
Sprinkle (with powdery substance)	Polvilhar (com algo em pô)
Sprinkle (with pieces)	Salpicar (com pedaços)
Sprinkle (with liquid)	Regar (com líquido)
Squeeze	Espremer
Stand (let stand)	Deixar descansar
Stir	Mexer
Syrup (industrialized)	Xarope (industrializado)
Syrupy liquid	Calda
Sugar Syrup	Calda de açúcar
Forms a ribbon	Ponto de espadana
Spins a thread	Ponto de cabelo
Soft ball stage	Ponto de bala mole
Hard ball stage	Ponto de bala
Hard crack stage	Ponto de rebuçado
Tender	Macio
Tenderize	Amaciar
Tough	Duro
Warm up, reheat	Requentar
Well done	Bem-passado; bem-cozido