



# Gus' BIG BBQ BOOK





# WELCOME

This great Aussie nation has grown up enjoying the smells and tastes of the Great Aussie Barbie.

The skills passed down from generation to generation, encouraging them to don the novelty apron, grab a pair of tongs and cook some amazing meals for their mates.

It's the cultural importance that brings all Aussies closer together over a feed and a cold one on a summer day.

It's the mateship of taking turns turning the snags while your buddy tells a yarn of just how big that fish was that got away.

So enjoy this book...Slap another something on the barbie and

*Cook, Eat and Enjoy!*



# BBQ LAMB CUTLETS

## with Salsa Verde



### INGREDIENTS

8 Frenched Lamb Cutlets

100ml Olive Oil

#### Salsa Verde:

1 Slice Of Thick Stale Bread

300ml Olive Oil

2 Cloves Garlic

1 tbsp Capers

2 Anchovies (Chopped)

1 tbsp Lemon Juice

½ Bunch Chopped Parsley

½ Bunch Chopped Mint

½ Bunch Chopped Coriander

Salt and Pepper

#### Equipment:

BBQ on hot

Chopping Board

Chef's knife

Food Processor

Bowl or tray for basting

Pastry Brush

#### Terms used in this recipe...

**Frenched** - Fat cleaned back from the bones - assists in presentation plus assists in reducing fat from burning

**Sweat** - also called beading or pearling - where the heat of the meat cooking from underneath has come to the surface and is ready to turn.



### METHOD

1. To make Salsa Verde, moisten bread with a little olive oil and combine in food processor with garlic, capers, anchovies and lemon juice. Add chopped parsley to mix and season. Ensure there is an amount of Olive Oil on top to prevent the mix oxidizing. (Set aside)
2. Heat BBQ on high for 10 minutes
3. Add lamb to basting tray and drizzle with salsa verde oil and season well with salt and pepper on all sides.
4. Turn BBQ down to about ½ and cook on the first side for 1½ minutes.
5. With the raw side still up turn cutlets to form a crisscross on the surface
6. When you see the lamb start to "sweat" blood droplets, turn over and seal for a further 1 minute. Take lamb off to rest for 4 minutes.
7. To serve add the lamb cutlets back to the BBQ for 30 seconds per side and place on a serving tray.
8. Add a scoop of salsa verde to the lamb and serve at once.



Preparation time: 20 minutes

Cooking time: 5 minutes

Serves: 2



# BBQ KING PRAWNS

with Chilli, Lemon  
and Herb Pesto



## INGREDIENTS

12 King prawns

12 Skewers

3 Lemons (juice + zest)

2 Red chillies (deseeded)

¼ bunch Basil leaves

¼ bunch Parsley

3 cloves Garlic

80g Pine nuts, toasted

100ml Olive Oil

Salt and Pepper

### Equipment:

Barbeque, char grill or griddle iron.

Food processor for paste

Skewers (soaked in water to prevent burning)



## METHOD

1. Peel and devein prawns down to the last tail.
2. Skewer prawns from tail to head (making straight)
3. To make the pesto, combine in food processor garlic, herbs, lemon, and pinenuts, adding oil a little bit at a time. Season to taste.
4. Marinate and coat prawns in baste and grill on both sides for 2 to 3 minutes.
5. Great served as an appetiser or entrée and best eaten straight from the BBQ.



Preparation time: 10 minutes

Cooking time: 5 minutes

Serves: 4 Four small red icons of people standing side-by-side.

# BBQ PORK ROAST

with Apple, Onion & Sage



## INGREDIENTS

1 x 2kg Pork Roast  
(Boned & Rolled or Rib Attached)  
1 x Onion (Finely diced)  
1 x Granny Smith Apple  
(Peeled, Cored and diced)  
½ bunch Sage  
2 cloves Garlic (Chopped)  
1 tbsp Grain Mustard  
50ml Olive Oil  
Salt and Pepper

### Equipment:

BBQ  
Chopping Board  
Roasting Rack  
Enamel Drip Tray  
Paring knife  
Bowl for mixing  
Carving Knife  
Basting brush  
Food Thermometer

### Terms Used In This Recipe...

**Baste** - to coat or moisten  
with marinade during the  
cooking process

**Rest** - when the meat is cooking, it  
tightens up. By allowing the meat to  
rest, the meat relaxes, therefore it's  
more tender and the blood will escape  
so it's not all over your plate

## METHOD

1. Preheat barbeque until hot registers on the hood indicator
  2. Combine chopped onion, apple, garlic, sage, sea salt, pepper, mustard and olive oil in a bowl.
  3. Score Pork in about six places and season with salt and pepper all over.
  4. Peel back the fat a little and add the combined marinade between the fat and the flesh. Fill scores with marinade.
  5. Tie roast together and place on the roast holder.
  6. Place roast in the centre of BBQ, then turn burners off under Pork (only have far left and right burners on high)
  7. Whilst tempting, try not to open the hood until it is ready to prevent loss of heat and flavour of your roast. Time and temperature is the key.
  8. Cooking time is determined by weight of Pork - approximately 45 minutes per kilogram for Medium Well (Pork should register 81°C on a meat thermometer)
  9. Rest roast for a good 10 minutes before carving
- Great served with caramelised pumpkin and apple sauce.




Preparation time: 15-20 minutes

Cooking time: by weight 45 mins per kg

Serves: 4 Four red human icons representing people.

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# GREAT BBQ COOKING & GAS GRILLING TIPS

## **Food Safety When You BBQ**

Keep it clean and keep it cold until you cook it or eat it.

Make sure you have enough ice.

Have enough dishes so there is no cross contamination between uncooked and cooked meats.

## **Seasoning the BBQ Grill**

Pre-heat the clean grill and coat with cooking oil, using a brush or spray.

Close the grill and allow it to sit for about 20 mins then wipe the grill clean with a fresh damp cloth.

The concept is the same as the seasoning of a cast iron fry pan.

## **BBQ Lid Position When Cooking**

Just as some things are cooked on the kitchen cooktop and some in the oven, the type of food you are cooking will determine if you leave the BBQ lid up or down.

Generally speaking, do what you would do if you were cooking indoors.

## **Over the Burner Cooking**

Steaks, burgers, and veggies that need to be seared or cooked from the outside inward, should be placed directly over the burners.

A little olive oil brushed on the steak will prevent it from sticking.

Do NOT use salt on the meat before cooking, as it draws out the moisture and makes the meat dry.

If you do salt it as you start cooking, use coarse salt to get a nice salty crust.

A bit of coarse black pepper can be nice, too.



# WHOLE BBQ SNAPPER

Thai Style, with Lime,  
Ginger & Chilli



## INGREDIENTS

1 x Whole Snapper (2kg)

### Marinade:

2 cloves Garlic (Chopped)

15g Ginger (Peeled and chopped)

¼ bunch Coriander  
(Roots chopped and leaves picked)

4 Birds Eye Chilli's  
(Chopped – Seeds removed)

1 Stick Lemongrass  
(Roughly chopped)

8 Limes (3 for marinade,  
5 into wedges for stuffing fish)

60ml Soy Sauce

100ml Peanut Oil

1 x Banana Leaf

### Equipment:

BBQ

Mixing Bowl

Chopping Board

Filleting Knife

Fish Slice

Foil Wrap

Oval Roasting Pan  
or baking tray

## METHOD

1. Heat BBQ to high with the hood down.
2. In a bowl combine all marinating ingredients (except lime wedges and coriander leaves) Set aside.
3. Clean and scale fish and remove excess fins to prevent burning.
4. Score fish with 3 incisions along fillet ½ way through to spine each side.
5. Season fish on all sides with salt and pepper and add marinade to the incisions and centre of the fish along with slices of lime wedges.
6. Place fish onto a banana leaf and pour over excess marinade. Wrap up snapper with banana leaf and either place in a suitable fish cage or into a foil roasting tray. (Tray version is fine covered with foil)
7. Turn centre BBQ jets off with 2 outside jets on only and place fish in centre of BBQ and close the hood. Our fish will cook for 25mins per kg - 50mins.  
(BBQ will cook fish best after pre heating on 200°C).
8. Fish will be tender to touch and eyes will be a pearl white when ready.
9. Great to serve as a shared fish in centre of your dining table.
10. Pour juice from tray over the fish just before serving.
11. Serve at once with a cold beer or chilled white wine and enjoy!



Preparation time: 15 minutes

Cooking time: 50 minutes (25 mins per kg)

Serves: 4 As a shared dish in the middle of the table



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# BBQ STEAK SANDWICH

Sliders with  
Tomato Relish



## INGREDIENTS

6 x 150g Beef Sirloin Minute Steaks  
3 x Sliced Brown Onions  
4 x Sliced Tomatoes  
1 Head Chopped Lettuce  
1 x Long Turkish Bread Loaf  
1 x 250g Tomato Relish  
Olive oil  
Salt and Pepper

### Equipment:

BBQ & Tongs  
Bowl to mix salad  
Bread knife  
Chopping Board  
Storage Containers

## METHOD

1. Heat BBQ / Fry pan to hot then turn to about  $\frac{3}{4}$  prior to cooking.
2. BBQ Beef for about 1 min each side until it is tender to touch.
3. Add sliced onions to the hot plate and caramelize BBQ style. Best cooked on high and tossed occasionally. Season generously.
4. Rest beef for 3 minutes on a tray and retain juices
5. Toast Turkish Bread straight onto the grill and butter if required.
6. Assemble Lettuce, Tomato then Steak, Onions and sauce. Season with salt and pepper.
7. Add Tomato Relish to Sandwich and add top of Turkish bread.
8. Cut Turkish Sandwich into 2cm sized slices.
9. Serve at once.



Preparation time: 10 minutes

Cooking time: 6 minutes

Serves: 6



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# BBQ PIRI PIRI CHICKEN



## INGREDIENTS

1 x Whole Fresh Chicken  
(marinate for 3 hours)

50ml Olive Oil

Pinch Salt & Pepper

### Marinade

Harrissa (Made)

Mint

Coriander

Parsley

Shallots

### Dressing

Yoghurt

Cucumber

Olive Oil

Mint

Salt

Pepper

### Equipment:

Food processor

Chopping Board

Chef's Knife

Mixing Bowl

BBQ Tongs

## METHOD

1. Marinate Chicken for 3 hours.
2. Pre Heat your BBQ till it registers High on the temperature gauge. Turn down to medium for cooking.
3. Remove Chicken from marinade and season with salt and pepper. Grill on both sides for 10 minutes or until cooked.
4. In a bowl combine remaining ingredients and dress.
5. Add salad to serving plate and arrange portioned Chicken on top, garnish with coriander. Serve at once and enjoy!



Preparation time: 15-20 minutes

Cooking time: 10 minutes

Serves: 2 A red icon of two stylized human figures.

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# GREAT BBQ COOKING & GAS GRILLING TIPS

## **Searing & Crosshatching Your Meat**

Always pre-heat the grill and take the meat out of the refrigerator about 15 minutes before cooking.

Sear the meat for 90 seconds on high heat and then rotate it 1/8 of a turn (45 degrees) and sear again.

This will give it an attractive crosshatch pattern, assuming you are not cooking on a flat plate grill, and help seal in the natural juices.

Remember to reduce heat to normal cooking temperature after searing.

## **Leave Your Meat Alone & Give It Room on the Grill**

You should only turn the meat once. Be patient!

The meat needs room, too. Don't overcrowd the grill or it can heat unevenly.

There should be at least 2cm between the pieces of meat.

Also, make sure you have enough gas so that the cooking session is uninterrupted.

## **Avoid Using BBQ Forks When Turning Meat**

To retain the natural juices, don't poke holes in the meat. No forks!

This includes piercing the sausage skins.

Use long handled tongs or spatulas instead of forks.

Also, don't mash down on meat and burgers, as this forces out the natural juices and leaves you with dried out meat.

## **Leave Meat Alone Part 2**

Let your grilled meat "rest" for five minutes after cooking, covered loosely with foil, to ensure more tender and juicy results.

Letting the meat rest also applies to roasts and other cooked meats, as well.





# BBQ GLAZED LEG OF HAM

Golden Syrup &  
English Mustard



## INGREDIENTS

- 1 Smoked Leg of Ham
- 20 Cloves
- 300ml Golden Syrup
- 200g English Mustard
- 400ml Water
- ½ Onion chopped
- 1 Bay leaf
- 1 clove Garlic, chopped
- 3 sprigs Thyme

### Equipment:

- Chef's Knife / Carving Knife
- Small pot
- Sieve
- Pastry Brush
- Oven to bake the ham



## METHOD

1. Pre-heat BBQ to 190°C
2. Cut excess fat layer from ham & score remaining fat in a criss-cross fashion then use the cloves to stud the ham where the cross's meet
3. Cover Leg with foil & bake for 1 ½ hours
4. In a small pot combine remaining ingredients and bring to the boil
5. Simmer for about 15 minutes or until the glaze is of a coating consistency
6. Pass through a sieve
7. Brush generous amounts of glaze onto the ham & bake in oven on 220°C for about 20 minutes (without foil), checking & basting when necessary. (Ham should be caramelised & coated all over)
8. Carve ham & serve with your favourite pickle & fresh rolls.



Preparation time: 25 minutes  
Cooking time: 2 hrs 5 minutes

Serves: 8





# BBQ SQUID SALAD

with Snow Peas, Bean Shoots and Nahm Jihm Dressing



## INGREDIENTS

4 x Squid Tube (cleaned and cut into pieces, scored and set aside)  
2 x Long Red Chilli, Seeds removed and cut into thin strips

50g Snow Peas (cut into diamonds)

20gm Bean Shoots (soak in water and place in fridge for 20 mins)

½ bunch Coriander — picked and cleaned

1 x Lime cut into cheek

50ml Extra Virgin Olive Oil

### Nahm Jihm:

10ml Fish Sauce

2 cloves Garlic

2-3 Coriander Roots

2 Lime (Juice & Zest)

20gm Light Palm Sugar

1 Birds Eye Chilli

### Equipment:

BBQ or flat top grill

Mortar & Pestle

Chopping Board

Chef's Knife

Mixing Bowl

BBQ Tongs

## METHOD

1. Prepare squid by cutting in half and cleaning. Score in a crisscross fashion. Slice into 3cm x 3cm pieces
2. Pre-heat BBQ to hot then turn down to ¾ to grill.
3. Prepare Nahm Jihm in a mortar & pestle by crushing Garlic, Chilli & Coriander Root, add Palm Sugar and Fish Sauce. Season to taste with Lime Juice
4. Grill Squid for about 2 minutes on scored side ensuring not to dry out.
5. Turn the squid over and finish for a further minute.
6. In a bowl, place Snow Peas, Chilli, Coriander and Bean Shoots
7. Add Squid and a tablespoon of Nahm Jihm, toss through and place on plate
8. Serve with a side of Nahm Jihm.



Preparation time: 15-20 minutes

Cooking time: 5 minutes

Serves: 2 

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# GREAT BBQ COOKING & GAS GRILLING TIPS

## Away From the Burner Cooking

Whole chickens, roasts, and most fish fillets require indirect heat.

Try preheating the grill with all burners then, when the grill is hot, turn off one side of grill, put the slow cooking food over the unlit burners and close the lid.

In effect, it becomes an oven. This will help cook the meat evenly, browning it while keeping it juicy and tender.

Use a meat thermometer, where appropriate, to determine when it is done.

## Using Aluminium Foil for BBQ

You can use aluminium foil to create little cooking pouches for delicate foods, like fish fillets.

Cook away from the lit burners or place the pouch on the warming rack, if you have one.

Be careful not to puncture the foil when lifting it off the grill.

## Use Your BBQ Warming Rack

You can toast bread, cook delicate foods or just keep cooked food warm by using your warming rack.

## Wood Chips Add Flavour

Wood chip smoke can enhance the flavour of your food.

You put the wood chips in a steel smoker box or in a small aluminium foil tray within the BBQ.

Hickory is a good all-round choice if you are just starting.

Smoker boxes and wood chips can be found at BBQ specialty stores. Follow the wood chip supplier's instructions.



# BBQ PEPPER KANGAROO FILLET

with Roasted Beetroot & Grilled Sweet Potato Salad



## INGREDIENTS

400g Kangaroo Loin or Leg  
(marinate for 3 hours)

### Marinade

400ml Red Wine

60g Native Pepper  
(or coarse Cracked Pepper)

4 sprigs Rosemary

1 clove Garlic (sliced)

200g Sweet Potato (cut to wedges)

200g Baby Beetroot  
(washed and wrapped in foil)

200g Baby English Spinach (washed)

### Dressing

90ml Olive Oil

30ml Red Wine Vinegar

5g Salt & Pepper

### Equipment

BBQ

Chopping Board

Knife

Bowl for mixing

## METHOD

1. Pre Heat your BBQ till it registers High on the temperature gauge
2. Place Beetroot in foil onto the resting shelf at the back of the BBQ and let cook for 40 minutes (indirect cooking) until tender.
3. Grill sliced sweet potato wedges on char grill till tender. Around 2 minutes each side. Set aside.
4. Remove Kangaroo from marinade and wipe excess oil away. Sear on Char Grill for 3 minutes per side turning once. (Remember to only cook till rare as Kangaroo being so lean will otherwise become tough)
5. Rest Kangaroo in a warm place and assemble spinach leaves onto a serving plate.
6. Unwrap and peel beetroot and place on top of spinach. Next add sweet potato wedges; building up for presentation.
7. Slice Rare Kangaroo thinly across the grain and add to the top of the salad.
8. Dress with vinaigrette and serve immediately.
9. Serve with a Fruity Shiraz or Dark Beer and enjoy!



Preparation time: 30 minutes

Cooking time: 40 minutes

Serves: 6



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# HALF SHELL SCALLOPS

with Soy, Chilli, Lime and Coriander



## INGREDIENTS

6 x ½ Shell Scallops  
30ml Soy Sauce  
1 fresh Chilli  
1 Lime (zest & juice)  
2 sprigs Coriander  
50 ml good Olive Oil  
Salt

### Salad Suggestion

1 Bunch Mizzuna  
1 pack Bean Sprouts  
1 pack Snowpea Shoots  
1 Red Capsicum cut into strips

### Equipment

Hooded BBQ  
Mortar and Pestle or blender  
Mixing bowl  
Spoon  
Fish lifter

#### Chef's Tip...

- With your chillis You don't have to take out the seeds, but they add a lot of heat to the dish.

The smaller the chilli, the hotter it is.

## METHOD

1. Heat BBQ to hot and then turn down to ¾ with the hood down.
2. Place Soy, chilli, coriander, salt, lime zest and juice in a pestle and mortar
3. Crush into a rough pulp, add olive oil.
4. Take Scallop from shell and place shell under the BBQ hood on the resting tray to cook.
5. Brush Scallops with marinade and grill lightly on one side till golden.
6. Place scallop back into shell under the hood and spoon additional mixture onto the scallops.
7. Let scallops cook for 1 minute then serve on a plate.
8. Garnish with a light salad of your favourite leaves with crunchy shoots and sprouts or strips of capsicum.



Preparation time: 5-10 minutes

Cooking time: 5 minutes

Serves: 2 Two small red icons of people standing side-by-side.

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# GUS' GUIDE TO BBQ CLEANING FOR THE LAZY BLOKE!

Lets' face it, no one likes to clean a BBQ. It ranks right up there with oven cleaning, only worse! However, there are some things you can do to make it easier and quicker.

## How to Clean a Gas BBQ Grill

- 1** Turn off and disconnect the gas bottle.
- 2** Clean your BBQ grill while still warm.
- 3** Brush and/or scrape your grill grates and hot plates to remove burned on food.
- 4** Use your dishwasher to clean your grates and hot plates.
- 5** Clean inside of grill with warm soapy water and a stiff brush.
- 6** Use Teflon grill sheets then just rinse off when done. Re-position Teflon grill sheets.
- 7** Clean outside of grill with warm soapy water and a soft sponge.
- 8** Re-assemble grill grates and hot plates.
- 9** Replace drip tray foil and refill with kitty litter.
- 10** Reconnect your gas bottle and check connections for leaks with soapy water.
- 11** Apply cooking oil to grates and hot plates to re-season.
- 12** Run the BBQ grill on high for 15 minutes to burn off any remaining residue.

Remember to be careful with painted and stainless steel surfaces.

Use non-scratch scrubbers, always test on a small area and follow the grain on any stainless steel.





# BBQ FOOD SAFETY & PREPARATION TIPS

HOW TO HAVE A FUN, SAFE & HEALTHY BBQ SEASON FROM SWAP'N'GO.



*Everybody loves a BBQ  
especially Australians!*

Please remember that there is always a risk of food illness if food isn't handled and stored correctly.

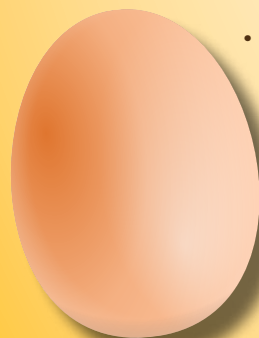
Outdoor cooking provides an even greater challenge, when you remove food from a clean kitchen and refrigeration.

The risk of spoilage increases with warmer temperatures.

Lack of proper cleaning facilities, including hand washing, adds to the concerns. Windborne contaminants, insects and animals also contribute to the risk.

## *Suggestions to keep your BBQ season fun, safe and healthy:*

- Always keep meat, poultry, seafood, dairy and any other food that requires refrigeration in a fridge or iced cooler until just before cooking or eating.
- Refrigerate all salads, dips and other perishables, especially those made with mayonnaise, until just before serving. Return them to refrigeration as soon as you are done serving.
- Don't let uncooked meat, poultry or seafood come in contact with other foods or common food surfaces.
- Keep them refrigerated in leak-proof containers to avoid contaminating other foods.
- Keep food covered to protect against windblown dirt, insects and animals.
- Make sure that food is cooked thoroughly. Heat meat to a minimum of 75°C, if you use a meat thermometer.  
Poultry should be cooked until the meat is all white, with no pink remaining.  
Meats should be cooked until the juices coming out of the meat are clear.



- Don't use dirty or cracked eggs.
- All egg dishes must be fully cooked.
- Do not make or serve dishes that use raw eggs.
- Do not re-use plates or utensils that were used for raw meats, poultry or seafood.

*If in doubt, throw it out!*

This is especially true of any perishable food that was without refrigeration for more than four hours



## HOW LONG DOES A BBQ GAS BOTTLE LAST?

**This is one of the most frequently asked questions.**

The answer depends on the gas consumption rating of the BBQ or patio heater being used.

### Quick BBQ Gas Bottle Capacity Facts:

9kg in pounds = 19.8416 lbs

8.5kg in pounds = 18.7393 lbs

### How Long Do 9kg Gas Bottles Last? The Short Answer

All outdoor gas appliances — like BBQs and patio heaters — are rated by energy consumption, in either megajoules (MJ) or BTUs per hour.

9kg or other sizes of BBQ gas bottles-cylinders, have a known energy content based on their capacity and the energy content per unit of the LPG (propane).

By dividing the hourly consumption of your gas appliance into the available energy content of the LPG gas bottle, you get the number of hours that the gas bottle-cylinder will last.

There are 441 MJ in a full 9kg BBQ gas bottle.

Here are some estimates:

## BUSHFIRE BBQ SAFETY CHECKLIST

**Here is a quick checklist of what to do if a bushfire approaches:**

1. Make sure the BBQ gas bottle is turned off (clockwise) at the valve on top of the bottle
2. Detach the gas bottle from the BBQ  
Remember, it's reverse thread so clockwise to remove.
3. Place the gas bottle away from any flammable materials, in a well ventilated area
4. Make certain that it remains upright at all times
5. Make sure the Pressure Relief Valve is pointed well away from anything combustible
6. Ensure that there are no gas bottles stored indoors or underneath the property



### How Long Will a 9kg BBQ Gas Bottle Last?

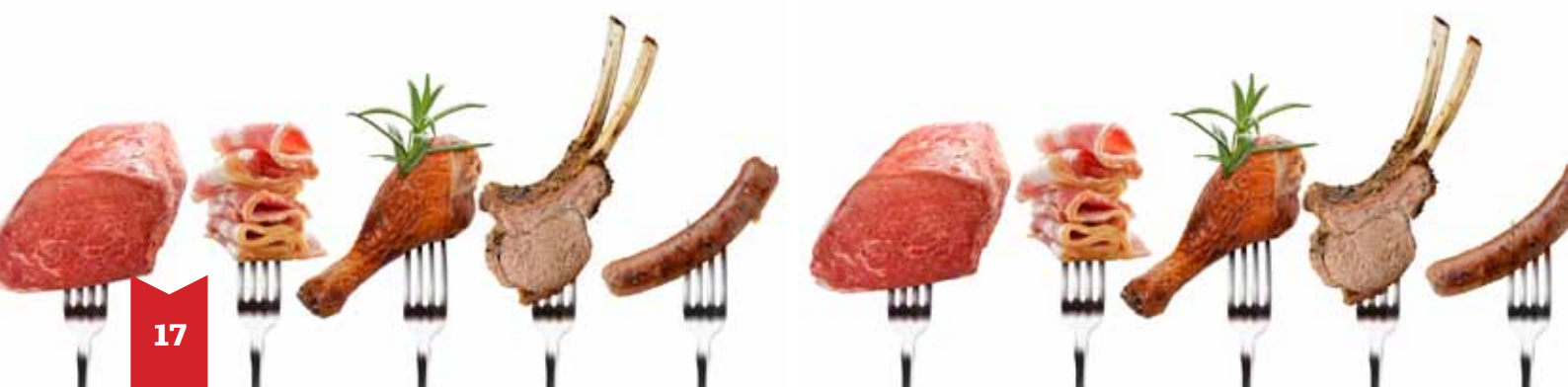
Traditional BBQ	1 Burner	4 Burners
• 15MJ Burners	29.4 hours	7.3 hours
• 17MJ Burners	25.9 hours	6.5 hours

Compact BBQ	1 Burner	2 Burners
• 7.5 MJ Burners	58.8 hours	29.4 hours
• 10MJ Burners	44.1 hours	22 hours

Gas Patio Heaters	1 Burner	-
• 35MJ Burner	12.6 hours	-

Table Top Heater	1 Burner	-
• 12MJ Burner	36.7 hours	-

- Duration Shown assumes that you use the burners on the maximum setting.
- Gas consumption would be less, and the duration longer, on lower settings.
- Result numbers have been rounded.







## HERE ARE A FEW CONVERSIONS TO SAVE YOU SOME TIME AND BRAIN POWER!!!

\*These conversions  
have been rounded for  
cooking purposes

### Liquids\*

Metric	Cup
30ml	
60ml	1/4 cup
80ml	1/3 cup
100ml	
125ml	1/2 cup
150ml	
180ml	3/4 cup
200ml	
250ml	1 cup
310ml	1 1/4 cups
375ml	1 1/2 cups
430ml	1 3/4 cups
475ml	
500ml	2 cups
625ml	2 1/2 cups
750ml	3 cups
1L	4 cups

### Metric cup & spoon sizes\*

cup	metric
1/4 cup	60ml
1/3 cup	80ml
1/2 cup	125ml
1 cup	250ml
spoon	metric
1/4 teaspoon	1.25ml
1/2 teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoons	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

LPG kg to litres (1kg = 1.96L) or litres to kg (1L = 0.51kg)

\*LPG kg to m<sup>3</sup> (1kg = 0.53m<sup>3</sup>) or m<sup>3</sup> to kg (1m<sup>3</sup> = 1.89kg)

\*LPG litres to m<sup>3</sup> (1L = 0.27m<sup>3</sup>) or m<sup>3</sup> to litres (1m<sup>3</sup> = 3.70L)

LPG MJ to kWh (1MJ = 0.278kWh) or kWh to MJ (1kWh = 3.6 MJ)

LPG litres to MJ and vice versa (1L = 25MJ) or (1MJ = 0.042L)

LPG kg to MJ and vice versa (1kg = 49MJ) or (1MJ = 0.02kg)

LPG litres to kWh and vice versa (1L = 6.9kWh) or (1kWh = 0.145L)

LPG kg to kWh and vice versa (1kg = 13.6kWh) or (1kWh = 0.074kg)

\*Note that these are Liquid to Gas or Gas to Liquid conversions

### Mass (weight)\*

Grams	Ounce/Lbs	Cup
7g	1/4oz	-
14g	1/2oz	-
28.35g	1oz	0.125
56.7g	2oz	0.25
85g	3oz	0.375
113.4g	4oz (1/4 lb)	0.5
141.8g	5oz	0.625
170g	6oz	0.75
198.45g	7oz	0.875
226.8g	8oz (1/2 lb)	1
255g	9oz	1.125
283.5g	10oz	1.25
311.84g	11oz	1.375
340.19g	12oz (3/4 lb)	1.5
368.5g	13oz	1.625
396.9g	14oz	1.75
425.24g	15oz	1.875
500g (1/2 kg)	18oz (1.1 lb)	2
750g	26oz (1 1/2 lb)	
1kg	35oz (2.2 lb)	

INGREDIENT	1 CUP	1/2 CUP	1/3 CUP	1/4 CUP
Breadcrumbs, dry	90g	2 3/4oz	45g	1 1/2oz
Butter	250g	8oz	125g	4oz
Cheese, shredded/grated	80g	2 1/2oz	40g	1oz
Choc bits	190g	6oz	95g	3oz
Coconut, desiccated	85g	2 3/4oz	45g	1 1/2oz
Flour, plain/self-raising	150g	4 3/4oz	75g	2 1/2oz
Rice, uncooked	200g	6 1/2oz	100g	3oz
Sour cream	235g	7 1/2oz	125g	4oz
Sugar, brown - lightly packed	160g	5oz	80g	2 1/2oz
Sugar, brown - firmly packed	200g	6 1/2oz	100g	3oz
Sugar, caster	220g	7oz	115g	3 3/4oz
Sugar, icing	150g	4 3/4oz	80g	2 1/2oz
Sugar, white	225g	7oz	110g	3 1/2oz
Sultanas	170g	5 1/2oz	90g	3oz
Yoghurt	260g	8 1/4oz	130g	4oz



So, Give an Aussie  
salute to the Barbie...  
and remember, you can't buy  
happiness, but you can BBQ  
and it's kinda the  
same thing.

**GUS**



For more information on all things LPG  
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