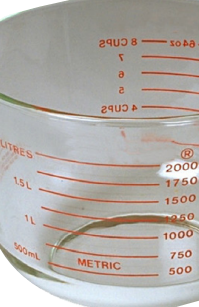




**THE
COOKBOOK
PEOPLE**

Kitchen Conversion Cheat Sheet

Tea Spoons	Table Spoons	Cups	Fluid ounces	Milli-letters
tsp	tbsp	c	oz	mL
1	1/3	0	1/6	4.9
2	2/3	0	1/3	9.9
3	1	0	1/2	14.8
4	1 1/3	0	2/3	19.7
5	1 2/3	1/9	5/6	24.6
6	2	1/8	1	29.6
7	2 1/3	1/7	1 1/6	34.5
8	2 2/3	1/6	1 1/3	39.4
9	3	1/5	1 1/2	44.4
10	3 1/3	1/5	1 2/3	49.3
11	3 2/3	1/4	1 5/6	54.2
12	4	1/4	2	59.1
13	4 1/3	2/7	2 1/6	64.1
14	4 2/3	2/7	2 1/3	69.0
15	5	1/3	2 1/2	73.9
16	5 1/3	1/3	2 2/3	78.9
17	5 2/3	1/3	2 5/6	83.8
18 tsp	6 tbsp	3/8 c	3 oz	88.7 mL
19	6 1/3	2/5	3 1/6	93.7
20	6 2/3	3/7	3 1/3	98.6
21	7	4/9	3 1/2	103.5
22	7 1/3	1/2	3 2/3	108.4
23	7 2/3	1/2	3 5/6	113.4
24	8	1/2	4	118.3
25	8 1/3	1/2	4 1/6	123.2
26	8 2/3	5/9	4 1/3	128.2
27	9	4/7	4 1/2	133.1
28	9 1/3	3/5	4 2/3	138.0
29	9 2/3	3/5	4 5/6	142.9
30	10	5/8	5	147.9
31	10 1/3	2/3	5 1/6	152.8
32	10 2/3	2/3	5 1/3	157.7
36	12	3/4	6	177.4
48	16	1	8	236.6
96	32	2	16	473.2
144	48	3	24	709.8
151 2/5	50 1/2	3 1/6	25 1/4	750.0
192	64	4	32	946.4
384	128	8	64	1892.7
768	256	16	128	3785.5



Oz	Pound
1	1/16
2	1/8
4	1/4
5	1/3
8	1/2
11	2/3
12	3/4
16	1
32	2

Freezer life span	Months
bacon and sausage	1 to 2
casseroles	2 to 3
egg whites or egg substitutes	12
frozen dinners and entrees	3 to 4
gravy, meat or poultry	2 to 3
ham, hotdogs and lunchmeats	1 to 2
meat, uncooked roasts	4 to 12
meat, uncooked steaks or chops	4 to 12
meat, uncooked ground	3 to 4
meat, cooked	2 to 3
poultry, uncooked whole	12
poultry, uncooked parts	9
poultry, uncooked giblets	3 to 4
poultry, cooked	4
soups and stews	2 to 3
wild game, uncooked	8 to 12



°F	°C
-10	-23
0	-18
10	-12
20	-7
30	-1
40	4
50	10
60	16
70	21
80	27
90	32
100	38
250	121
275	135
284	140
300	149
325	163
350	177
356	180
375	191
392	200
400	204
425	218
450	232
464	240

Grease fire: Do not use water! Smother with a pan lid or use a fire extinguisher. Baking soda works, but it takes a lot and is usually too slow to get at. If clothing catches, stop, drop and roll. Call 911 if necessary.

Deep fat fryers: Never allow water or any other liquid but cooking oil come in contact with hot oil or else it may instantly turn into steam and splatter hot oil.

Boiling: Always lift the lid of a boiling pot far side first.

Hot pot/pan: Always leave a hot pad on a hot lid as a warning to others. Never leave handle hanging over edge, especially if children are around.



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Steak: Place a finger against the base of your thumb. Compare firmness of steak to firmness of thumb base. Touch your thumb to your:
Tip of index finger = Rare Ring finger = Medium
Middle finger = Medium rare Pinky = Well done

Beef/lamb roast guidelines: Preheat oven to 425°F. Roast for 30 min at 425°F. Reduce to 325°F and cook as follows: Rare 9 min per pound; Medium 14 min per pound; Well done 18 min per pound. Remove from oven and rest for 20-30 min before slicing. Meat thermometer should read 120°F+ for rare, 130°F+ for medium rare, 145°F+ for medium, 155-165°F for well done.



Pork roast guidelines: Preheat oven to 425°F. Roast for 30 min at 425°F. Reduce to 325°F and continue for 23 minutes per pound. Juice is clear when done. Remove and rest 20-30 min before slicing. Meat thermometer should read at least 145°F.

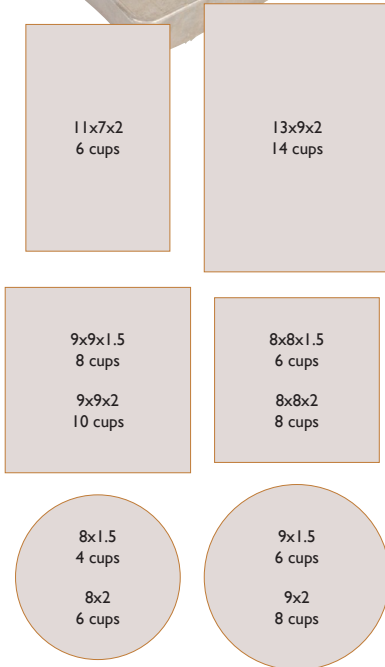
Chicken roast guidelines: Preheat oven to 400°F. Roast for 20 min at 400°F. Reduce to 350°F and continue for 45 min (small chicken) to 70 min (large chicken). Juice is clear when done. Remove and rest 20 min before slicing. Meat thermometer should read at least 165°F.



Kitchen Conversion Cheat Sheet



Baking pan dimensions and volume



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Egg	Boil
Hard boiled	13 min
Creamy yolk	7 min
Runny yolk	5 min

altitude	over 3500 ft: bake at 25° higher, 20% more water, 5% more flour, 20% less time
bread	1 slice = 1/4 cup (50 mL) dry = 1/2 cup (125 mL) soft crumbs
butter	1 stick = 1/2 cup = 110 grams
cheese	2 oz (50 g) grated = 1/2 cup (125 mL)
cheese	1 lb (500 g) = 4 to 5 cups (1 L to 1.25 L) grated
chocolate	1 square = 1/4 cup (50 mL) grated
cocoa	4 cups (1 L) = 1 lb (500 g)
corn on cob	shuck, drop in boiling water and boil 6 minutes
cottage cheese	1 lb (500 g) = 2 cups (500mL)
cup	1 cup = 8 ounces = 16 tbsp
dash	1 dash = less than 1/8 tsp
eggs	1 = 3 tbsp or 2 oz; 1 yolk = 1 tbsp or 1 oz; 1 white = 2 tbsp; 1 cup = 8-10 eggs
firmly packed	tightly press as much of ingredient as will fit into the measure
flour	1 pound = 3 1/2 cups
gallon	1 gallon = 4 quarts = 8 pints
gelatin	1 envelope (1 tbsp) will gel 2 cups = (500mL) liquid
gram	1 gram = .0353 ounces
heap	pile as much ingredient as will stay on measuring device
herbs	1 tbsp fresh = 1 teaspoon dried
lemon	1 lemon = 2 tbsp (25 mL) rind and 3 tbsp (50 mL) juice
lemon	1 tsp (5 mL) grated rind = 1/2 tsp (2 mL) lemon extract
lightly packed	lightly press ingredient only enough to remove air pockets
marshmallows	8 oz (250 g) = 32 large = 3 1/4 cups (800 mL) mini
onion	1 med 3" diameter = 1 1/4 cups chopped
orange	1 orange = 2 tbsp (25 mL) rind and 1/2 cup (125 mL) juice
ounce	1 ounce = 6 tsp = 29.6 ml = 28.3 gram
pasta	1 lb dried or fresh pasta serves 4 as a main course
pinch	1 pinch = less than 1/8 tsp
pint	1 pint = 2 cups = 1/2 quart
pound	1 pound = 16 oz = 453 grams
quart	1 quart = 2 pints = 4 cups = 1/4 gallon
raisins	3 cups (750 mL) = 1 lb (500 g)
rice	1 cup + 2 cups water = 3 cups cooked rice
sugar	1 pound = 2 1/4 cups
tablespoon	1 tablespoon = 3 teaspoons = 1/16 cup
turkey	thaw in fridge 24 hours every 5 lbs; innermost thigh cook to 165°F
water/liquid	1 lb = 2 cups; 1 oz = 2 tbsp; 1tbsp = .5 oz = 15 g; 1tsp = .17 oz = 5 g
yeast	1 envelope dry granular yeast = 1 tbsp (15 mL)

