



## VOLUME CONVERSION

| STANDARD     | METRIC          |
|--------------|-----------------|
| ¼ teaspoon   | 1.2 milliliters |
| ½ teaspoon   | 2.5 milliliters |
| 1 teaspoon   | 5 milliliters   |
| 1 tablespoon | 15 milliliters  |
| 1/4 cup      | 50 milliliters  |
| 1/3 cup      | 80 milliliters  |
| 1/2 cup      | 120 milliliters |
| 2/3 cup      | 160 milliliters |
| 3/4 cup      | 175 milliliters |
| 1 cup        | 240 milliliters |

## MASS CONVERSION

| STANDARD  | METRIC    |
|-----------|-----------|
| 4 ounces  | 110 grams |
| 8 ounces  | 224 grams |
| 12 ounces | 340 grams |
| 16 ounces | 455 grams |

## TEMPERATURE CONVERSION

| FAHRENHEIT  | CELSIUS     |
|-------------|-------------|
| 350 degrees | 180 degrees |
| 375 degrees | 190 degrees |
| 400 degrees | 200 degrees |
| 425 degrees | 220 degrees |

## LIQUID MEASUREMENTS

| STANDARD                                  |
|---|
| 1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz |
| ½ gal = 2 qt = 4 pt = 8 cups = 64 fl oz   |
| ¼ gal = 1 qt = 4 pt = 4 cups = 32 fl oz   |
| ½ qt = 1 pt = 2 cups = 16 fl oz           |
| ¼ qt = ½ pt = 1 cup = 8 fl oz             |

## DRY MEASUREMENTS

| STANDARD                   |
|----------------------------|
| 1 cup = 16 tbsp = 48 tsp   |
| ¾ cup = 12 tbsp = 36 tsp   |
| ⅔ cup = 10 ½ tbsp = 32 tsp |
| ½ cup = 8 tbsp = 24 tsp    |
| ⅓ cup = 5 ¼ tbsp = 16 tsp  |
| ¼ cup = 4 tbsp = 12 tsp    |
| ⅛ cup = 2 tbsp = 6 tsp     |
| 1 tbsp = 3 tsp             |

## MEAT TEMPERATURES

| BEEF                             | TEMPERATURE |
|----------------------------------|-------------|
| Rare                             | 120-125°F   |
| Medium Rare                      | 130-135°F   |
| Medium                           | 140-145°F   |
| Medium Well                      | 150-155°F   |
| Well Done                        | 160-165°F   |
| Ground                           | 155°F       |
| POULTRY                          | TEMPERATURE |
| Whole                            | 165°F       |
| Pieces (breast leg, thigh, wing) | 165°F       |
| Ground                           | 165°F       |
| PORK                             | TEMPERATURE |
| Medium                           | 140-145°F   |
| Medium Well                      | 150-155°F   |
| Well Done                        | 160-165°F   |
| Ground                           | 155°F       |

## EMERGENCY SUBSTITUTIONS

| FOOD              | AMOUNT   |   |
|-------------------|----------|---|
| Fresh herbs       | 1 tbsp   | 1 tsp. dried herbs  |
| Milk              | 1 cup    | ½ cup evaporated milk   |
| Sour cream        | 1 cup    | 1 cup plain yogurt  |
| Brown sugar       | 1 cup    | 2 cup white sugar plus 2 tbsp molasses                              |
| Buttermilk        | 1 cup    | 1 cup milk plus 1 tsp lemon juice                                   |
| Baking powder     | 1 tsp    | ½ tsp cream of tartar plus ¼ tsp baking soda                        |
| Self rising flour | 1 cup    | 1 cup all purpose flour plus 1.5 tsp baking powder and 1.5 tsp salt |
| Egg               | 1 medium | 1 tbsp ground flaxseed plus 3 tbsp water                            |