

OZ	TSP	TBSP	CUPS	mL	OZ	TSP	TBSP	CUPS	mL
1/6	1	1/3	—	4.9	3 2/3	22	7 1/3	1/2	108.4
1/3	2	2/3	—	9.9	3 5/6	23	7 2/3	1/2	113.4
1/2	3	1	—	14.8	4	24	8	1/2	118.3
2/3	4	1 1/3	—	19.7	4 1/6	25	8 1/3	1/2	123.2
5/6	5	1 2/3	1/9	24.6	4 1/3	26	8 2/3	5/9	128.2
1	6	2	1/8	29.6	4 1/2	27	9	4/7	133.1
1 1/6	7	2 1/3	1/7	34.5	4 2/3	28	9 1/3	3/5	138.0
1 1/3	8	2 2/3	1/6	39.4	4 5/6	29	9 2/3	3/5	142.9
1 1/2	9	3	1/5	44.4	5	30	10	5.8	147.9
12/3	10	3 1/3	1/5	49.3	5 1/6	31	10 1/3	2/3	152.8
1 5/6	11	3 2/3	1/4	54.2	5 1/3	32	10 2/3	2/3	157.7
2	12	4	1/4	59.1	6	36	12	3/4	177.4
2 1/6	13	4 1/3	2/7	64.1	8	48	16	1	236.6
2 1/3	14	4 2/3	2/7	69.0	16	96	32	2	473.2
2 1/2	15	5	1/3	73.9	24	144	48	3	709.8
2 2/3	16	5 1/3	1/3	78.9	32	192	64	4	946.4
2 5/6	17	5 2/3	1/3	83.8	33 7/8	202 9/10	67 2/3	4 1/5	1000.0
3	18	6	3/8	88.7	64	384	128	8	1892.7
3 1/6	19	6 1/3	2/5	93.7	128	768	256	16	3785.5
3 1/3	20	6 2/3	3/7	98.6					
3 1/2	21	7	4/9	103.5					

1/2 pt.
1 pt.
1 qt.
1 L
2 qts.
1 gal.

Beef/lamb roast guidelines

Preheat oven to 425°F. Roast for 30 min. Reduce to 325°F and cook as follows: rare, 9 minute/pound; medium, 14 mins/lb; well done, 18 mins/lb. Remove from oven and rest for 10-20 min before slicing.

Pork roast guidelines

Preheat oven to 425°F. Roast for 30 minutes. Reduce to 325°F and continue 23 minutes per pound. Remove and rest 10-20 min before slicing.

Poultry roast guidelines

Preheat oven to 400°F. Roast for 20 minutes. Reduce to 350°F and continue for 20 minutes per pound. Juice is clear when done. Remove and rest 20 min before slicing.

Beef is done at...

120°F+ for rare
130°F+ for medium rare
145°F+ for medium
155°F+ for well done
165°F+ for why bother

Pork is done at 145°F.

Chicken/turkey done at 165°F.

OZ	LBS
1	1/16
2	1/8
4	1/4
5	1/3
8	1/2
11	2/3
12	3/4
16	1

Conversion Chart

Beans: 1 cup dry = 2 1/2 cups cooked
Butter: 1 stick = 1/2 cup = 8 tbsp or 1 pound = 4 sticks = 2 cups
Cheese: 1 cup = 8 ounces cream or ricotta or 3 1/2 ounces grated parmesan or 4 ounces cheddar/swiss/provolone or 2 cups shredded = 8 ounces or 2 ounces grated = 1/2 cup or 1 pound = 4-5 cups grated
Chocolate: 1 cup = 6 ounces chips or 1 pound cocoa = 4 cups
Cream: 1 cup heavy cream = 2 cups whipped
Flour: 1 pound = 3 1/2 cups
Pasta: 8 ounces dry = 4 cups cooked elbow or 3 3/4 cups medium width noodles or 5 1/2 cups fine noodles or 4 cups spaghetti.
Rice: 1 cup instant = 1 1/2 cups cooked or 1 cup white or brown = 3 cups cooked
Sugar: 1 pound = 2 cups granulated or 2 1/4 cups packed brown or 4 1/2 cups confectioners.

Berries: 1 pint = 2 1/4 cups
Carrot: 1 large = 1 cup grated or 1 pound raw = 2 1/2 cups sliced
Herb: 1 tbsp fresh = 1 tsp dry
Onion: 1 large = 1 cup chopped
Potato: 1 medium = 1 cup sliced
Bell Pepper: 1 large = 1 cup chopped
Tomato: 1 large = 1 cup chopped
Apple: 1 medium = 1 cup sliced
Lemon: 1 medium = 1 tsp grated zest and 2 tbsp juice
Bread: 2 slices fresh = 1 cup crumbs or cubes
Eggs: 7 large = 1 cup whites

Oven Terms & Temps

Warming Oven: 200°F
Very Slow Oven: 250-275°F
Slow: 300-325°F
Moderate: 350-375°F
Hot: 400-425°F
Very Hot: 450-475°F
Broil: 500-550°F

Baking pan volume

11x7x2 = 6 cups
13x9x2 = 14 cups
9x9x1.5 = 8 cups 9x9x2 = 10 cups
8x8x1.5 = 6 cups 8x8x2 = 8 cups
8x1.5 circle = 4 cups 8x2 circle = 6 cups
9x1.5 circle = 6 cups 9x2 circle = 8 cups

Steak doneness	Color test	Touch test It feels like the meaty part of your thumb...
Rare and less	Red in the center and warm throughout.	When you touch the thumb to your index finger
Medium rare	Pinkish-red in the center and hot throughout.	When you touch your thumb to your middle finger
Medium	Pink in the center and grayish-brown around.	When you touch your thumb to your ring finger
Medium-well	Grayish-brown center.	When you touch your thumb to your pinky finger
Well done	Gray in the center.	It doesn't matter. You've ruined the steak.