

Measurement Conversion Chart

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	6	3/8	3	88.7
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

Marks Scale	1/2	4 1/6	123.2
1	5/9	4 1/3	128.2
2	4/7	4 1/2	133.1
3	3/5	4 2/3	138.0
4	3/5	4 5/6	142.9
5	5/8	5	147.9
6	2/3	5 1/6	152.8
7	2/3	5 1/3	157.7
8	3/4	6	177.4
9	1	8	236.6
10	2	16	473.2
11	3	24	709.8
12	3 1/6	25 1/4	750.0
13	4	32	946.4
14	8	64	1892.7
15	16	128	3785.5

Marks Scale™: Match above color tone to color of baked good to determine if done.

°F	°C
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

13x9x2
16.25 cups

11x7x2
10.33 cups

9x9x1.5
8.33 cups
9x9x2
11.25 cups

8x8x1.5
6.66 cups
8x8x2
9 cups

9x1.5
6.5 cups
9x2
8.75 cups

8x1.5
5.25 cups
8x2
7 cups

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

Medium Egg	Boil (Min)
Hard boiled	13
Creamy yolk	7
Runny yolk	5



Freezer life span	Months
bacon, sausage	1 to 2
casseroles	2 to 3
egg whites, egg substitutes	12
gravy, meat, poultry	2 to 3
ham, hotdogs, lunchmeats	1 to 2
meat (uncooked roasts)	4 to 12
meat (uncooked steaks, 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, stews	4 to 6
wild game (uncooked)	8 to 12

Doneness:
Stop poking the base of your thumb to test for doneness. Use this Chart:

Rare: 135° F. (Bleeding)
Med. Rare: 145° F.
Medium: 160° F.
Med. Well: 170° F.
Well: 175° F. (Burnt)

Use an Instant-Read Digital Thermometer in the center of the Steak.

Beef/lamb roast: 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. 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: 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. Rest 20-30 min before slicing. Meat thermometer should read at least 145°F.

Chicken roast: 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. Rest 20 min before slicing. Meat thermometer should read at least 165°F.

altitude	over 3500 ft: bake with 5-10% less fat, 12-25% less baking powder, 5% more sugar
bread	1/4 cup (50 mL) dry crumbs = 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
egg (medium)	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	4 sheets leaf = 1 package powdered
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 white rice
sugar (granulated)	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)