

Kitchen Cheat Sheet

Liquid Measures

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz

1/2 gal = 2 qt = 4 pt = 8 cups = 64 fl oz

1/4 gal = 1 qt = 2 pt = 4 cups = 32 fl oz

1/2 qt = 1 pt = 2 cups = 16 fl oz

1/4 qt = 1/2 pt = 1 cup = 8 fl oz

Meat Temperatures

Beef

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

Whole 165° F

Pieces (breasts, legs, thighs, wings) 165° F

Ground 165° F

Pork

Medium 140° - 145° F

Medium Well 150° - 155° F

Well Done 160° - 165° F

Ground 155° F

Slow Cooker Conversions

low = 200° F high = 300° F

2 hours low = 1 hour hot

slow cooker oven

8 hours/low 2 hours @ 325° F

6 hours/low 1 1/2 hours @ 325° F

4 hours/high 2 hours @ 325° F

Dry Measures

1 cup = 16 tbsp = 48 tsp

3/4 cup = 12 tbsp = 36 tsp

2/3 cup = 10 1/2 tbsp = 32 tsp

1/2 cup = 8 tbsp = 24 tsp

1/3 cup = 5 1/2 tbsp = 16 tsp

1/4 cup = 4 tbsp = 12 tsp

1/8 cup = 2 tbsp = 6 tsp

1 tbsp = 3 tsp

Grain Ratios (liquid:grain)

white and brown rice 2 : 1

quinoa 2:1

barley 3:1

cornmeal 3:1

rolled oats 2:1

wild rice 4:1

couscous 1.25:1

farro 4:1

Emergency Substitutions

Food	Amount	Substitute
fresh ginger	1 tsp	3/4 tsp ground ginger
fresh herbs	1 tbsp	1 tsp dried herbs
milk	1 cup	1/2 cup evaporated milk
mustard	1 tbsp	1 tsp ground mustard
sour cream	1 cup	1 cup plain yogurt
sugar	1 cup	1 cup light brown sugar to 2 cups powdered sugar
brown sugar	1 cup	1 cup white sugar plus 2 tbsp molasses
red wine	1 cup	1 cup beef broth
white wine	1 cup	1 cup chicken broth
buttermilk	1 cup	1 cup milk plus 1 tbsp lemon juice
baking powder	1 tsp	1/2 tsp cream of tartar plus 1/4 tsp baking soda
cake flour	1 cup	1 cup all purpose flour minus 2 tbsp
self rising flour	1 cup	1 cup all purpose flour plus 1 tsp baking soda plus 1.2 tsp salt plus 1.4 tsp baking soda
tomato sauce	2 cups	1/4 cup tomato paste plus 1 cup water
eggs	1	1/2 mashed banana or 3 tbsp peanut butter
butter	1 cup	1 cup mashed avocado or banana