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Great Kitchen Cheat Sheets

ENTERTAINING GUIDE: Wine and Cheese Pairings

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HOW LONG DOES food last? HERE'S WHAT TO keep... (AND WHAT TO FORK)

IF YOU STORE IT IN YOUR

freezer	pantry
1-2 months	5-7 days
2-6 months	6 months
3-4 months	1 year

KITCHEN CHEAT SHEET

METRIC CONVERSION

OVEN TEMPS

300 °F	150 °C
325 °F	163 °C
350 °F	177 °C
375 °F	191 °C
400 °F	204 °C
425 °F	218 °C
450 °F	232 °C
475 °F	246 °C
500 °F	260 °C

Weights

LIQUIDS

CUPS

MEAT CUTS

BEEF

LOIN LEG

PORK

LOIN LEG

LAMB

LOIN LEG

Best Roasting Times by Weight

MEAT	Weight	Roasting Time	Internal Temp
BEEF	1-2 lbs	15-20 min	145°F
	3-4 lbs	20-25 min	145°F
	5-7 lbs	25-30 min	145°F
LAMB	1-2 lbs	15-20 min	145°F
	3-4 lbs	20-25 min	145°F
	5-7 lbs	25-30 min	145°F
PORK	1-2 lbs	15-20 min	145°F
	3-4 lbs	20-25 min	145°F
	5-7 lbs	25-30 min	145°F

VEGGIE COOKIE Cheat sheet

VEGETABLE	BOILED	STEAMED	MICROW
parag	Not recommended	8-10 min	2-4 h
Beetroot	20-40 min	40-60 min	9-12 h
Bok choy	Steaks for 3-4 min Leaves for 1-2 in min	Steaks for 6 min Leaves for 2-3 min	2-4 h
Brussels sprouts	Bring to boil and cover for 3-7 min	8-10 min	4-6 h
Broccoli (cut into florets)	4-6 min	5-6 min	2-3 h
broccoli (steamed)	5-10 min	5-8 min	3-6 h
cauliflower	4-6 min	3-5 min	2-3 h
Carrots (sliced)	5-10 min	4-5 min	4-5 h
corn on the cob	5-8 min	4-7 min	1 to 2
Eggplant (sliced)	Not recommended	5-6 min	2-4 h
Beans	4-8 min	5-6 min	3-4 h
Mushrooms	Not recommended	4-5 min	2-3 h
Peas	8-12 min	4-5 min	2-3 h
Capricorn	Not recommended	2-4 min	2-3 h
Potatoes (sliced)	15-20 min	10-12 min	4-8 h
Spinach	2-5 min	5-6 min	1-2 h
Cauliflower	5-5 min	4-6 min	2-3 h

6"0 Serves 4-6

8"0 Serves 8-10

10"0 Serves 20-2

7"x11" Serves 12-1

9"x13" Serves 20-2

11"x15" Serves 35-4

12"x18" Serves 50-5

White 140-150°F	Yellow 150-160°F	Green 160-170°F	Oolong 170-180°F	Black 210°F	Herbal 210°F
1-2 min	1-2 min	1-2 min	2-3 min	2-3 min	3-4 min

ANATOMY OF A CHEESE PLATE

THE VEHICLE

THE CHEESE