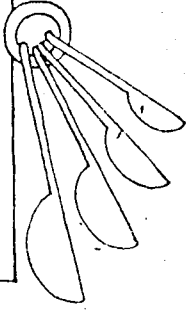


2 tablespoons	1/4 stick	1 ounce	30 grams
4 tablespoons	1/2 stick	2 ounces	60 grams
8 tablespoons	1 stick	4 ounces	115 grams
6 tablespoons (1/2 cup)	2 sticks	8 ounces (1/2 pound)	225 grams
2 tablespoons (2 cups)	4 sticks	16 ounces (1 pound)	450 grams (500 grams = 1/2 kilogram)

To beat egg whites successfully, always have them at room temperature and use a clean, dry bowl and beaters. A single egg white increases its volume to 1/2 cup, but 3 egg whites will mount to 2 3/4 cups, or 9 times their volume.

Measure flour, scoop amount required into measuring cup exactly at size and level. Success by sweeping knife or spatula across the top.



**ated Sugar**

Cups	Ounces	Grams
1/2 cup	4 ounces	115 grams
1 cup	8 ounces	225 grams
1 1/2 cups	12 ounces	335 grams
2 cups	16 ounces	450 grams
2 1/2 cups	20 ounces	565 grams
3 cups	24 ounces	680 grams
3 1/2 cups	28 ounces	795 grams
4 cups	32 ounces	910 grams
4 1/2 cups	36 ounces	1025 grams
5 cups	40 ounces	1140 grams
5 1/2 cups	44 ounces	1255 grams
6 cups	48 ounces	1370 grams
6 1/2 cups	52 ounces	1485 grams
7 cups	56 ounces	1600 grams
7 1/2 cups	60 ounces	1715 grams
8 cups	64 ounces	1830 grams

**Flour (unsifted)**

Spoons and cups	Ounces	Grams
1 tablespoon	1/4 ounce	8.75 grams
1/4 cup (4 tablespoons)	1 1/4 ounces	35 grams
1/2 cup (5 tablespoons)	1 1/2 ounces	45 grams
3/4 cup	2 1/4 ounces	70 grams
1 cup	3 1/4 ounces	90 grams
1 1/4 cups	3 3/4 ounces	105 grams
1 1/2 cups	5 ounces	140 grams
2 cups	7 1/2 ounces	210 grams
2 1/2 cups	10 ounces	280 grams
3 cups	16 ounces (1 pound)	490 grams

Note: 1 cup sifted flour = 1 cup unsifted flour minus 1 1/4 tablespoons.

To prevent white sauce from lumping, it's safer to have the milk hot when you add it to the roux (the flour and butter mixture). Always cook your roux a few minutes before adding liquid.

Egg yolks should always be "tempered" by mixing them with a little hot liquid before incorporating them into a hot sauce. Unless the sauce is bound by flour, don't let it boil again after the egg yolks have been added or they will curdle.

Cream should be well chilled before beating. One cup will double in volume when whipped.

At altitudes above 3000 feet, lower air pressure causes differences in the boiling point of water and syrups and also affects baking time. Consult government bulletins for details.

**Temperature Definitions**

- 180°F (85°C) = simmering point of water
- 212°F (100°C) = boiling point of water
- 234°-240°F (115°C) = soft-ball stage for syrups
- 255°F (119°C) = hard-crack stage for syrups
- 320°F (160°C) = caramel stage for syrups
- 220°F (108°C) = jelling point for jams and jellies

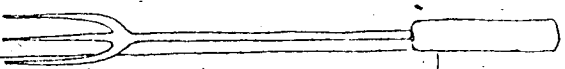
**Oven Heats**

- 250°F (120°C) = very slow
- 300°F (150°C) = slow
- 325°F (165°C) = moderately slow
- 350°F (180°C) = moderate
- 375°F (190°C) = moderately hot
- 400°F (205°C) = hot
- 450°-500°F (230°-260°C) = very hot

**Roasting Temperatures**

Temperatures are most accurately determined by using an instant (microwave) thermometer inserted in the meat where indicated and withdrawn to take a reading.

- Beef**, in the center not touching the bone
  - 130°F (54°C) rare
  - 160°F (71°C) medium
  - 180°F (82°C) well done
- Lamb**, in the center not touching the bone
  - 140°F (60°C) pink
  - 145°F (63°C) medium-rare
  - 165°F (74°C) well done
- Pork and Veal**, in the center not touching the bone
  - 160°F (71°C)
- Poultry**, chicken, in the breast, 170°F (77°C)  
 chicken, in the thigh, 185°F (85°C)  
 duck, in the thigh, 180°F (82°C)



A brief blanching in boiling water often facilitates peeling. Blanch tomatoes and...

Yeast should be dissolved in warm, not hot, water — not...

stand at room temperature 10-15 minutes.

### Other Equivalents

Bread crumbs, 4 sandwich slices	4 ounces (115 g) = 2 cups, loosely packed
fresh _____	4 ounces (115 g) = ¾ cup
dry _____	1 pound (450 g) = 2½ cups
Brown sugar _____	1 pound (450 g) = 4 cups
Confectioners' sugar _____	1 = 2 tablespoons
Egg whites, U.S. large _____	8 = 1 cup
Egg yolks, U.S. large _____	16 = 1 cup
Fruits, dried and pitted	
plumped _____	1 pound (450 g) = 2½ cups
cooked and puréed _____	1 pound (450 g) = 2½ cups
Fruits, fresh, such as apples and pears (3 medium-small)	
raw and sliced _____	1 pound (450 g) = 3 cups
cooked and chopped _____	1 pound (450 g) = 1½ cups
puréed _____	1 pound (450 g) = 1¼ cups
Nuts, chopped _____	4 ounces (115 g) = ¾ cup
ground _____	4 ounces (115 g) = 1 cup, loosely packed
<b>Vegetables</b>	
Carrots and other root vegetables (6 medium)	
sliced _____	1 pound (450 g) = 3 cups
puréed _____	1 pound (450 g) = 1½ cups
Onions (3 medium)	
sliced or chopped _____	1 pound (450 g) = 3 cups
Potatoes (3 small-medium)	
raw, sliced or chopped _____	1 pound (450 g) = 3 cups
Spinach and other leafy greens (destemmed)	
cooked and chopped _____	1 pound (450 g) = 1½ cups

Always soften gelatin first in cold liquid, then dissolve in hot. Don't really boil it or you'll reduce its jelling power.

The pasteurized milk we get today spoils before it turns sour. To "sour" pasteurized milk, when needed, add 1 tablespoon white vinegar or lemon juice to 1 cup of milk and let stand at room temper...

### Basic Pastry Formula

For an 8-inch shell	1 cup (140 g) plus 2 tablespoons flour	¼ cup (¾ dl) shortening
	¼ teaspoon salt	2-3 tablespoons cold water
For an 8-inch two-crust pie	2 cups (280 g) flour	¾ cup (1½ dl) shortening
	½ teaspoon salt	¼ cup (¾ dl) cold water

### Liquid and Dry Measure Equivalents

*g = grams (dry measure) kg = kilograms dl = deciliters L = liters*

The metric amounts represented here are the nearest equivalents. See page 762 for formulas to convert precisely.

a pinch = slightly less than ¼ teaspoon  
 a dash = a few drops  
 3 teaspoons = 1 tablespoon  
 2 tablespoons = 1 ounce = ¼ dl (liquid), 30 g (dry)  
 1 jigger = 3 tablespoons = 1½ ounces  
 8 tablespoons = ½ cup = 4 ounces = 1 dl  
 2 cups = 1 pint = ½ quart = 1 pound\* = ½ L (liquid), 450g (dry)\*  
 4 cups = 32 ounces = 2 pints = 1 quart = 1 L  
 4 quarts = 1 gallon = 3¼ L  
 8 quarts (dry) = 1 peck = 7¼ kg  
 4 pecks (dry) = 1 bushel

\* Dry ingredients measured in cups will vary in weight—see back inside cover for specifics on flour, sugar, etc.

When substituting cornstarch or arrow-root for flour as a thickener, use only half as much.

To correct a curdled or "broken" hollandaise or mayonnaise sauce, whisk in a teaspoon or two of boiling water, a drop at a time. If that doesn't work, put an egg yolk in a bowl and add the "broken" sauce slowly, beating with a whisk, and in time you'll have a smooth sauce.

An egg that is really stale will float or tip upward in a bowl of water. When cracked open, if the white and yolk cling together, the egg is very fresh. The older it gets, the flatter the yolk becomes and the runnier the white.