

# SUBSTITUTIONS

**1 tablespoon cornstarch** = 2 tablespoons flour  
(for thickening)

**1 cup sifted all-purpose flour** = 1 cup plus  
2 tablespoons sifted cake flour

**1 square chocolate** = 3 tablespoons cocoa plus  
(1 ounce) 1 tablespoon butter

**1 teaspoon baking powder** = 1/4 teaspoon baking soda plus  
1/2 teaspoon cream of tartar

**1 cup milk** = 1/2 cup evaporated milk plus  
1/2 cup water

**1 cup sour milk** = 1 cup sweet milk into which  
1 tablespoon vinegar or lemon  
juice has been mixed. 1 cup  
buttermilk may also be used.

**1 cup sweet milk** = 1 cup sour milk or buttermilk  
plus 1/2 teaspoon baking soda

# CAN SIZES

SIZE	AVERAGE CONTENTS	SIZE	AVERAGE CONTENTS
6 oz.	3/4 c.	No. 2	2 1/2 c.
8 oz.	1 c.	No. 2 1/2	3 1/2 c.
Picnic	1 1/4 c. fluid	No. 3	4 c.
No. 1	1 2/3 c. solid 1 1/4 c. fluid	46 oz.	5 3/4 c.
No. 303 or No. 1 tall	2 c.	No. 10	12 to 13 c.

# WEIGHTS AND MEASURES

**3 teaspoons** equal 1 tablespoon

**2 tablespoons** equal  $\frac{1}{8}$  cup

**4 tablespoons** equal  $\frac{1}{4}$  cup

**5  $\frac{1}{3}$  tablespoons** equal  $\frac{1}{3}$  cup

**8 tablespoons** equal  $\frac{1}{2}$  cup

**10  $\frac{2}{3}$  tablespoons** equal  $\frac{2}{3}$  cup

**12 tablespoons** equal  $\frac{3}{4}$  cup

**14 tablespoons** equal  $\frac{7}{8}$  cup

**16 tablespoons** equal 1 cup

**1 cup** equals 8 fluid ounces

**1 cup** equals  $\frac{1}{2}$  pint

**2 cups** equal 1 pint

**4 cups** equal 1 quart

**4 quarts** equal 1 gallon

**8 quarts** equal 1 peck

**4 pecks** equal 1 bushel

**1 liter** equals 2.1 pints

**1 kilogram** equals 2.2 pounds

**28.3 grams** equal 1 ounce

# COOKING TERMS

**BASTE**

To moisten with liquid during cooking, using a spoon or bulb baster, most often for oven and pot roasts and broiled meats or fish.

**BIND**

To thicken the liquid of a soup, gravy or stew with a starch such as flour or cornstarch, or with egg yolks.

**BLANCH**

To place in boiling water for a given amount of time and then in cold water, for the purpose of partially cooking or peeling.

**BLEND**

To combine ingredients of different textures such as butter and sugar—a gentler mixing than beating.

**BRAISE**

To sear or brown in fat, then cook slowly, covered, with a minimum of liquid, on stove or in oven.

**BREADING**

A coating of flour and/or breadcrumbs used on foods that are to be fried. Beaten egg or milk may be used to help coating adhere.

**COAT A SPOON**

Custards and sauces which contain egg yolk or cornstarch must often cook until they are thick enough to leave a coating on a spoon, indicating their degree of doneness.

**FOLD**

To gently combine a lighter mixture such as beaten egg whites with a heavier mixture such as a cream sauce or cake batter. To do this, place heavier mixture over lighter, cut down through middle of both with a rubber spatula and draw spatula toward you, turning mixture over as you do so. Continue around bowl in this fashion.

# COOKING TERMS

## **FLAMBÉ**

Heated brandy (or other spirits) is poured over cooked or partially cooked food and is then ignited and allowed to burn off.

## **JULIENNE**

Food is cut into very thin, long matchstick strips.

## **KNEAD**

To work dough by pushing it with the heel of your hand, folding it over and repeating until it has reached degree of smoothness indicated in recipe.

## **MARINATE**

To soak food, usually meat or fish, in a liquid that will add to its flavor or make it more tender.

## **ROUX**

A mixture of fat and flour sautéed together and then added to liquid to thicken it.

## **SKIM**

To remove fat from top of soups, stews or pan gravies after it has risen—a spoon or bulb baster is best for this. Easiest way to do thorough skimming job is to chill liquid until fat solidifies at the top.

## **STEAM**

To cook in steam (usually fish or vegetables) by placing food in a covered, perforated container over boiling water. Usually an alternate to boiling, steaming preserves flavor and vitamins.

# HOW MUCH AND HOW MANY

## **BUTTER, CHOCOLATE**

- 2 tablespoons butter = 1 ounce
- 1 stick or 1/4 pound butter = 1/2 cup
- 1 square chocolate = 1 ounce

## **CRUMBS**

- 20 saltine crackers = 1 cup fine crumbs
- 12 graham crackers = 1 cup fine crumbs
- 22 vanilla wafers = 1 cup fine crumbs
- 8 to 9 slices zwieback = 1 cup fine crumbs
- 1 slice bread = 1/2 cup soft crumbs

## **CEREALS**

- 4 ounces macaroni (1-1 1/4 cups) = 2 1/4 cups cooked
- 4 ounces noodles (1 1/2-2 cups) = 2 1/4 cups cooked
- 4 ounces spaghetti (1-1 1/4 cups) = 2 1/2 cups cooked
- 1 cup uncooked rice (6 1/2-7 ounces) = 3-3 1/2 cups cooked
- 1 cup precooked rice = 2 cups cooked

## **FRUITS, VEGETABLES**

- Juice of 1 lemon = 3 to 4 tablespoons
- Grated peel of 1 lemon = 1 teaspoon
- Juice of 1 orange = 6 to 7 tablespoons
- Grated peel of 1 orange = about 2 teaspoons
- 1 medium apple, chopped = 1 cup
- 1 medium onion, chopped = 1/2 cup
- 1/4 pound celery (about 2 stalks), chopped = 1 cup

## **CHEESE AND EGGS**

- 1 pound process cheese, shredded = 4 cups
- 1/4 pound blue cheese, crumbled = 3/4 to 1 cup
- 1 large egg, beaten = 1/4 cup
- 12 to 14 egg yolks = 1 cup
- 8 to 10 egg whites = 1 cup

## **NUTS**

- 1 pound walnuts in shell = 2 cups, shelled
- 1/4 pound chopped walnuts = about 1 cup
- 1 pound almonds in shell = about 1 cup, shelled

# ROASTING CHART

MEAT	OVEN TEMPERATURE	INTERNAL TEMPERATURE INDICATED ON MEAT THERMOMETER	APPROXIMATE TIME PER POUND	
			WEIGHT OF MEAT	COOKING TIME
Beef	300° to 325°F.	Rare-140°F. Med.-160°F. Well-Done-170°F.	6 to 8 lb.	18 to 20 min. 22 to 25 min. 27 to 30 min.
			3 to 7 lb.	35 to 45 min.
			10 to 12 lb.	12 to 15 min.
Ham, Precooked	300° to 325°F.	130°F.	10 to 12 lb.	12 to 15 min.
Ham, Smoked (uncooked)	300° to 325°F.	160°F.	10 to 14 lb.	18 to 20 min.
Lamb	300° to 325°F.	170°-185°F.	3 to 5 lb.	30 to 35 min.
Veal	300°F.	170°F.	5 to 8 lb.	25 to 30 min.
<b>POULTRY</b>				
Turkey	325°F.	185°F.	10 to 16 lb. over 16 lb.	15 to 20 min. 13 to 15 min.
Chicken/Capon	375°F.	190°F.	4 to 8 lb.	20 min.
Duckling	350°F.	190°F.	4 to 5 lb.	20 min.
Goose	350°F.	190°F.	10 to 12 lb.	15 min.

Add 5 min. per pound if bird is stuffed.

# HERBS AND SPICES

## **ALLSPICE**

Pickling, liver pate, gingerbread, holiday baking, pork and ham, pumpkin and squash dishes.

## **ANISE**

Cakes, cookies, breads.

## **BASIL**

Italian dishes, vegetables, meats, tomato salads and sauces.

## **BAY LEAVES**

Grilled fish, marinades, meat stews and soups.

## **CARDAMOM**

Widely used in Indian curries as well as in Scandinavian Christmas breads and cookies, stewed fruits and grape jelly.

## **CAYENNE PEPPER**

Egg dishes, cream sauces, cheese dishes and spreads.

## **CHERVIL**

Egg dishes, salad dressings, cream sauces, cottage cheese dips.

## **CHIVES**

Fresh or dried are excellent in dips, salads, garnishing for potatoes and soups—steep dried chives in hot water 15 minutes before using.

## **CINNAMON**

Toast, tea, cocoa, coffee, fruit desserts and pies, rice pudding, Middle Eastern meat and rice dishes.

## **CLOVES**

Ham, apple desserts, spiced tea, tomato bouillon, creamed onions.

## **CURRY POWDER**

Mayonnaise or cream sauces for fish, lamb, poultry.

## **DILL**

Cucumber salads, salmon, sauce for boiled beef, chicken or fish.

# HERBS AND SPICES

## **GARLIC**

Used mostly in French, Italian, Spanish and Chinese recipes, excellent with lamb, shellfish, in salad dressings and appetizer dips. Garlic salt or powder should be used only when fresh garlic is not available.

## **GINGER**

Broiled chicken, pot roasts, peach desserts, fish sauces, barbecues, holiday baking.

## **MARJORAM**

Meat stews and soups, dried beans and peas.

## **MINT**

Use fresh or dried mint to flavor sauce for lamb, and fresh sprigs in cold drinks, salads, peas and pea soup and Middle Eastern yogurt sauces.

## **NUTMEG**

Rice and sweet puddings, eggnog, spinach, mushrooms, wild rice, cauliflower.

## **OREGANO**

Meat and poultry roasts and stews, vegetable casseroles, Italian sauces.

## **PAPRIKA**

Meat and poultry goulashes, broiled fish, rarebits, decorative topping.

## **ROSEMARY**

Lamb, veal, poultry.

## **SAFFRON**

Risotto, pilaf, paella, Swedish coffee cake, bouillabaisse.

## **SAGE**

Pork, poultry or onion stuffings, sausage meat.

## **SAVORY**

String beans, cabbage, salad dressing, dried peas and beans.

## **TARRAGON**

Green mayonnaise for fish, Bearnaise sauce, roasted poultry, salads and dressings.

## **THYME**

Clam chowder, meat and vegetable soups and stews, egg dishes.



# MICROWAVE TIPS

- Foods with skins or membranes such as whole potatoes, egg yolks or chicken livers should be pierced before cooking to prevent bursting.
- Foods that contain moisture cook faster than drier foods.
- Foods that are fresh cook faster than those that are not as fresh.
- Foods that are room temperature cook faster than refrigerated or frozen foods.
- Foods that are porous such as breads and pastries cook faster than dense foods or mixtures such as casseroles.
- Foods and containers that are round or oval heat more evenly than those that are rectangular or square.
- To soften any hard-to-clean splatters in oven, microwave one cup of water two or three minutes or until water boils. Let stand one minute. To help eliminate lingering odors, add a lemon slice to water before boiling.
- Many foods will heat faster and more evenly if covered. Use plastic wrap or waxed paper for moist foods. Cover sandwiches with a paper towel or paper napkin. Do not cover liquids, baked goods, pancakes or meats that you prefer rare.
- Because microwaves heat from the outside in, a good indication of doneness is when the underside of the dish is warm at center. Some foods may bubble at the edges and still not be heated through.
- Frozen foods wrapped in paper or plastic may be defrosted without unwrapping.
- Foods will defrost faster if broken into small pieces.
- It's a good practice to check and stir foods after one-half of their total cooking time.