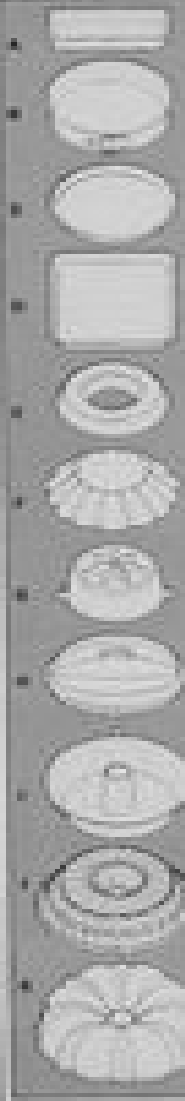


HANDY CHART OF KITCHEN MATH

Knowing how to use kitchen math is essential when you are cooking. Handy charts like this one will help you get the most out of your kitchen. Use these charts to help you get the most out of your kitchen. Use these charts to help you get the most out of your kitchen.

COMMON KITCHEN PANS TO USE AS GUIDELINES WHEN YOU MEASURE (ALL IN PINTS)



Shallow Baking Dish:
 1 1/2 pint shallow bowl
 1 1/2 pint shallow bowl
 1 1/2 pint shallow bowl
Deep Baking Dish:
 2 1/2 pint deep bowl
 2 1/2 pint deep bowl
Sauce Baking Dish:
 1 1/2 pint sauce dish
 1 1/2 pint sauce dish
Sauce Baking Dish:
 1 1/2 pint sauce dish
 1 1/2 pint sauce dish
Sauce Baking Dish and Plate:
 1 1/2 pint sauce dish
 1 1/2 pint sauce dish
 1 1/2 pint sauce dish

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Egg Pan:
 1/2 pint egg pan
 1/2 pint egg pan
Small Round Cake Pan:
 1/2 pint round cake pan
 1/2 pint round cake pan
Medium Round Cake Pan:
 1 pint medium round cake pan
 1 pint medium round cake pan
Large Round Cake Pan:
 1 1/2 pint large round cake pan
 1 1/2 pint large round cake pan
Sheet Pan:
 1 1/2 pint sheet pan
 1 1/2 pint sheet pan

MEAT COOKING TEMPERATURES

1 1/2 inch cube of white bread will turn golden brown:

350° to 375°	30 seconds
375° to 400°	40 seconds
400° to 425°	50 seconds
425° to 450°	60 seconds
450° to 475°	70 seconds
475° to 500°	80 seconds

EGG COOKING TEMPERATURES

1/2 inch thickness of egg dropped into hot oil will cook:

325°-350°	10 to 15 minutes
350°-375°	15 to 20 minutes
375°-400°	20 to 25 minutes
400°-425°	25 to 30 minutes
425°-450°	30 to 35 minutes
450°-475°	35 to 40 minutes
475°-500°	40 to 45 minutes

DIFFERENT WATER WITH BAKING TABLES

Measure	Equivalent	Water (Gals.)
1 tablespoon	3 teaspoons	1/8 pint
2 tablespoons	6 teaspoons	1/4 pint
1 cup	16 tablespoons	1/2 pint
1/2 cup	8 tablespoons	1/4 pint
1/4 cup	4 tablespoons	1/8 pint
1/8 cup	2 tablespoons	1/16 pint
1/16 cup	1 tablespoon	1/32 pint
1/32 cup	1/2 tablespoon	1/64 pint
1/64 cup	1/4 tablespoon	1/128 pint
1/128 cup	1/8 tablespoon	1/256 pint
1/256 cup	1/16 tablespoon	1/512 pint
1/512 cup	1/32 tablespoon	1/1024 pint

SUBSTITUTIONS FOR VARIOUS INGREDIENTS

When the recipe calls for:	Use this one:
1/2 cup orange juice	1/2 cup pineapple juice or 1/2 cup lemon juice
1/2 cup apple juice	1/2 cup pear juice or 1/2 cup grape juice
1/2 cup grapefruit juice	1/2 cup orange juice or 1/2 cup lemon juice
1/2 cup lemon juice	1/2 cup lime juice or 1/2 cup orange juice
1/2 cup lime juice	1/2 cup lemon juice or 1/2 cup grapefruit juice
1/2 cup orange juice	1/2 cup pineapple juice or 1/2 cup lemon juice
1/2 cup pineapple juice	1/2 cup orange juice or 1/2 cup lemon juice
1/2 cup lemon juice	1/2 cup lime juice or 1/2 cup orange juice
1/2 cup lime juice	1/2 cup lemon juice or 1/2 cup grapefruit juice
1/2 cup grapefruit juice	1/2 cup orange juice or 1/2 cup lemon juice
1/2 cup pear juice	1/2 cup apple juice or 1/2 cup grape juice
1/2 cup grape juice	1/2 cup apple juice or 1/2 cup pear juice
1/2 cup apple juice	1/2 cup pear juice or 1/2 cup grape juice
1/2 cup pear juice	1/2 cup apple juice or 1/2 cup grape juice

When the recipe calls for:

1 cup whole egg	1 egg
1 egg (uncooked)	1 egg
1 egg (cooked)	1 egg
1 egg (soft)	1 egg
1 egg (hard)	1 egg
1 egg (boiled)	1 egg
1 egg (fried)	1 egg
1 egg (scrambled)	1 egg
1 egg (beaten)	1 egg
1 egg (whipped)	1 egg
1 egg (yolk)	1 egg
1 egg (white)	1 egg
1 egg (shell)	1 egg
1 egg (membrane)	1 egg
1 egg (shell)	1 egg