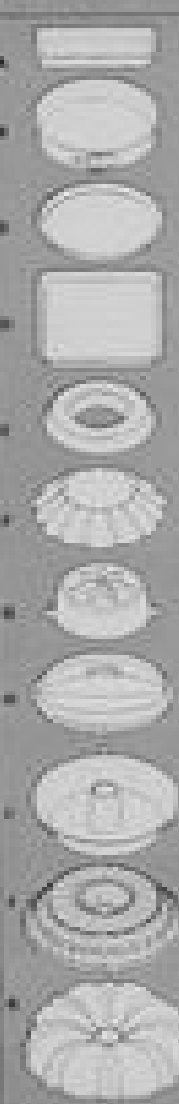


# HANDY CHART OF KITCHEN MATH

Knowing what you're doing in the kitchen can save you a lot of trouble. Here are some handy kitchen math facts to help you get the most out of your kitchen.

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



- Large baking dish:**
  - 1 1/2 cups (400 ml) cooking oil
  - 2 1/2 cups (600 ml) cooking oil
  - 3 1/2 cups (800 ml) cooking oil
- Large baking dish:**
  - 4 1/2 cups (1,100 ml) cooking oil
  - 5 1/2 cups (1,350 ml) cooking oil
  - 6 1/2 cups (1,600 ml) cooking oil
- Medium baking dish:**
  - 3 1/2 cups (800 ml) cooking oil
  - 4 1/2 cups (1,100 ml) cooking oil
  - 5 1/2 cups (1,350 ml) cooking oil
- Small baking dish:**
  - 2 1/2 cups (600 ml) cooking oil
  - 3 1/2 cups (800 ml) cooking oil
  - 4 1/2 cups (1,100 ml) cooking oil
- Large baking dish and pan:**
  - 6 1/2 cups (1,600 ml) cooking oil
  - 7 1/2 cups (1,850 ml) cooking oil
  - 8 1/2 cups (2,100 ml) cooking oil

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

- Large Pan:**
  - 1 1/2 cups (400 ml) cooking oil
  - 2 1/2 cups (600 ml) cooking oil
  - 3 1/2 cups (800 ml) cooking oil
- Medium Pan:**
  - 3 1/2 cups (800 ml) cooking oil
  - 4 1/2 cups (1,100 ml) cooking oil
  - 5 1/2 cups (1,350 ml) cooking oil
- Small Pan:**
  - 2 1/2 cups (600 ml) cooking oil
  - 3 1/2 cups (800 ml) cooking oil
  - 4 1/2 cups (1,100 ml) cooking oil
- Large Pan:**
  - 6 1/2 cups (1,600 ml) cooking oil
  - 7 1/2 cups (1,850 ml) cooking oil
  - 8 1/2 cups (2,100 ml) cooking oil

## MEAT COOKING TEMPERATURES (WHOLE & BONELESS)

- A 1-inch cube of white bread will turn golden brown:**
- 300° to 325° 40 seconds
  - 325° to 350° 60 seconds
  - 350° to 375° 80 seconds
  - 375° to 400° 100 seconds
  - 400° to 425° 120 seconds

## EGG COOKING TEMPERATURES (WHOLE & BONELESS)

- A 1/2 teaspoon of sugar dropped into heat will water:**
- 200°-225° Soft-set
  - 225°-250° Firm-set
  - 250°-275° Firm-set, soft
  - 275°-300° Firm-set, soft
  - 300°-325° Soft-set
  - 325°-350° Firm-set
  - 350°-375° Firm-set, soft
  - 375°-400° Firm-set, soft
  - 400°-425° Firm-set, soft
  - 425°-450° Firm-set, soft

## DIFFERENCES WITH BAKING TABLES

Measures	Equivalent	Measures (Liters)
1/2 cup	125 ml	125 ml
1 cup	250 ml	250 ml
1 1/2 cups	375 ml	375 ml
2 cups	500 ml	500 ml
2 1/2 cups	625 ml	625 ml
3 cups	750 ml	750 ml
3 1/2 cups	875 ml	875 ml
4 cups	1,000 ml	1,000 ml
4 1/2 cups	1,125 ml	1,125 ml
5 cups	1,250 ml	1,250 ml
5 1/2 cups	1,375 ml	1,375 ml
6 cups	1,500 ml	1,500 ml
6 1/2 cups	1,625 ml	1,625 ml
7 cups	1,750 ml	1,750 ml
7 1/2 cups	1,875 ml	1,875 ml
8 cups	2,000 ml	2,000 ml
8 1/2 cups	2,125 ml	2,125 ml
9 cups	2,250 ml	2,250 ml
9 1/2 cups	2,375 ml	2,375 ml
10 cups	2,500 ml	2,500 ml

## SUBSTITUTIONS FOR VARIOUS EGGS

When the recipe calls for:	Use this one:
1 egg	2 tablespoons oil + 1 tablespoon water
1 egg	1/4 cup milk + 1/4 cup water
1 egg	1/4 cup milk + 1/4 cup oil
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar + 1/4 cup lemon juice
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar + 1/4 cup lemon juice + 1/4 cup baking powder
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar + 1/4 cup lemon juice + 1/4 cup baking powder + 1/4 cup cream
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar + 1/4 cup lemon juice + 1/4 cup baking powder + 1/4 cup cream + 1/4 cup oil
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar + 1/4 cup lemon juice + 1/4 cup baking powder + 1/4 cup cream + 1/4 cup oil + 1/4 cup sugar
1 egg	1/4 cup milk + 1/4 cup oil + 1/4 cup water + 1/4 cup vinegar + 1/4 cup lemon juice + 1/4 cup baking powder + 1/4 cup cream + 1/4 cup oil + 1/4 cup sugar + 1/4 cup vanilla