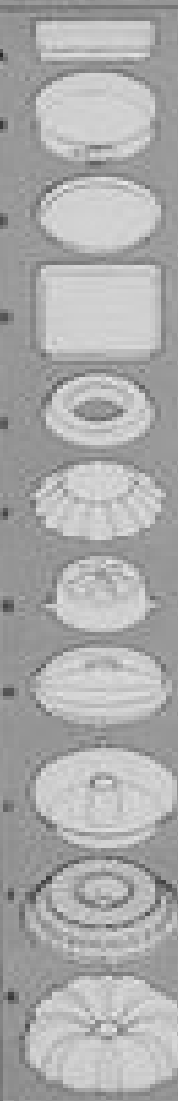


HANDY CHART OF KITCHEN MATH

Remember, when you use a recipe, always use the best quality ingredients. Read it all. Do a rough baking sheet first. Use all the ingredients that you need for the recipe, plus a little extra.

COMMON KITCHEN PANS TO USE AS GUIDELINES WHEN YOU MEASURE CUPS & POUNDS



- Large baking dish**
 - 1 1/2 cups (300 ml) cooking oil
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- Large baking dish**
 - 1 1/2 cups (300 ml) cooking oil
 - 1 1/2 cups (300 ml) cooking oil
 - 1 1/2 cups (300 ml) cooking oil
- Large baking dish and more**
 - 1 1/2 cups (300 ml) cooking oil
 - 1 1/2 cups (300 ml) cooking oil
 - 1 1/2 cups (300 ml) cooking oil

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

- 1/2 cup**
 - 1/2 cup (125 ml) cooking oil
 - 1/2 cup (125 ml) cooking oil
 - 1/2 cup (125 ml) cooking oil
- 1 cup**
 - 1 cup (250 ml) cooking oil
 - 1 cup (250 ml) cooking oil
 - 1 cup (250 ml) cooking oil
- 1 1/2 cups**
 - 1 1/2 cups (375 ml) cooking oil
 - 1 1/2 cups (375 ml) cooking oil
 - 1 1/2 cups (375 ml) cooking oil
- 2 cups**
 - 2 cups (500 ml) cooking oil
 - 2 cups (500 ml) cooking oil
 - 2 cups (500 ml) cooking oil
- 3 cups**
 - 3 cups (750 ml) cooking oil
 - 3 cups (750 ml) cooking oil
 - 3 cups (750 ml) cooking oil
- 4 cups**
 - 4 cups (1000 ml) cooking oil
 - 4 cups (1000 ml) cooking oil
 - 4 cups (1000 ml) cooking oil
- 5 cups**
 - 5 cups (1250 ml) cooking oil
 - 5 cups (1250 ml) cooking oil
 - 5 cups (1250 ml) cooking oil
- 6 cups**
 - 6 cups (1500 ml) cooking oil
 - 6 cups (1500 ml) cooking oil
 - 6 cups (1500 ml) cooking oil
- 7 cups**
 - 7 cups (1750 ml) cooking oil
 - 7 cups (1750 ml) cooking oil
 - 7 cups (1750 ml) cooking oil
- 8 cups**
 - 8 cups (2000 ml) cooking oil
 - 8 cups (2000 ml) cooking oil
 - 8 cups (2000 ml) cooking oil
- 9 cups**
 - 9 cups (2250 ml) cooking oil
 - 9 cups (2250 ml) cooking oil
 - 9 cups (2250 ml) cooking oil
- 10 cups**
 - 10 cups (2500 ml) cooking oil
 - 10 cups (2500 ml) cooking oil
 - 10 cups (2500 ml) cooking oil

MEAT COOKING TEMPERATURES

- 1 1/2 inch cube of white bread will turn golden brown**
 - 350° to 400° 45 seconds
 - 375° to 400° 60 seconds
 - 400° to 425° 75 seconds
 - 425° to 450° 90 seconds
 - 450° to 475° 105 seconds

EGG COOKING TEMPERATURES

- 1/2 cup (125 ml) of egg dropped into hot oil will**
 - 350°-400° 2-3 minutes
 - 375°-400° 3-4 minutes
 - 400°-425° 4-5 minutes
 - 425°-450° 5-6 minutes
 - 450°-475° 6-7 minutes
 - 475°-500° 7-8 minutes
 - 500°-525° 8-9 minutes
 - 525°-550° 9-10 minutes

DIFFERENT SIZES WITH BAKING TABLES

Measure	Equivalent	Measure (ml)
1/2 cup	1/2 cup	125 ml
1 cup	1 cup	250 ml
1 1/2 cups	1 1/2 cups	375 ml
2 cups	2 cups	500 ml
3 cups	3 cups	750 ml
4 cups	4 cups	1000 ml
5 cups	5 cups	1250 ml
6 cups	6 cups	1500 ml
7 cups	7 cups	1750 ml
8 cups	8 cups	2000 ml
9 cups	9 cups	2250 ml
10 cups	10 cups	2500 ml

SUBSTITUTIONS AND EQUIVALENTS

When the recipe calls for:	Use this one:
1/2 cup (125 ml) cooking oil	1/2 cup (125 ml) cooking oil
1 cup (250 ml) cooking oil	1 cup (250 ml) cooking oil
1 1/2 cups (375 ml) cooking oil	1 1/2 cups (375 ml) cooking oil
2 cups (500 ml) cooking oil	2 cups (500 ml) cooking oil
3 cups (750 ml) cooking oil	3 cups (750 ml) cooking oil
4 cups (1000 ml) cooking oil	4 cups (1000 ml) cooking oil
5 cups (1250 ml) cooking oil	5 cups (1250 ml) cooking oil
6 cups (1500 ml) cooking oil	6 cups (1500 ml) cooking oil
7 cups (1750 ml) cooking oil	7 cups (1750 ml) cooking oil
8 cups (2000 ml) cooking oil	8 cups (2000 ml) cooking oil
9 cups (2250 ml) cooking oil	9 cups (2250 ml) cooking oil
10 cups (2500 ml) cooking oil	10 cups (2500 ml) cooking oil