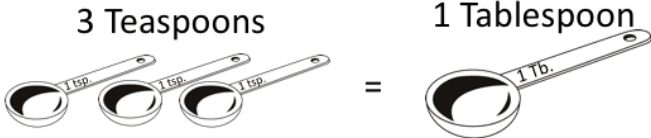
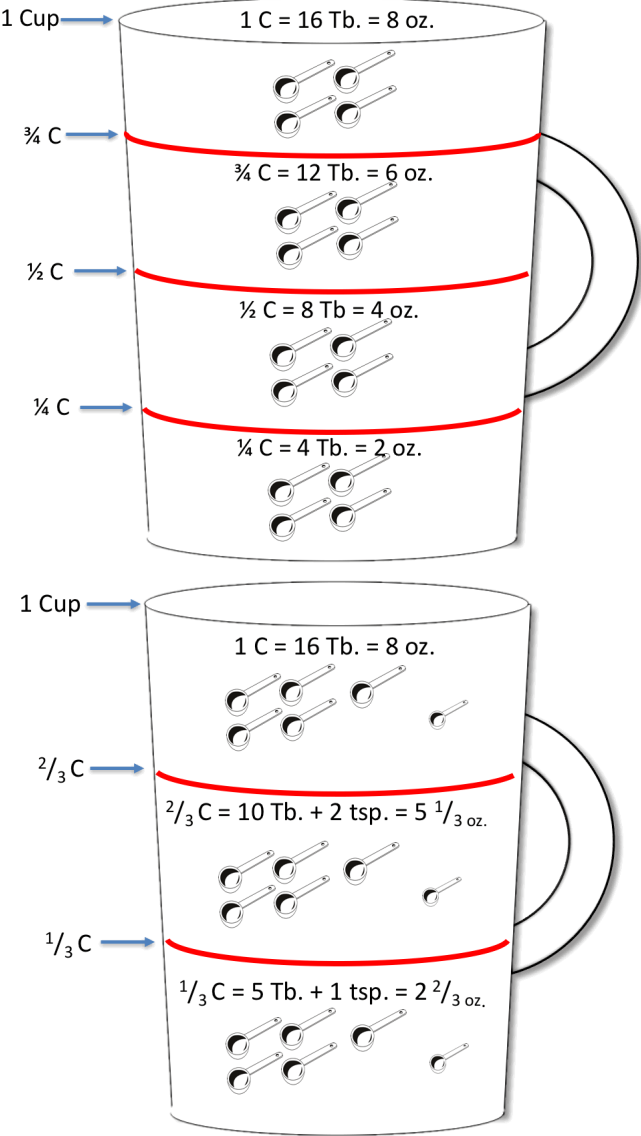


Culinary Measurement Guide

Teaspoons and Tablespoons



Cup Measure



Gallon Measure

1 Gal = 4 Qt. = 8 Pt. = 16 C = 128 oz.



8 Pt. or 16 C



$\frac{3}{4}$ Gal = 3 Qt. = 6 Pt. 12 C = 96 oz.



6 Pt. or 12 C



$\frac{1}{2}$ Gal = 2 Qt. = 4 Pt. = 8 C = 64 oz.



4 Pt. or 8 C



$\frac{1}{4}$ Gal = 1 Qt. = 2 Pt. 4 C = 32 oz.



2 Pt. or 4 C



Scoops

Scoop measures are used as portion control food servers. The size of the scoop is designated by a number that appears on the release lever inside the scoop or on the handle of the scoop. The number refers to the approximate quantity of scoops in a quart; so, a #12 scoop will yield 12 portions in a quart, and a #40 means that a quart will yield 40 portions. Scoops can be measured by weight or by volume

<i>Scoop Number</i>	<i>Approximate US Volume</i>	<i>Approximate Metric Volume</i>	<i>Approximate US Weight</i>	<i>Approximate Metric Weight</i>
6	5.33 fl. oz.	160 ml	5 oz.	140 g
8	4 fl. oz.	120 ml	4 oz.	110 g
10	3.2 fl. oz.	90 ml	3.25 oz.	92 g
12	2.66 fl. oz.	80 ml	2.75 oz.	78 g
16	2 fl. oz.	60 ml	2.25 oz.	58 g
20	1.6 fl. oz.	45 ml	1.67 oz.	46 g
24	1.33 fl. oz.	40 ml	1.5 oz.	38 g
30	1.07 fl. oz.	30 ml	1.25 oz.	31 g
40	0.8 fl. oz.	24 ml	1 oz.	23 g

Can Size Chart

<i>Can Size Number</i>	<i>Approximate Volume of Food</i>	<i>Approximate Weight of Food</i>
No. 1 picnic	1 ¼ C/300 ml	10½ -12 oz./300-340 g
No. 300	1 ¾ C/414 ml	14 - 16 oz./400-450 g
No. 303	2 C/475	16 -17 oz./450-480
No. 2	2 ½ C/590 ml	20 oz./570 g
No. 2 ½	3 ½ C/830 ml	27 - 29 oz./765-820 g
No. 3	5 ¾ C/1.35 l	51 oz./1.45 kg
No. 10	3 Qt./3 l	6 ½ - 7 ⅓ lb./3-3.3 kg

Measurement Abbreviations

	<i>US</i>		<i>Metric</i>	
<i>Volume</i>	Gal	G	Liter	l
	Quart	Q or Qt.	Deciliter	dl
	Pint	Pt.	Milliliter	ml
	Cup	C	Kilogram	kg
	Tablespoon	T or Tb.	Gram	g
<i>Weight</i>	Teaspoon	t or tsp.		
	To Taste	TT		
	Pound	Lb. or #	Kilogram	kg
	Ounce	oz.	Gram	g
<i>Length</i>	Inch	In. or "	Millimeter	mm
	Foot	Ft. or '	Meter	m
	Mile	mi.	Kilometer	km

Temperature Reference Chart

Temperature Measure	<i>Fahrenheit</i>	<i>Celsius</i>
<i>Freezing Point</i>	32°F	0 °C
<i>Boiling Point</i>	212°F	100 °C
<i>Danger Zone</i>	40-140°F	5°C -60 °C
<i>Holding Temperature</i>	140°F	60 °C
<i>Low Oven</i>	250°F	120 °C
<i>Medium Oven</i>	350°F	180 °C
<i>Medium High</i>	400°F	200°C
<i>High Oven</i>	450°F	230°C

Metric and US Measurement Conversions

For quick conversion from Fahrenheit to Celsius, when the temperature is above 250°F, divide by 2 to calculate Celsius. Do the reverse when converting Celsius to Fahrenheit above 125°C by multiplying by 2.

For temperatures below 100°F, when converting Fahrenheit to Celsius, subtract 30 and divide by 2. For converting Celsius below 38°C to Fahrenheit temperatures, multiply by 2 and add 30.

<i>US System</i>	<i>Metric Equivalency</i>
1 oz.	30 g
1 lb.	450 g
2.2 lb.	1 kg
1 qt.	1 L
1 gal.	4 L
1 in.	2.5 cm
1 ft.	30 cm
1 yard	0.9 m
1 mile	1.6 km

How Do You Measure?

There are different ways to measure weight and volume



Scales measure weight and are the most accurate; they can be used to measure dry or liquid ingredients



Volume measures are good for liquids but not as accurate for dry ingredients



Ladles can be used to measure the volume of liquid as well as dry ingredients



Scoops measure volume; the scoop number equals the average number of scoops in a quart



Hand measurement is often used to quickly measure small quantities of ingredients by volume (pinch, handful)

Try this Exercise

- Gather the following measures: $\frac{1}{2}$ teaspoon, 1 teaspoon, 1 tablespoon, and $\frac{1}{4}$ cup
- Assemble dried oregano leaves, ground pepper, and kosher salt
- **Guesstimate** $\frac{1}{2}$ tsp of the dried oregano leaves in the palm of your hand and observe the quantity. Place it in the $\frac{1}{2}$ tsp. measure and see how accurate you are.

Do this for each ingredient and each measure; note the visual quantity in your hand for reference while cooking