

Kitchen Conversions

Cup	Oz	Tbs.	Tsp.
1	8	16	48
$\frac{3}{4}$	6	12	36
$\frac{2}{3}$	5 + 2 tsp	10 + 2 tsp	32
$\frac{1}{2}$	4	8	24
$\frac{1}{3}$	2 + 4 tsp	5 + 1 tsp	16
$\frac{1}{4}$	2	4	12

HERBS

1 Tbs fresh = 1 tsp dry

60 drops = 1 tsp

3 tsp = 1 Tbs

4 Tbs = $\frac{1}{4}$ cup

2 Tbs = 1 oz

1 cup = 8 oz

MEAT TEMPERATURES

Beef - 140 (rare)

Beef - 160 (medium)

Beef - 170 (well)

Pork - 165

Lamb - 145

Ham - 140

Poultry - 180

2 cup = 1 pint 2 pint = 1 quart 4 quart = 1 gallon

Saturday Night Supper Club

／ CARLA LAUREANO