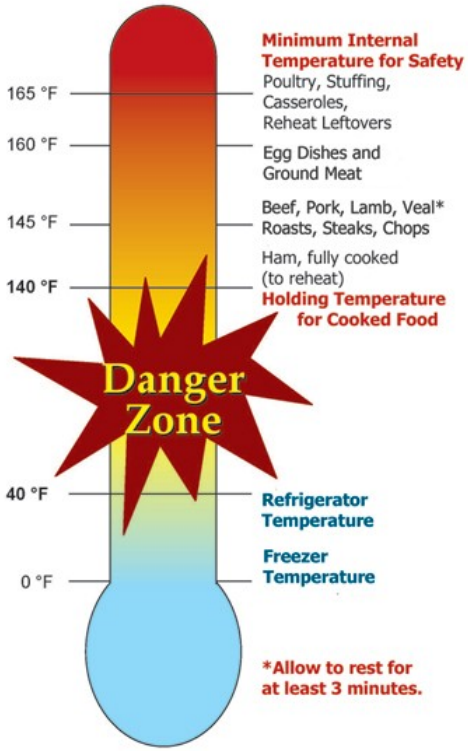
RecipeRodeo.com Reference Guide

Food Measurements	
Yeast	1 envelope dry granulated yeast = 1 tbsp
Butter	1 stick = 1/2 Cup
Cheese	1 LB. = 4-5 Cups grated
Dash / Pinch	Less than 1/8 tsp.
Splash	1-5 drops

USDA Meat Cooking Temperatures	
145°	beef, pork, lamb, veal, and roasts
160°	ground meats
165°	all poultry

Hard Boiling an Egg		
Egg Size	Doneness	Cooking Time
Medium	Soft	3 Minutes
	Medium	5 Minutes
	Hard	12 Minutes
Large	Soft	4 Minutes
	Medium	6 Minutes
	Hard	17 Minutes
Extra Large	Soft	5 Minutes
	Medium	7 Minutes
	Hard	19 Minutes

Abbreviations	
approx.	approximate
tsp or t	teaspoon
Tbsp or T	tablespoon
c	cup
pt	pint
qt	quart
gal	gallon
wt	weight
oz	ounce
lb or #	pound
g	gram
kg	kilogram
vol	volume
ml	milliliter
fl oz	fluid ounce



Quick Conversions	
1 tablespoon (tbsp)	3 teaspoons (tsp)
1/16 cup	1 tablespoon
1/8 cup	2 tablespoons
1/6 cup	2 tablespoons + 2 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
3/8 cup	6 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
3/4 cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces (fl oz)	1 cup
1 pint (pt)	2 cups
1 quart (qt)	2 pints
4 cups	1 quart
1 gallon (gal)	4 quarts
16 ounces (oz)	1 pound (lb)
1 milliliter (ml)	1 cubic centimeter (cc)

F	C
0	-18
10	-12
20	-7
30	-1
40	4
50	10
60	16
70	21
80	27
90	32
100	38
250	121
275	135
284	140
300	149
325	163
350	177
356	180
375	191
392	200
400	204
425	218
450	232