

MEASUREMENT CONVERSIONS

Liquid & Dry

Tsp	Tbsp	Oz.	Cup	Pint	Qrt	Gal.
3	1	1/2	1/16	1/32	-	-
6	2	1	1/8	1/16	1/32	-
12	4	2	1/4	1/8	1/16	-
18	6	3	3/8	-	-	-
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	-	-	-
48	16	8	1	1/2	1/4	1/16
96	24	16	2	1	1/2	1/8
-	64	32	4	2	1	1/4
-	256	128	16	8	4	1

Weight

Oz.	Gram	Lb.
2	58	-
4	114	-
6	170	-
8	226	1/2
12	340	-
16	424	1

Safe Temps

Meat	F°	C°	Meat	F°	C°
<u>BEEF/VEAL</u>			Poultry	165°	74°
Rare	125°	52°	Pork	145°	63°
Med-Rare	135°	57°	Lamb	145°	63°
Medium	145°	63°	Fish/Shellfish	145°	63°
Med-Well	150°	66°	Egg Dishes	165°	74°
Well Done	160°	71°	Leftovers/Casseroles	165°	74°
			Stuffing/Dressing	165°	74°

*Beef, Pork & Lamb temperatures taken after 3 minutes rest. Safe holding temperature for cooked food is 140°. Clean thermometer after every use.