

Kitchen Conversions

Cup	Oz	Tbs.	Tsp.
1	8	16	48
3/4	6	12	36
2/3	5	11	32
1/2	4	8	24
1/3	3	5	16
1/4	2	4	12

Herbs

1 Tbs fresh = 1 tsp dry

60 drops = 1 tsp

3 tsp = 1 Tbs

4 Tbs = 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