

NOURISH RECIPE RESOURCES

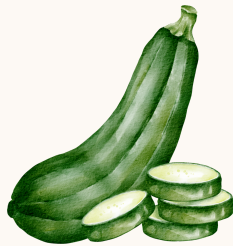
VISIT THE LINKS PROVIDED BELOW FOR RECIPE RESOURCES FOCUSED ON INCORPORATING NEW AND FRESH INGREDIENTS.

HEALTHY SCHOOL RECIPES



<https://healthyschoolrecipes.com/>

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Nutritional analysis
- ✓ Scaling calculator



ADDITIONAL RECIPE RESOURCES



★ [Recipe Reading](#)

Tips on how to read recipes including common abbreviations and measuring techniques

★ [Recipe Template](#)

A blank recipe template

★ [Recipe Conversion](#)

Instructions on doubling, tripling, or reducing a recipe



THE LUNCH BOX



<https://www.thelunchbox.org/>

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Nutritional analysis
- ✓ Meal type (breakfast, lunch, dinner)
- ✓ Scaling calculator
- ✓ Grab & Go service instructions
- ✓ HACCP Process Category
- ✓ Pre-preparation and serving details
- ✓ Meal pattern components



PROJECT BREAD



<https://projectbread.org/recipes>

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Nutritional analysis
- ✓ Video instructions
- ✓ Meal type (breakfast, lunch, dinner)
- ✓ Grab & Go service instructions
- ✓ Reheat instructions



CHILD NUTRITION RECIPE BOX



<https://theicn.org/cnrb/>

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Nutritional analysis
- ✓ Recipe rating
- ✓ NSLP/SBP crediting information
- ✓ Multiple set recipe scales
- ✓ Video instructions



VERMONT FEED



https://vtfeed.org/sites/default/files/files/resources/New_School_Cuisine_Cookbook.pdf

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Nutritional analysis
- ✓ Type of cuisine
- ✓ Special diet requirements
- ✓ Meal pattern components



HEALTHY KIDS COLLABORATIVE & CULINARY INSTITUTE OF AMERICA



<https://www.ciahealthykids.com/recipes>

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Meal pattern components



THE JOHN C. STALKER INSTITUTE



The John C. Stalker Institute of Food and Nutrition AT FRAMINGHAM STATE UNIVERSITY

<https://johnstalkerinstitute.org/resource/recipes/>

Provides a list of various different recipe resources with brief descriptions, including some of those included on this resource and more.



THE SCHOOL FOOD PLAN



<http://whatworkswell.schoolfoodplan.com/site/article-files/977da74c-7df8-4b81-98db-c41b179945f3.pdf>

- ✓ Detailed instructions
- ✓ Meal type (breakfast, lunch, dinner)
- ✓ Serving suggestions



SCHOOL NUTRITION ASSOCIATION



<https://schoolnutrition.org/resource/recipe-library/>

- ✓ Search feature
- ✓ Detailed instructions
- ✓ Nutritional analysis
- ✓ Type of cuisine
- ✓ Special diet requirements
- ✓ Meal pattern components

SNA account required



RECIPE READING

The Anatomy of a Recipe

- Title
- Yield, Number of Portions, Serving Size
 - Yield is the total amount your recipe prepares, serving size tells you the exact size per portion, and number of portions is how many servings you get from the recipe
 - Zucchini Bread yields 1 hotel pan, 24 portions, 2oz servings
 - Powerhouse Chili yield 5 gallons, 100 portions, ¾ cup servings
- Ingredients
 - By volume – dry or liquid measuring cups, measuring spoons
 - By weight – using a scale
 - By each – 2 ea lemons or 4 ea eggs
 - How the ingredients are written matters:
 - 5lbs of Diced Carrots is different than 5lbs of Carrots, Diced
 - **5lbs of Diced Carrots** means the recipe is asking for exactly 5lbs of Diced Carrots. Those could come already diced or you have to start with more than 5lbs to get exactly 5lbs of those diced carrots.
 - **5lbs of Carrots, Diced** means you weigh your whole carrots first, and then you dice them. You'll probably end up with closer to 4lbs of diced carrots after you have peeled and trimmed the carrots.
 - The comma is key as it tells you to weigh the product first and then cut it according to the specification.
- Directions / Method of Preparation
 - All of the details you need to effectively prepare the recipe. Such as: thawing information, cooking method, equipment needs, temperature required, how long it'll take, nutritional information, HACCP

Steps to Reading a Recipe

- Step One
 - Read the ENTIRE recipe for global view
- Step Two
 - Reread recipe for details – ingredients, timing, etc.
- Step Three
 - Make notes on recipe - substitutions, scaling adjustments, etc.
- Step Four
 - Develop a Plan of Attack
 - What comes first? Who does what?

ABBREVIATIONS AND EQUIVALENTS

The following abbreviations and equivalents should be committed to memory.

<u>Abbreviations</u>	<u>Equivalents</u>
t or tsp = teaspoon	1Tbl = 3t
T or Tbl= tablespoon	1Tbl = ½ fl oz
c = cup	1 cup = 16Tbl = 8 fl oz
# or lb = pound	1 pint = 2 cup
oz = ounce	1 qt = 4 cup
pt = pint	1 gallon = 4 qt
gal = gallon	1# = 16 oz
qt = quart	

Butter

4 sticks = 1#, or 2 c

Measuring Techniques

- **Liquids**
Use a graduated measuring cup placed on a level surface. Bend down to check the measurement at eye level.
- **Solids**
Fill measuring spoons or cups to overflowing, and then level off with the straight edge of a spatula or knife.
- **Flour**
It is best to measure flour by weight rather than by volume. If you must measure by volume, use the fill and scrape method described above. Use a gentle hand so as not to compress the flour while measuring.

RECIPE CONVERSION TIPS

To double, triple or reduce a recipe

How: IT'S EASY... JUST SAY "NO"

$$\frac{\text{New Yield}}{\text{Old Yield}} = \text{Recipe Conversion Factor (RCF)}$$

- DIVIDE the **New Yield** into the **Old Yield**
- The number you get is the **Recipe Conversion Factor (RCF)**
- MULTIPLY the RCF by each ingredient's quantity

EXAMPLE

<p>My current recipe yields 100 pieces but I need to make 25 pieces:</p> <p>25 Pieces is New Yield ----- = 0.25 RCF</p> <p>100 Pieces is Old Yield</p> <p>(25 pieces Divided By 100 pieces = 0.25)</p> <table style="width: 100%; margin-top: 10px;"> <thead> <tr> <th style="text-align: center;">Old Recipe</th> <th style="text-align: center;">New Recipe</th> </tr> </thead> <tbody> <tr> <td>5 lbs Flour (5 x 0.25)</td> <td>= 1 ¼ lbs Flour</td> </tr> <tr> <td>4 Tbl Baking Powder (4x0.25)</td> <td>= 1 Tbl B. Powder</td> </tr> <tr> <td>6 cups Oil (6 x 0.25)</td> <td>= 1 ½ cups Oil</td> </tr> <tr> <td>2 cups Sugar (2 x 0.25)</td> <td>= ½ cup Sugar</td> </tr> <tr> <td>8 each Eggs (8 x 0.25)</td> <td>= 2 each Eggs</td> </tr> <tr> <td>7 lbs Zucchini (7 x 0.25)</td> <td>= 1 ¾ lbs Zucchini</td> </tr> </tbody> </table> <p style="text-align: center; font-size: small;"><i>This Recipe is ONLY an EXAMPLE</i></p>	Old Recipe	New Recipe	5 lbs Flour (5 x 0.25)	= 1 ¼ lbs Flour	4 Tbl Baking Powder (4x0.25)	= 1 Tbl B. Powder	6 cups Oil (6 x 0.25)	= 1 ½ cups Oil	2 cups Sugar (2 x 0.25)	= ½ cup Sugar	8 each Eggs (8 x 0.25)	= 2 each Eggs	7 lbs Zucchini (7 x 0.25)	= 1 ¾ lbs Zucchini	<p>My current recipe yields 100 pieces but I need to make 400 pieces:</p> <p>400 Pieces is New Yield ----- = 4 RCF</p> <p>100 Pieces is Old Yield</p> <p>(400 pieces Divided By 100 pieces = 4)</p> <table style="width: 100%; margin-top: 10px;"> <thead> <tr> <th style="text-align: center;">Old Recipe</th> <th style="text-align: center;">New Recipe</th> </tr> </thead> <tbody> <tr> <td>5 lbs Flour (5 x 4)</td> <td>= 20 lbs Flour</td> </tr> <tr> <td>4 Tbl Baking Powder (4 x 4)</td> <td>= 16 Tbl B. Powder</td> </tr> <tr> <td>6 cups Oil (6 x 4)</td> <td>= 24 cups Oil</td> </tr> <tr> <td>2 cups Sugar (2 x 4)</td> <td>= 8 cups Sugar</td> </tr> <tr> <td>8 each Eggs (8 x 4)</td> <td>= 32 each Eggs</td> </tr> <tr> <td>7 lbs Zucchini (7 x 4)</td> <td>= 28 lbs Zucchini</td> </tr> </tbody> </table> <p style="text-align: center; font-size: small;"><i>This Recipe is ONLY an EXAMPLE</i></p>	Old Recipe	New Recipe	5 lbs Flour (5 x 4)	= 20 lbs Flour	4 Tbl Baking Powder (4 x 4)	= 16 Tbl B. Powder	6 cups Oil (6 x 4)	= 24 cups Oil	2 cups Sugar (2 x 4)	= 8 cups Sugar	8 each Eggs (8 x 4)	= 32 each Eggs	7 lbs Zucchini (7 x 4)	= 28 lbs Zucchini
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Exceptions:

- Always round UP with decimals (for ex: 3.33 = 3.5 or 0.44 = 0.5)
- When cooking, do not multiply ingredients like salt and spices or fats and oils by the CF used for sautéing because you do not want to add too much.
- When baking, you must multiply those ingredients mentioned above by the CF because those are an integral part of the recipe.

TIP – Using N/O works for individual ingredients as well – for example if you only have 20lbs of ground beef but the recipe asks for 50lbs you can use N/O – 20lbs divided by 50lbs and then multiply each ingredient by .4 to get a recipe that matches the 20lbs of ground beef.



COOKSMARTS GUIDE TO FLAVORING WITH FRESH HERBS

This Guide has everything you need to know about how to properly store and cook with fresh herbs. Use them to add flavor and freshness to your meals!

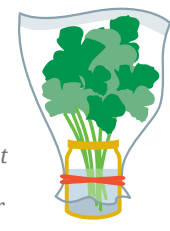
KEY	BASIL SWEET, PEPPERY	CHIVES MILDER-ONION	CILANTRO BRIGHT, CITRUSY	DILL GRASSY	LEMONGRASS ZESTY, CITRUSY	MARJORAM GRASSY, SLIGHTLY SWEET	MINT SWEET, COOL	OREGANO PUNGENT, PEPPERY
PRODUCE								
PROTEINS	Bell Peppers, Eggplant, Tomatoes, Zucchini	Potatoes, Asparagus, Onions, Leeks	Avocado, Tomatoes, Bell Peppers	Cabbage, Potatoes, Cucumbers, Carrots, Green Beans, Tomatoes	Bell Peppers, Tomatoes	Carrots, Mushrooms, Peas, Spinach, Zucchini, Tomatoes	Carrots, Eggplant, Watermelon, Mushrooms, Tomatoes, Potatoes, Zucchini	Artichokes, Bell Peppers, Eggplant, Mushrooms, Tomatoes, Potatoes, Zucchini
USE IN	Chicken, Beef, Fish, Tofu	Chicken, Fish, Shellfish, Eggs	Chicken, Fish, Shellfish, Lamb, Lentils, Tofu	Fish, Shellfish	Chicken, Beef, Pork, Fish	Chicken, Beef	Beans, Lentils, Lamb	Chicken, Beef, Lamb, Fish
HOW TO STORE	Pestos, Tomato Sauces, Soups, Stews, Stir Fries, Curries	Garnishes, Dips, Soups, Sauces, Risottos, Rice	Salsas, Guacamole, Chutneys, Soups, Curries, Salads	Omelets, Yogurt Dishes, Potato Salad, Sauces, Salad Dressings	Asian Soups, Rice, Curries, Marinades, Teas	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce	Fruit Salads, Curries, Cream Sauces, Soups, Marinades	Tomato Sauces, Pizzas, Salad Dressings
	In a jar, countertop, for 7-10 days	Rolled in a damp paper towel, in the fridge, 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days

PARSLEY FRESH, GRASSY	ROSEMARY WOODY, PUNGENT	SAGE WOODY	TARRAGON PEPPERY, LICORICE	THYME MINTY
Mushrooms, Peas, Potatoes, Tomatoes, Cucumbers, Zucchini	Mushrooms, Peas, Tomatoes, Potatoes	Brussel Sprouts, Eggplant, Peas, Winter Squash	Artichokes, Carrots, Leeks, Mushrooms, Potatoes, Spinach	Carrots, Peas, Potatoes, Winter Squash, Tomatoes
Lamb, Beef, Chicken, Fish, Tofu	Chicken, Lamb, Pork, Fish	Pork, Beef, Turkey	Chicken, Beef, Lamb, Fish	Chicken, Pork, Lamb, Duck, Fish
Sauces, Salads, Garnishes	Focaccia Bread, Tomato Sauces, Pizza, Soups, Stews, Roasted Veggies	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce, Roasted Veggies	Omelets, Gazpachos, Salad Dressings, Garnishes	Rice, Dips, Stews, Roasted Veggies, Tomato Sauces
In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	In a jar, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days

HOW TO STORE FRESH HERBS

"PLANTING" METHOD

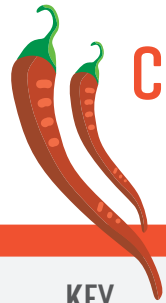
- 1 Trim the base of the stems with scissors or a knife
- 2 Fill a jar (an old condiment jar works great) about 1/3 to halfway with cold water
- 3 Place the cut stems into the water
- 4 Cover the jar with a plastic bag
- 5 Secure with a rubber band at the base of jar to enclose the bag around the jar
- 6 Place the "planted" herb in the fridge or leave it out on the countertop depending on the herb



TOWEL METHOD

- 1 Wrap the herbs in a damp paper towel
- 2 Put the wrapped herbs in a Ziploc bag
- 3 Place the herbs in the fridge





COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

KEY FLAVOR PROFILE	ALLSPICE EARTHY, SWEET	BASIL SWEET	CINNAMON EARTHY, SWEET	CLOVES EARTHY, SWEET	CORIANDER EARTHY, PEPPERY	NUTMEG SWEET	OREGANO EARTHY	PAPRIKA SWEET, WARM
PRODUCE								
PROTEINS	Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips	Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini	Apples, Carrots, Pears, Sweet Potatoes, Squash	Apples, Beets, Squash, Tomatoes, Sweet Potatoes	Bell Peppers, Potatoes, Onions, Tomatoes	Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes	Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms	Bell Peppers, Squash, Cauliflower, Broccoli, Potatoes
USE IN	Beef, Lamb	Cheeses, Chicken, Fish, Pork	Chicken, Lamb	Lamb	Chicken, Beef, Fish, Pork, Tofu	Lamb	Beans, Chicken, Fish, Lamb, Pork	Chicken, Shellfish, Lamb, Tofu
PAIRS WELL WITH	Soups, Desserts, Breads	Salad Dressings, Sauces, Dry Rubs, Marinades	Fruit Sauces, Desserts, Breads	Curries, Soups, Marinades, Desserts, Breads	Curries, Soups, Sauces, Stuffing, Dry Rubs, Marinades	Rice, Stuffings, Sauces	Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades	Rice, Soups, Salad Dressings, Marinades
	Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace	Garlic Powder, Rosemary, Thyme, Marjoram, Oregano	Allspice, Cloves, Nutmeg	Cinnamon, Nutmeg, Allspice, Basil	Chili Powder, Cumin, Cinnamon	Allspice, Cloves	Chili Powder, Bay Leaves, Thyme	Garlic Powder, Chili Powder, Cardamom, Cinnamon, Cumin
BAY LEAVES BITTER	CARDAMOM SWEET	CAYENNE PEPPER SPICY	CUMIN SMOKY, EARTHY	GARLIC POWDER SAVORY	GINGER SWEET, WARM	ROSEMARY EARTHY	THYME EARTHY	TURMERIC PEPPERY, BITTER
Potatoes, Tomatoes, Mushrooms	Carrots, Citrus, Corn, Peas, Sweet Potatoes, Squash	Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes	Eggplant, Tomatoes, Zucchini, Carrots, Corn, Green Beans	Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms	Carrots, Citrus, Sweet Potatoes, Beets, Squash	Mushrooms, Peas, Potatoes, Onions	Carrots, Tomatoes, Zucchini, Cauliflower, Green Beans, Peas	Cauliflower, Cabbage, Potato, Sweet Potatoes
Beans, Lentils, Shellfish	Chicken, Duck, Lentils, Pork	Chicken, Beef, Fish	Beans, Chicken, Beef, Fish, Lentils, Pork, Tofu	Beans, Chicken, Beef, Fish, Tofu	Chicken, Beef, Fish, Pork, Tofu	Beans, Chicken, Lamb, Pork, Fish	Beef, Chicken, Fish, Lamb, Pork, Lentils	Beans, Lentils, Chicken, Fish, Tofu
Risotto, Soups	Curries, Rice	Rice, Soups, Salad Dressings, Sauces, Marinades	Curries, Rice, Soups, Sauces, Dry Rubs, Marinades	Curries, Soups, Sauces, Stir-Fries, Dressings, Dry Rubs, Marinades	Rice, Curries, Stir-Fries, Marinades	Marinades	Soups, Salad Dressings, Dry Rubs, Marinades	Curries, Rice
Oregano, Sage, Thyme, Marjoram	Cinnamon, Cumin, Ginger, Turmeric	Cumin, Paprika, Cinnamon	Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano	Oregano, Cumin, Coriander, Turmeric	Garlic Powder	Garlic Powder, Oregano, Thyme, Basil	Oregano, Rosemary	Cardamom, Garlic Powder



POPULAR SPICE BLENDS

Spice blends combine complementary spices to create a whole new taste. Create them on your own or buy them as a blend to add instant flavor.

KEY
FLAVOR PROFILE

CHILI POWDER
SPICY, SMOKY

ZA'ATAR
BITTER, WARM

CURRY POWDER
WARM, SPICY

CHINESE FIVE SPICE
WARM, SWEET, BITTER



PRODUCE

- ANCHO CHILE
- PAPRIKA
- CUMIN
- MEXICAN OREGANO

- THYME
- SESAME SEEDS
- SUMAC

- TURMERIC
- CORIANDER
- CUMIN
- FENUGREEK
- RED PEPPER

- CASSIA
- CLOVE
- FENNEL
- STAR ANISE
- SZECHUAN PEPPERCORNS

Corn, Tomato, Cauliflower, Green Beans, Squash

Eggplant, Sweet Potatoes, Squash, Onions, Carrots

Cauliflower, Cabbage, Zucchini, Broccoli, Green Beans

Bell Peppers, Broccoli, Carrots, Celery, Shiitake Mushrooms

Beans, Chicken, Beef, Fish

Chicken, Beef, Lamb, Fish

Chicken, Lentils, Pork, Tofu

Beef, Duck, Tofu, Pork

Soups, Sauces, Salad Dressings, Dry Rubs, Marinades

Dry Rubs, Bread Dips

Curries, Rice, Soups, Sauces, Stir-Fries, Marinades

Stir-Fries, Dry Rubs, Marinades, Rice



PROTEINS



USE IN

CAJUN SEASONING
SPICY, EARTHY

- BLACK PEPPER
- PAPRIKA
- CUMIN
- CAYENNE PEPPER
- THYME

HERBS DE PROVENCE
EARTHY

- ROSEMARY
- MARJORAM
- THYME
- OREGANO
- SAGE
- TARRAGON

RAS EL HANOUT
SPICY, SWEET

- CARDAMOM
- CLOVE
- CINNAMON
- PAPRIKA
- CORIANDER
- CUMIN
- NUTMEG
- PEPPERCORN
- TURMERIC

GARAM MASALA
WARM, SWEET, BITTER

- CINNAMON
- NUTMEG
- CLOVES
- CARDAMOM
- MACE
- PEPPERCORNS
- CORIANDER
- TURMERIC
- CUMIN

Bell Peppers, Onions, Celery, Carrots

Onions, Potatoes, Zucchini, Eggplant, Tomatoes

Onions, Tomatoes, Dates, Prunes, Carrots

Potatoes, Broccoli, Cauliflower, Green Beans, Squash

Chicken, Beef, Pork, Shellfish

Chicken, Beef, Lamb, Fish

Chicken, Beef, Lamb, Fish, Beans, Lentils

Chicken, Beef, Beans, Lentils

Dry Rubs

Soups, Salad Dressings, Dry Rubs, Marinades

Soups, Dry Rubs, Marinades

Curries, Rice, Marinades, Salad Dressings, Stir-Fries



SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

MEXICAN

- CORIANDER
- CUMIN
- OREGANO
- GARLIC POWDER
- CINNAMON
- CHILI POWDER

CARIBBEAN

- ALLSPICE
- NUTMEG
- GARLIC POWDER
- CLOVES
- CINNAMON
- GINGER

FRENCH

- NUTMEG
- THYME
- GARLIC POWDER
- ROSEMARY
- OREGANO
- HERBES DE PROVENCE

NORTH AFRICAN

- CARDAMOM
- CINNAMON
- CUMIN
- PAPRIKA
- TURMERIC
- GINGER
- RAS EL HANOUT

CAJUN

- CAYENNE PEPPER
- OREGANO
- PAPRIKA
- THYME
- ROSEMARY
- BAY LEAVES
- CAJUN SEASONING

THAI

- BASIL
- CUMIN
- GARLIC
- GINGER
- TURMERIC
- CARDAMOM
- CURRY POWDER

MEDITERRANEAN

- OREGANO
- ROSEMARY
- THYME
- BAY LEAVES
- CARDAMOM
- CINNAMON
- CLOVES
- CORIANDER
- BASIL
- GINGER

INDIAN

- BAY LEAVES
- CARDAMOM
- CAYENNE PEPPER
- CINNAMON
- CORIANDER
- CUMIN
- GINGER
- NUTMEG
- PAPRIKA
- TURMERIC
- GARAM MASALA
- CURRY POWDER

MIDDLE EASTERN

- BAY LEAVES
- CARDAMOM
- CINNAMON
- CLOVES
- CUMIN
- GINGER
- CORIANDER
- OREGANO
- ZA'ATAR
- GARLIC POWDER

Basics at a Glance

Recipe 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 (e.g., 3#)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or "	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Volume Equivalents for Liquids



60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Scoops (Dishers)

Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

¹ Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.



² Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles

Portion Servers

Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons

Solid Spoons 

Perforated Spoons 

Slotted Spoons 

Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

Fraction to Decimal Equivalents



1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight



Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)



Metric Equivalents by Volume



Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L



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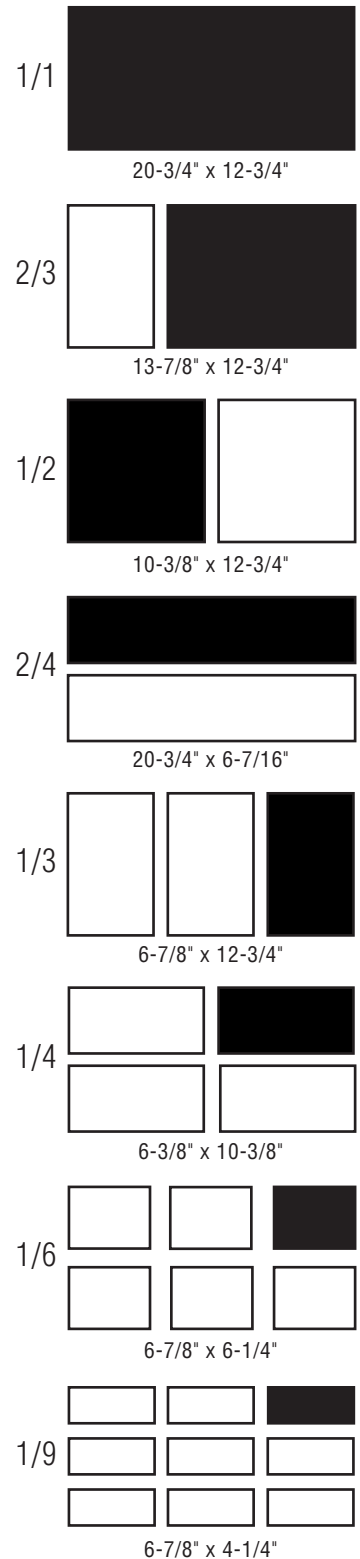
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Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
 12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
 12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
 12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

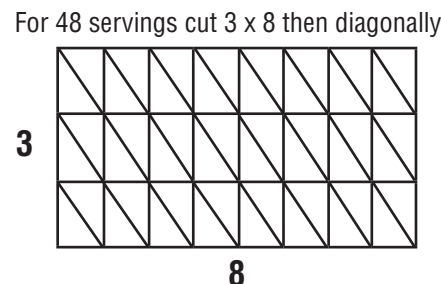
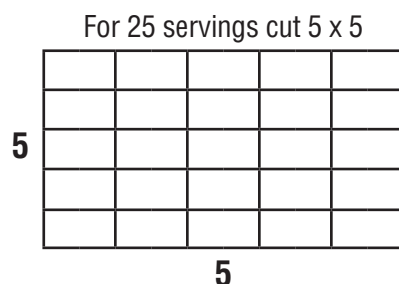
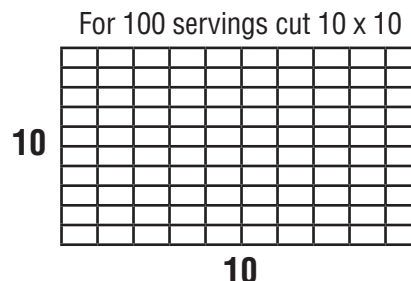
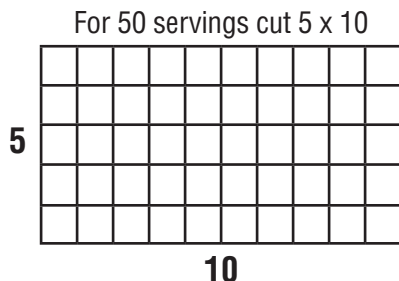
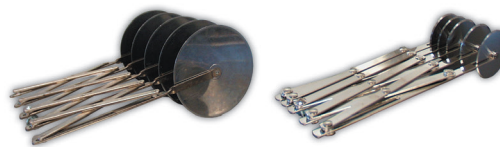
Other Pan Sizes



Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan		
		25	50	100
Baking or steamtable	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"	-----
Sheet or bun	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

Cutting Diagrams for Portioning



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

Lo esencial a la mirada

Abreviaturas para las recetas

Aprox.	= aproximadamente
cdta	= cucharadita
cda	= cucharada
tza	= taza
pt	= pinta
qt	= cuarto de galón
gl	= galón
wt	= peso
oz	= onza
lb o #	= libra
g	= gramo
kg	= kilogramo
vol	= volumen
ml	= mililitro
L	= litro
oz líquida	= onza líquida
núm o #	= número
in o “	= pulgada
°F	= grado Fahrenheit
°C	= centígrado

Equivalentes en volumen para líquidos



60 gotas	= 1 cdta	
1 cda	= 3 cdta	= 0.5 oz líquida
1/8 tza	= 2 cda	= 1 oz líquida
1/4 tza	= 4 cda	= 2 oz líquida
1/3 tza	= 5 cda + 1 cdta	= 2.65 oz líquida
3/8 tza	= 6 cda	= 3 oz líquida
1/2 tza	= 8 cda	= 4 oz líquida
5/8 tza	= 10 cda	= 5 oz líquida
2/3 tza	= 10 cda + 2 cdta	= 5.3 oz líquida
3/4 tza	= 12 cda	= 6 oz líquida
7/8 tza	= 14 cda	= 7 oz líquida
1 tza	= 16 cda	= 8 oz líquida
1/2 pinta	= 1 tza	= 8 oz líquida
1 pinta	= 2 tza	= 16 oz líquida
1 cuarto de galón	= 2 pt	= 32 oz líquida
1 galón	= 4 qt	= 128 oz líquida

Equivalentes de peso



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Cucharones (Servidores)



Tamaño/Núm. ¹	Nivel de medida	Codifica de color ²
6	2/3 taza	
8	1/2 taza	
10	3/8 taza	
12	1/3 taza	
16	1/4 taza	
20	3-1/3 cda	
24	2-2/3 cda	
30	2 cda	
40	1-2/3 cda	
50	3-3/4 cda	
60	3-1/4 cda	
70	2-3/4 cda	
100	2 cda	

¹ Los cucharones son del tipo de mano izquierda o derecha o de apretón que pueden ser utilizados para las dos manos. El número en el cucharón indica cuantas cucharadas niveladas hacen un cuarto de galón. Por ejemplo, ocho Núm. 8 cucharones = 1 cuarto.



² Use puntos coloreados que combina con el codifica de colores para los tamaños de cucharón del estilo especificado.

Cucharones

Utensilios para servir porciones



Cucharón	Medida Aprox.	Utensilio para servir porciones
1 oz	1/8 taza	1 oz
2 oz	1/4 taza	2 oz
3 oz	3/8 taza	3 oz
4 oz	1/2 taza	4 oz
6 oz	3/4 taza	6 oz
8 oz	1 taza	8 oz
12 oz	1-1/2 tazas	—

Cucharones y utensilios para servir porciones (cucharas de medir-servir que son estandarizados por volumen) son marcados "oz." "Oz líquida" sería más adecuado dado que midan el volumen, no el peso.

Use los cucharones para servir sopas, guisados, platos con crema, salsas, salsas espesas y otros productos líquidos.

Use utensilios para servir porciones (sólidos o perforados) para seccionar sólidos y semisólidos como frutas y verduras y condimentos.

Cucharas para cocinar o servir

Cucharas sólidas



Cucharas perforadas



Cucharas ranuradas



Cucharas varían en longitud (11", 13", 15", 18", 21") para la facilidad de usar para cocinar o servir. Cucharas pueden tener mangos plásticos que son resistentes al calor. Cucharones niveles, cucharones para servir sopa y utensilios para servir proveen control de porciones más exacto que las cucharas para servir que no son medidas estandarizadas por volumen.

Cucharas especializadas



Una muesca del pulgar en el mango de un utensilio o una cuchara previene que la cuchara resbale en la olla, y que las manos deslicen en los alimentos. Cucharas de filos triples (sólidas o perforadas) tienen una fila plana que aumenta el área donde la cuchara toca el fondo de la olla cuando revolviendo.

Equivalentes de fracción a decimal



Equivalentes métricos por pesos



1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Unidades tradicionales (avoirdupois)	Unidad Métrico
Onzas (oz)	Gramos (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Libras (lb)	Gramos (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Libras (lb)	Kilogramos (kg)
2.2 lb	= 1 kg (1000 g)



Equivalentes métricos por volumen



Unidades tradicionales	Unidad Métrico
1 taza (8 oz líquida)	= 236.59 ml
1 cuarto de galón (32 oz líquida)	= 946.36 ml
1.5 cuartos de galón (48 oz líquida)	= 1.42 L
33.818 oz líquida	= 1.0 L



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Capacidad de la mesa de vapor

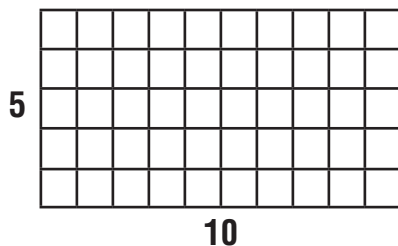
Tamaño de la cacerola	Capacidad Aprox.	Tamaño de la porción	Cucharones (oz líquidas)	# de servidor	# aprox. de porciones
 12" x 20" x 2-1/2"	2 gl	1/2 taza	4 oz	8	64
		3/8 taza	3 oz	10	80
		1/3 taza	2.65 oz	12	96
		1/4 taza	2 oz	16	128
 12" x 20" x 4"	3-1/2 gl	1/2 taza	4 oz	8	112
		3/8 taza	3 oz	10	135
		1/3 taza	2.65 oz	12	168
		1/4 taza	2 oz	16	224
 12" x 20" x 6"	5 gl	1/2 taza	4 oz	8	160
		3/8 taza	3 oz	10	200
		1/3 taza	2.65 oz	12	240
		1/4 taza	2 oz	16	320

Dimensiones aproximadas de las porciones de servir de cacerolas de tamaños diferentes

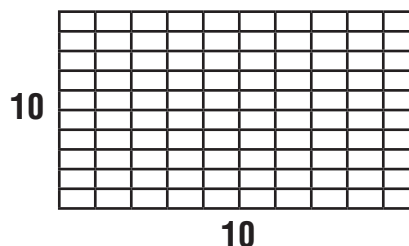
Cacerola	Tamaño aprox.	Núm. y tamaño aprox. de porciones por cacerola		
		25	50	100
De hornear o de mesa de vapor	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"	-----
De bandeja o de bollo	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

Diagramas de cortar para hacer porciones

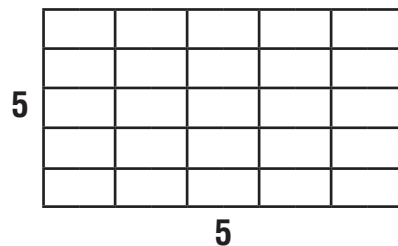
Para 50 porciones corte 5 x 10



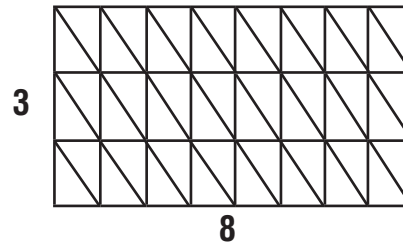
Para 100 porciones corte 10 x 10



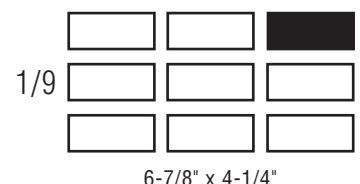
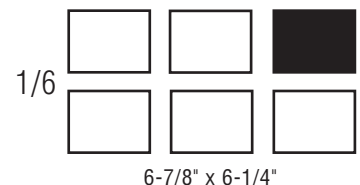
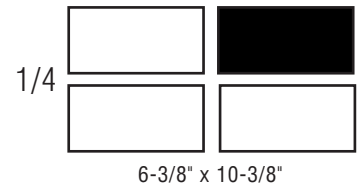
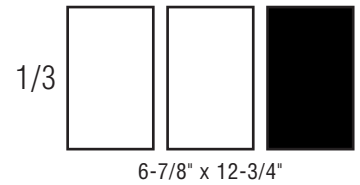
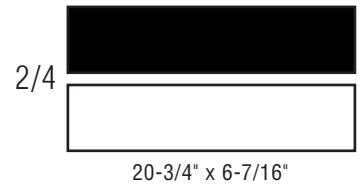
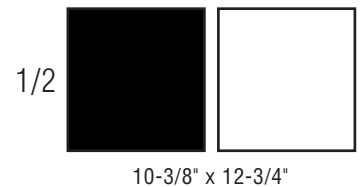
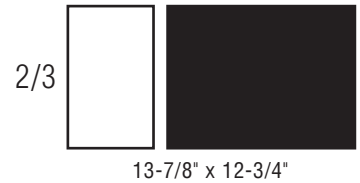
Para 25 porciones corte 5 x 5



Para 48 porciones corte 3 x 8 y después diagonalmente



Otros tamaños de cacerolas



Cacerolas de mesa de vapor o de encimera están disponibles en tamaños diferentes. Puede que las cacerolas de tamaños más pequeños requieran el uso de una barra adaptadora.