SUCCESSFUL KITCHEN HINTS

“Basic cooking tips you have always wanted to know but were afraid to ask”

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Measuring Food Quantities

This section is a dedication to all avid cooks who always wonder how much of a recipe to use when serving for parties or large gatherings. Being able to estimate how much you are preparing will avoid cooking too much or not enough.

FOOD	25 Servings	50 Servings	100 Servings
Rolls	4 dozen	8 dozen	16 dozen
Bread	50 slices	100 slices	200 slices
Butter	½ pound	¾ to pound	1 ½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Filling	1 ½ quarts	2 ½ to 3 quarts	5 to 6 quarts
Preserves	1 ½ pounds	3 pounds	6 pounds
Crackers	1 ½ pounds	3 pounds	6 pounds
Cheese (2 oz)	3 pounds	6 pounds	12 pounds
Soup	1 ½ gallon	3 gallons	6 gallons
Salad Dressing	1 pint	2 ½ pints	½ gallon
Meat			
Wieners (beef)	6 ½ pound	13 pound	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey/chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish	13 pounds	25 pounds	50 pounds
Salads/Vegetables			
Potato	4 ¼ quarts	2 ¼ gallons	4 ½ gallons
Scalloped Potatoes	4 ½ quarts	8 ½ quarts	17 quarts
Mashed Potatoes	9 pounds	18-20 pounds	25-35 pounds
Spaghetti	1 ¼ gallons	2 ½ gallons	5 gallons
Baked Beans	¾ gallons	1 ¼ gallons	2 ½ gallons
Jello Salad	¾ gallons	1 ¼ gallons	2 ½ gallons
Canned Vegetables	1 #10 can	2 ½ #10 cans	4 #10 cans
Fresh Vegetables			
Lettuce	4 heads	8 heads	15 heads
Carrots	6 ¼ pounds	12 ½ pounds	25 pounds
Tomatoes	3-5 pounds	7-10 pounds	14-20 pounds
Desserts			
Watermelon	37 ½ pounds	75 pounds	150 pounds
Fruit	3 quarts	6 quarts	12 quarts
Cake	1 ½ 10” layer cake	1 12x20 sheet cake	2 12x20 sheet cake
Whipping Cream	¾ pints	1 ½ to 2 pints	3 pints
Ice Cream			
Brick	3 ¼ quarts	6 ½ quarts	12 ½ quarts
Bulk	¼ quarts	1 ¼ gallons	2 ½ gallons
Beverages			
Coffee	½ pound and 1 ½ gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water

Tea	**1/12 pound and 1 ½ gallons water**	**1/6 pound and 3 gallons water**	**1/3 pound and 6 gallons water**
Lemonade	**10 to 15 lemons 1 ½ gallons water**	**20 to 30 lemons 3 gallons water**	**40 to 60 lemons 6 gallons water**

BASIC SPICE AND HERB GUIDE

Handy spice and herb guide which gives a brief description of common herbs and spices used when cooking.

ALLSPICE – fruit that grows in Mexico, Jamaica, Central and South America. It resembles cloves, cinnamon and nutmeg. Can be used for many uses: pickles, meats, boiled fish, gravy, pudding, relishes, preserves and baking.

BASIL – dried leaves and stems grown in the United States and parts of the Mediterranean area. For flavoring tomato dishes and tomato paste, turtle soup; also used to cook peas, squash, snap beans, lamb chops, poultry.

BAY LEAVES – dried leaves grown in the eastern Mediterranean countries. Used for pickling, stews, spicing sauces, soups. Also can be used on meats and fish.

CARAWAY – grown in the Netherlands. This flavor combines the taste of Anise and Dill. Used for baking bread, can be added to sauerkraut to spice up the taste, noodles, cheese spreads, French fried potatoes, liver and asparagus.

CURRY POWDER – this is a ground blend of ginger, turmeric, and fenugreek seed, between 16 to 20 spices. Mainly used a lot in carribean foods, lamb, chicken, rice, eggs, vegetables, and curry puffs.

DILL – This is the small dark seed of the dill plant which is grown in India. It has a very clean taste. Dill is used for seasoning in pickling recipes, and it adds good flavor to sauerkraut, potato salad, macaroni, and green apple pie.

MACE – This is the dried covering around the nutmeg seed. The flavor is similar to nutmeg, and is used for pickling, fish, sauces, and stewed fruit. Ground mace can be used for pastries, doughnuts and chocolate desserts.

MARJORAM – This herb is from the mint family and is grown in France and Chile. Used in beverages, jellies, add flavor to soups, stews, fish, and sauces. Gives a great taste to lamb while roasting.

MSG (MONOSODIUM GLUTAMATE) – Vegetable protein derivative used in small amount to adjust taste. It can be added to steaks, roast, chops, seafood, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO – This is a plant from the mint family. This spice is excellent for flavoring tomato dishes and Italian specialties.

PAPRIKA – a mild sweet red pepper which grows in Spain, Central Europe, and the United States. Cooking uses includes chicken, Hungarian goulash, and salad dressing. Also used as a colorful garnish for pale foods.

POPPY – The seed of a flower grown in Holland. Has a rich fragrance, crunchy, nut-like flavor. Excellent when used as a topping on bread, rolls, and cookies. Taste great in buttered noodles.

ROSEMARY – An herb which is grown in France, Spain, and Portugal, and has a sweet, fresh taste. Used in lamb dishes, soups, stews and I sprinkle it on beef before roasting.

SAGE – This herb originates from a shrub grown in Greece, Yugoslavia and Albania. Used in meat, poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME – leaves and stems of a shrub grown in France and Spain. Used for poultry seasoning, in croquettes, fricassees, and fish dishes. Try on freshly sliced tomatoes.

TURMERIC – Part of the ginger family and grown in India, Haiti, Jamaica and Peru, Used for flavoring and in coloring prepared mustard and used when flavoring meats, dressings, and salads.

COOKING EQUIVALENTS

Have you ever wondered if you had enough ingredients for your favorite recipe, only to discover that you came up short? This section will help when measuring utensils are not available or you have experienced a memory lapse.

Actual Measurement	Equivalent
3 Teaspoons	1 Tablespoon
2 Tablespoons	1/8 cup
4 Tablespoons	¼ cup
8 Tablespoons	½ cup
16 Tablespoons	1 cup
5 Tablespoons + 1 Teaspoon	1/3 cup
12 Tablespoons	¾ cups
4 ounces	½ cup
8 ounces	1 cup
16 ounces	1 pound
1 ounce	2 Tablespoons (fat or liquid)
2 cups	1 pint
2 pints	1 quart
1 quart	4 cups
5/8 cups	½ cups + 2 Tablespoons
7/8 cups	¾ cups + 2 Tablespoons
1 jigger	1 ½ fl oz (3 tablespoons)
8 to 10 egg whites	1 cup
12 to 14 egg yolks	1 cup
1 cup un-whipped cream	2 cups whipped
1 pound shredded American Cheese	4 cups
¼ pound crumbled Bleu Cheese	1 cup
1 lemon	3 tablespoons lemon juice
1 orange	1/3 cup orange juice
1 pound unshelled walnuts	1 ½ to ¾ cups shelled walnuts
2 cups fat	1 pound fat
1 pound butter	2 cups or 4 sticks butter
2 cups granulated sugar	1 pound sugar
3 ½ - 4 cups un-sifted powdered sugar	1 pound powdered sugar
2 ¼ cups packed brown sugar	1 pound brown sugar
4 cups sifted flour	1 pound sifted flour
4 ½ cups cake flour	1 pound cake flour
3 ½ cups un-sifted whole wheat flour	1 pound whole wheat flour
4 oz (1 to 1 ¼ cups) uncooked macaroni	2 ¼ cups cooked macaroni
7 oz spaghetti	4 cups cooked spaghetti
4 ounces (1 ½ to 2 cups) uncooked noodles	2 cups cooked noodles
28 saltine crackers	1 cup crumbs
4 slices bread	1 cup crumbs
14 square graham crackers	1 cup crumbs
22 vanilla wafers	1 cup crumbs

SUBSTITUTIONS FOR MISSING INGREDIENTS

I know, I have done it many times before! Went to the grocery store to buy ingredients for my favorite recipe and guess what? I forgot what I needed! Don't panic, it has to be something in that kitchen that you can substitute.

1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat

1 tablespoon cornstarch (for thickening) = 2 tablespoons flour

1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour

1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour

1 teaspoon baking powder = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar

1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred

1 cup sweet milk = 1 cup sour milk or butter milk plus ½ teaspoon baking soda

¾ cup cracker crumbs = 1 cup bread crumbs

1 cup cream, sour, heavy = 1/3 cup butter and 2/3 cup milk in any sour milk recipe

1 teaspoon dried herbs = 1 tablespoon fresh herbs

1 cup whole milk = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk, and 1 tablespoon butter.

2 ounces compressed yeast = 3 (1/4 ounce) packets of dry yeast

1 tablespoon instant minced onion, re-hydrated = 1 small fresh onion

1 tablespoon prepared mustard = 1 tablespoon dry mustard

1/8 teaspoon garlic powder = 1 small pressed clove of garlic

1 pound whole dates = 1 ½ cups, pitted and cut

3 medium bananas = 1 cup mashed

3 cups dry corn flakes = 1 cup crushed

10 miniature marshmallows = 1 large marshmallow

GENERAL TEMPERATURE FOR OVENS

Years ago if your ancestors were teaching you to cook, there was no set temperature for cooking. It was what temperature you felt like cooking to. This section has estimated temperature recommendations for cooking some of your most desired foods.

Very Slow Oven	**250 to 300 degrees**
Slow Oven	**300 to 325 degrees**
Moderate Oven	**325 to 375 degrees**
Medium hot oven	**375 to 400 degrees**
Hot oven	**400 to 450 degrees**
Very hot oven	**450 to 500 degrees**

MEAT ROASTING TEMPERATURES

Beef	Weight	Roasting Time	Internal Temperature
Rib roast	4 pounds	1 ¾ hours	140 degrees = rare
		2 hours	160 degrees = medium
		2 ½ hours	170 degrees = well done
	8 pounds	2 ½ hours	140 degrees = rare
		3 hours	160 degrees = medium
		4 ½ hours	170 degrees = well done
Rolled ribs	4 pounds	2 hours	140 degrees = rare
		2 ½ hours	160 degrees = medium
		3 hours	170 degrees = well done
	6 pounds	3 hours	140 degrees = rare
		3 ¼ hours	160 degrees = medium
		4 hours	170 degrees = well done
Rump roast	5 pounds	2 ¼ hours	140 degrees = rare
		3 hours	160 degrees = medium
		3 ¼ hours	170 degrees = well done
Sirloin tip	3 pounds	1 ½ hours	140 degrees = rare
		2 hours	160 degrees = medium
		2 ½ hours	170 degrees = well done
Lamb	6 pounds	3 hours	175 degrees = medium
		3½ hours	180 degrees = well done
Veal	5 pounds	3 hours	170 degrees = well done
Poultry			
Turkey	6 to 8 pounds	2 ½ to 3 hours	325 degrees
	8 to 12 pounds	3 to 3 ½ hours	325 degrees
	12 to 16 pounds	3 ½ to 4 hours	325 degrees
	16 to 20 pounds	4 to 4 ½ hours	325 degrees
	20 to 24 pounds	5 to 6 hours	300 degrees
Chicken	2 to 2 ½ pounds	1 to 1 ½ hours	400 degrees
	2 ½ to 4 pounds	1 ½ to 2 ½ hours	400 degrees
	4 to 8 pounds	3 to 5 hours	325 degrees

MICROWAVE IDEAS

: Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 ½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.

: Soften hard ice cream at 30% power. One pint will take 15 to 30 seconds; one quart 30 to 45 seconds; and one-half gallon 45 seconds to one minute.

: One stick of butter or margarine will soften in 1 minute at 20% power.

: Soften one 8 ounce package of cream cheese in microwave at 30% power for 2 to 2 ½ minutes. One 3 ounce package of cream cheese will soften in 1 ½ to 2 minutes.

: Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.

: Thaw whipped topping—a 4 ½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not over thaw!

: Soften jello that has set up too hard—heat on low power setting for a very short time.

: Dissolve gelatin in the microwave—measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.

: Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds.

: To scald milk—cook 1 cup milk for 2 to 2 ½ minutes, stirring once each minute.

: To make dry bread crumbs, cut 6 slices of bread into ½ cubes. Microwave in 3-quart casserole for 6-7 minutes, or until dry stirring after 3 minute. Crush in blender.

: Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

: Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.

: Nuts will be easier to shell if you place 2 cups of nuts in a 1 quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nuts will slip out whole after cracking the shell.

: When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, and then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.

: To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minute on high), cook it in a plastic colander placed inside a casserole dish.

: Cubed meat and chopped vegetables will cook more evenly if cut uniformly.

: When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.

: Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.

: Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

: When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.

: Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.

: Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.

: A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.

: Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe call for using salt in the mixture.

: Heat left-over custard and use it as frosting for a cake.

: Melt marshmallow crème in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

: Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

: Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

50 Kitchen Tips

1) **To avoid lumpy sugar, place it in the refrigerator for 24 hours.**

2) **Use empty salt cartons with spouts for a bread crumb container.**

3) **After flouring chicken, chill for one hour. The coating will stick better while frying.**

4) **You can extract additional juice from a lemon if you first warm it in the oven.**

5) **Thaw fish in milk. The milk will draw out the frozen taste and provide fresh flavor.**

6) **To separate frozen bacon, heat a spatula over a burner, slide the spatula under each slice to separate.**

7) **For fluffier eggs, add milk while cooking.**

8) **For fluffier omelets, add a pinch of cornstarch before beating.**

9) **Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.**

10) **For good baking, use medium to large eggs; extra large eggs may cause cakes to fall when cooled.**

11) **For fluffier eggs, cool at room temperature before beating.**

12) **To test whether an egg is fresh, immerse it in a pan of cook, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.**

13) **Remove kernels of corn by using a shoe horn.**

14) **Catsup will flow out easily if a straw is inserted and pushed to the bottom, then removed.**

15) **Soften a stick of butter by grating it.**

16) **To separate rice grains, add a few drops of lemon juice while simmering.**

17) **Rub the insides of pots with vegetable oil to prevent noodles and spaghetti from boiling over.**

18) **Use a few teaspoons of sugar and cinnamon burned on simmer on top of the stove will hide cooking odors.**

19) **Adding a cup of water to the bottom of a broiling pan before cooking will absorb smoke and grease.**

20) **Scalding milk will not stick if the pan is first rinsed in cold water.**

21) **Place hot bread pan on top of a wet towel, it will slip right out.**

22) **To prevent foods from sticking in new pans, boil vinegar in the pan first.**

23) **To keep meat loaf from sticking, place a slice of bacon on the bottom of the pan.**

24) **To prevent fry pans from spattering, sprinkle a little salt into the pan before frying.**

25) **Place onions into a deep freezer before peeling to avoid tearing. Cut the root end off last.**

26) **To speed up baking of a potato, slice a small piece from each end.**

27) **To re-bake a potato, dip it into water and bake at 350 degrees for about 20 minutes.**

28) **If sugar becomes too hard, put it into a cheese grater and grate the amount needed for recipe.**

29) **Add ¼ teaspoon of unflavored gelatin to keep whipped cream from separating.**

30) **A few drops of lemon juice to whipped cream to whip faster.**

31) **For better whipped cream, chill the cream, bowl, and beaters first.**

32) **To easily remove a core from a head of lettuce, hit the core end once and against the counter sharply.**

33) **Vegetable will keep better and last longer if stored in a paper bag.**

34) **To use soggy lettuce, add lemon juice to a bowl of cold water and soak for one hour in the refrigerator.**

35) **To use vegetables that are wilted, pick off the brown edges, sprinkle with cold water, wrap in paper towels and soak for an hour in the refrigerator.**

36) **To eliminate fat from soup and stew, add a few ice cubes and stir. The fat will cling to the cubes; discard cubes before they melt.**

37) **Put a lettuce leaf into a pot of homemade soup to absorb excess grease.**

38) **Adding a small amount of baking soda to gravy will also eliminate excess grease.**

39) **To thicken gravy, add cornstarch and water, stirring constantly while bringing to a boil.**

40) **Pale gravy may be browned by adding a bit of instant coffee.**

41) **For over-sweetened dishes, add salt.**

42) **Use a toothbrush to clean lemon rind, cheese, and onion out of a grater before washing it.**

43) **For a simple clean-up using a hand grater, rub salad oil on before using.**

44) **For a grease clogged drain, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.**

45) **To remove food stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.**

46) **To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.**

47) **Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.**

48) **If vegetables are over salted, add raw potatoes and discard once they have cooked and absorbed the salt.**

49) **Add a teaspoon of cider vinegar and sugar to salty soup or vegetables.**

50) **To avoid bacon from curling up, dip it into cold water before frying.**