

KITCHEN HELPER-MEASUREMENTS AND TEMPERATURE CHARTS

CONVERSION CHARTS

Butter, Shortening, Cheese and other Solid Fats

Spoons and cups	Sticks	Ounces	Grams
1 tablespoon	1/8 stick	½ ounce	15 grams
2 tablespoons	¼ stick	1 ounce	30 grams
4 tablespoons – ¼ cup	½ stick	2 ounces	60 grams
8 tablespoons – ½ cup	1 stick	4 ounces – ¼ pound	115 grams
16 tablespoons- 1 cup	2 sticks	8 ounces – ½ pound	225 grams
32 tablespoons – 2 cups	4 sticks	16 ounces – 1 pound	450 grams – 500 gms = 1 kg.

Flour (unsifted)

Spoons and cups	Ounces	Grams
1 tablespoon	¼ ounce	8.75 grams
¼ cup - 4 tablespoons	1 ¼ ounces	35 grams
1/3 cup – 5 tablespoons	1 ½ ounces	45 grams
½ cup	2 ½ ounces	70 grams
2/3 cup	3 ¼ ounces	90 grams
¾ cup	3 ½ ounces	105 grams
1 cup	5 ounces	140 grams
1 ½ cups	7 ½ ounces	210 grams
2 cups	10 ounces	280 grams
3 ½ cups	16 ounces – 1 pound	490 grams

1 cup sifted flour = 1 cup unsifted flour minus 1 ½ tablespoons

Granulated Sugar

Spoons and cups	Ounces	Grams
1 teaspoon	1/6 ounce	5 grams
1 tablespoon	½ ounce	15 grams
¼ cup - 4 tablespoons	1 ¾ ounces	60 grams
1/3 cup – 5 tablespoons	2 ¼ ounces	75 grams
½ cup	3 ½ ounces	100 grams
2/3 cup	4 ½ ounces	130 grams
¾ cup	5 ounces	150 grams
1 cup	7 ounces	200 grams
1 ½ cups	9 ½ ounces	300 grams
2 cups	13 ½ ounces	400 grams

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TEMPERATURE CHARTS

Fahrenheit	Celsius	
180 °F	85 °C	Simmering point of water
212 °F	100 °C	Boiling point of water
234 – 240 °F	115 °C	Soft-ball stage for syrups
255 °F	119 °C	Hard –crack stage for syrups
320 °F	160 °C	Caramel stage fir syrups
220 °F	108 °C	Jellying point for jams/jellies

Fahrenheit	Celsius	
250 °F	120 °C	Very slow
300 °F	150 °C	Slow
325 °F	165 °C	Moderately slow
350 °F	180 °C	Moderate
375 °F	190 °C	Moderately hot
400 °F	205 °C	Hot
450 - 500 °F	230-260 °C	Very hot

Roasting Temperatures- using a thermometer inserted and withdrawn, where indicated.

Meat	Fahrenheit	Celsius	Results
Beef- In the center, not touching the bone	130 °F	54 °C	Rare
	160 °F	71 °C	Medium
	180 °F	82 °C	Well done
Lamb – In the center, not touching the bone	140 °F	60 °C	Pink
	145 °F	63 °C	Medium rare
	165 °F	74 °C	Well done
Pork and Veal – In the center, not touching the bone	160 °F	71 °C	
Poultry, Chicken – In the breast	170 °F	77 °C	
Chicken – In the thigh	185 °F	85 °C	
Duck – In the thigh	180 °F	82 °C	
Poultry, Turkey – In the breast	170 °F	77 °C	
Turkey – In the thigh	185 °F	85 °C	

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