

RESTAURANT START-UP TIPS

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KITCHEN TIPS



Kitchen Tools

- Save time by always using the correct tool.
- Use a whip beater to make smooth gravies and sauces.
- Use a food scraper to remove food from a container.
- An egg slicer may be used to cut cooked carrots, potatoes, hard cooked eggs, bananas, and other soft foods.
- Use the food cutter to cut such foods as nuts and raisins, as well as vegetables. All fresh chilled products are processed in a good chopper, cutter, vertical cutter mixer or slicer.

Cooking Tips

- Use aluminum foil to make a tight-fitting lid on pans in which food is being cooked in the oven.
- Use a 3" pastry brush for greasing pans instead of a small pastry brush. Use a round pastry brush for corners.
- Rub hands with a little fat before preparing squash and other fuzzy vegetables. This prevents roughness and irritation of the hands.
- Grind foods such as onions, meats, cheese for sandwiches, etc. It will save time and give more uniform results.
 - A little butter run through the meat grinder before grinding onions, meats, cheese, nuts, or raisins, makes cleaning easier.
 - After using the electric meat grinder, put several slices of bread through the grinder. This will be an aid in cleaning fat and grease out of the grinder.
- Use a pastry bag for stuffing eggs, celery, or wieners, for decorating salads, etc.

Time Savers

- Cook food in serving pans when possible. It will be more attractive, stay warm for a longer period, and will save dishes, time and labor.
- Keep two pans of each food on the serving counter. This will prevent delays in service when the first pan is being emptied.
- Fasten a plastic bag over the mouth of the shredder-slicer hopper to catch food as it is being cut. Fill each bag to your exact portion requirement for use when you need it.
- Use a pastry bag for stuffing eggs, celery, or wieners, for decorating salads, etc.

Cleaning Tips

- Clean pastry brushes in hot ammonia water or hot, soapy water.
- Soak dishes containing starch, sugar, and eggs in cold water. Soak greasy ones in hot, soapy water. This saves time in cleaning and also saves changing the dishwasher.
- Non-electrical equipment and equipment parts may be effectively and efficiently washed in a dishwasher.
- A safe, easy way to gather up small pieces of broken glass is to pat them up with a dampened, absorbent cotton cloth or a dampened paper towel.
- To save cleaning time, attach a large paper sack to the end of your work table for holding scraps and waste. Attach the sack with freezer tape.

Measuring and Weighing Tips

- Weigh all ingredients in a recipe to assure accurate measurements.
- Where scales are not available, use only calibrated metal measuring cups and/or spoons for measuring ingredients:
 - When the recipe calls for four cups of an ingredient, use the quart measure rather than measuring the one cup four times, etc.
 - Measure all dry ingredients first and you then may use the same cup for measuring shortening.
 - If, in addition to shortening, the recipe calls for molasses, syrup, or honey, measure the shortening first, then the liquids will not stick to the cup.
- Use dishers for filling muffin tins, measuring tins, measuring sandwich fillings, serving mashed potatoes, rice, etc. To assure standardized portions, keep records of the sizes of scoops used.
- Disher size refers to number of servings yielded per quart.
- Ladle size refers to number of ounces each one will hold.

Knife and Cutting Tips

- Select the knife specifically designed for the job to be done:
 - Use a Chef's knife and a cutting board when slicing or chopping foods by hand
 - Use a slicing knife to slice meat
 - Utility knives may be used for coring vegetables, peeling, etc
- Always use cutting boards for chopping goods, otherwise you will dull the knife. Never cut against your thumb.

- A stainless steel knife will hold an edge longer than aluminum.
- If a knife starts to fall, watch your feet and step aside, but let it fall.
- The only knife that is dangerous is one not kept sharp. Always use a steel to keep an edge on knives.
- Cut through a bunch of celery stalks, carrots, wieners, pickles, etc, instead of slicing one piece at a time.
- When cutting either a cake or ice cream, dip the knife in hot water to make a smoother cut.
- A pair of scissors is a useful item in the kitchen. It will come in handy for cutting such foods as meats and various vegetables for salad. They're especially handy for such items as marshmallows. Dip scissors in water and the marshmallows won't stick to them.

Work Areas

- Plan your work and work your plan.
- Arrange the work area so you can work without undue stretching or reaching.
 - Average reaching height: 72"
 - Average stooping height: 28"
 - Average surface reach: Close - 16", Maximum extended reach - 29"
- Arrange the sequence of your work so there is no break in movement or wasted motion.
 - Collect all food and utensils needed before beginning your job.
 - Use trays and dish trucks to carry your supplies.
- Correct working table height reduces fatigue and permits an even flow of work.
- Allow 4" to 6" between the bend of the elbow of the worker and the work table.
- The immediate work area may be adjusted to the proper height by:
 - Using a 2" poly cutting board
 - Placing a 2" poly cutting board across a 12" X 20" pan (the depth of the pan will depend upon the height of the work area that needs to be raised).
- Take advantage of drop delivery whenever possible.
 - Place a cutting board across a 12" X 20" pan or in a 18" X 26" pan so the food will drop into the pan.
 - Place a container on a stool at the end of the work table to catch the food as it is pushed into the container.
- Learn to do all chopping, cutting, peeling, slicing, etc. on a work surface, not in your hands.

Work Areas, cont.



- Always work with both hands to:
 - Put lettuce on two salad plates at a time.
 - Place two biscuits on a baking pan.
 - Dish fruits or desserts; one hand positions the dish, while the other dips the food.
 - Wash counter tops and dining room tables; one hand washes, while the other hand dries.
 - Make sandwiches; one hand positions bread and moves the filled sandwiches, while the other hand spreads the filling.
 - Break eggs with both hands at once.

HOW-TO GUIDES

Kitchen Supplies to Serve 100 People



<u>Item</u>	<u>Quantity</u>	<u>Item</u>	<u>Quantity</u>
Egg Beater	1	Ladles, 1-24 oz. assorted	6
Measuring Spoons	1 set	Paddles 30-48"	1
Oven/Freezer Mitt	2 pairs	Tongs 6, 9, 12"	6
Pastry Brushes, flat & round	4	Turner	2
Rolling Pin	1	Can Opener, #1 or #2	1
Whip, Piano 10, 12, 16, 18"	4	Cheese Cutter	1
Whip, French 14"	1	Egg Slicer	2
Cake Covers/Stands	2	Food Mill	1
Display Cases	1	Tomato Corer	1
Pie Markers	1	Baker's Scrapers	1
Bread Pans	12	Boning Knives	2
Cake/Sheet Pans, assorted	6-12	Cleaver	1
Jello Molds Individual or LG	36/3	Paring Knives	6
Muffin Tins, 24 cup	6	Pot Forks	2
Pie Tins	12	Slicers, assorted sizes	4-6
Dredges	2	Spatulas	2
Funnels, several sizes	3	Square Grater	1
Measures 1, 2, 4 qt	3	Broiler Brush	1
Disher 24, 32, 48 oz	3	Box Knife	1
Food Storage Boxes	6	Lobster Crackers	24
Ingredient Bins	3	Parers & Corers	6
Utility/Dish Pans	2	Poultry Shears	6
Mixing Bowls, assorted sizes	12	Clam/Oyster Knives	3
Scale, portion control	1	Sharpening Stones	1
Scale, market	1	Storage Containers 2-22qts	10-12
Cutting Boards	2	Mixer Bowls	1
Dish Cloths	24	Basting spoons (variety)	6
Storage Containers	12 ea.	Towels, linen	36
Insulated coffee tank, 3-5 gal.	1	Floor Sweeper	2

Multipurpose rubber matting	26"x50" roll	4-slice Toaster	1
Safe-t-mats	3-6 ea.	Slicer, Meat	1
Ice Cream Scoops	6	2-3 Drawer Roll Warmer	1-2
Juice Dispenser	1-2	Portion Dispenser	1-2
Juice Extractor	1	Liquid Grill Cleaner	1 gallon
Coffee Making Equip.	1-2	Hogo Attachment	1
Coffee Decanters	6-12	Sheila Shine – S/S Cleaner	1 case
Silver Compartment Storage	3 boxes	Aluminum Foil	3 units
Sauce Pans 1 ½, 3 ¾, 5 ½, 7, 10qts	6	Grill Bricks	12
Sauce Pots 14, 26 qts	2	Neoprene Gloves	6 pairs
Stock Pots 3, 6, 10 gal	3	Plastic Aprons	6
Double Boilers 8, 12 qts	2	Plastic Bags for garbage	1 unit
Bake Pans (various sizes)	6	Scouring Pads/Sponges	12
Roast Pans (various sizes)	2	Floor Squeegee	1
China Caps 9"	1	Mops/Heads	6
Colander	1	Brooms	2
Strainer 6, 8, 10, 12"	4	Mop Wringer/Pail	1
Steam Table Pans (200 Series)		Broom/Dust Pan	1
Full, ½, 1/3, 1/4, 1/8	24	Vacuum Cleaner	1
Covers for Pans, assorted	12	Storage Container 18x 26	3
Skimmers 4 ½, 6"	2	Waste Receptacles	6-12
Fry Pans 8, 10, 12, 14	6	Urn Brush	1
Butter Spreaders	1	Oven Brush/Scraper	2
Egg Poacher	1	Mixing Machine	1
Steak Weight	1	Racks, cups, glasses, plates	Varies by case size
Thermometers		bowls, wire shelving for	& quantity/case
--Deep Fat	1	refrigerators, walls,	
-- Oven	1	and floor storage	
--Pocket	1		
--Roast	1		

HOW-TO GUIDES

Bar Service for 100 People

<u>Item</u>	<u>Bars/Hotels</u>	<u>Restaurants</u>	<u>Caterers</u>
Champagne 4 ½-6oz	3 Dz.	3 Dz.	9 Dz.
Cocktails 2 ½-5oz.	9 Dz.	6	12
Wines – all purpose	6 Dz.	6	9
Whites 6 ½-9oz.	(3)	-	-
Red 6 ½-16oz.	(3)	-	-
Sherries 2-4 ½ oz.	3 Dz.	-	9
Whiskey Sours	3 Dz.	-	-
Brandy/Cordials ¾-2oz	3 Dz.	-	6
Old Fashioned/Rocks	9 Dz.	6	12
7-9oz.			
Collins 9-12oz.	3 Dz.	3	-
Hi-balls 7-10oz.	9 Dz.	6	12
Beer Glasses	3 Dz.	6	-
Decanters 2 ½-6oz.	3 Dz.	3	-
Water Pitchers 8-24oz	1	-	6 ea.
Champagne Buckets/Stands	4 ea	2 ea	10 ea.
Liquor Pourers	3-6 Dz.	2-4 Dz.	-
Bar Mixer	2 ea	1 ea	6 ea
Ice Scoop	2	1	1
Cocktail Shakers	6	3	6
Jiggers, Metal ½-2oz	2-3	1-2	4
Fruit Cutting Board	2	1	1
Bar Strainer	2-3	1	2
Ice Pick, Shaver	2	1	2
Twist Spoons	6	2	2
Muddler	2	1	-
Towel Holder	3	1	-
Bar Caddy	3	1	2
Cork Removers	4-6	2	10
Fruit Knife	3 ea	1 ea	2 ea

HOW-TO GUIDES

Bar Service for 100 People

Optional Service Suggestions



	<u>Hotels & Restaurants</u>	<u>Coffee Shops</u>	<u>Cafeterias</u>	<u>Churches Caterers</u>	<u>Hospitals & Nursing homes</u>	<u>Schools & Colleges</u>
Service Carts	1-2 ea	-	-	-	-	-
Chafing Dishes	2-3	-	-	2-3	2-3	2-3
Sugars & Creamer	24	36	12	12-24	-	12-24
Condiment Dis.	12-24	12-24	12	12	-	10
Water Servers	12	12	-	12	-	10
Coffee Servers	48ind, 12lg	12	-	12	100 ind.	-
Juice Servers	-	3-6	-	-	-	-
Salt & Pepper Sets	24-36	24-36	24	24	100 ea.	-
Sherbet/Dessert	8-12 Dz.	8-12Dz	8-12Dz	8-12Dz	8-12Dz	8-12Dz
Candle Lamps	24-36	12-30 -	-	-	-	-
Teapots	24	24	12	-	100	-
Salad Bowls	144	144	144	144	100	-
Platters 11"steak/lob	36	type	-	12	-	12
Platters 7-8" Veg.	36	determine	-	-	-	-
Bread/Cracker	24-36	12-30	-	12	-	-
Sauces/Gravies	12-24	12	-	12	-	12
Bud Vases	24-36	12-30	-	12	-	12
Trays	12	6-12	108	6-12	100	12
Tray Stands	6-9	3-6	-	10	-	10
Baby Chairs	3	3-6	-	-	-	-
Bussing Trucks	2	2	3	2-3	3-5	2-3
Plate Covers	100	24	-	100	100	-
Vegetable Bowls	12	-	-	24	-	24-36

HOW-TO GUIDES

Daily Ice Usage Guide

Food Service	Approximate Ice Usage
Restaurant	1-1/2 lbs .68kgs per day per person
Cocktail	3 lbs 1.4 kgs per person/seat
Water Glass	4 oz 118 ml per 10 oz 296 ml Glass
Salad Bar	30 lbs 13.6 kgs per cubic foot
Fast Food	5 oz 148 ml per 7-10 oz 207-296 ml Drink 8 oz 237 ml per 12-16 oz 355-473 ml Drink 12 oz 355 ml per 18-24 oz 532-710 ml Drink

Lodging	Approximate Ice Usage
Guest Ice	5 lbs 2.7 kgs per room
Restaurant	1-1/2 lbs .68 kgs per person/seat
Cocktail	3 lbs 1.4 per person/seat
Catering	1 lb .45 kgs per person

Convenience Store	Approximate Ice Usage
Beverage	6 oz 177 ml per 12 oz 355 ml Drink 10 oz 296 ml per 20 oz 591 ml Drink 16 oz 473 ml per 32 oz 946 ml Drink
Cold Plate	50% More ice per day
Packaged Ice	lbs per bag x bags sold per day

Healthcare	Approximate Ice Usage
Cafeteria	1 lb .45 kgs per person
Patient Ice	SN12: Up to 20 beds

Beverage Service	Approximate Ice Usage
Drinks	40% ice per drink x number of drinks served on peak day

HOW-TO GUIDES

Steam Table Pan Placement



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Complete flexibility for steam table service is available through a wide, range of sectional pans which includes; Full Size, 2/3 size, 1/2 Size, 1/6 size, & 1/9 Size. All are made to fit both 19 7/8" x 11 7/8" or 20" x 12" openings. This extensive line makes countless combinations available for meeting specific individual requirements. All pans are seamless with smooth, rounded corners for easy cleaning and quick serving.

Pan Size	Width (L to R)	Length (F to B)	Diagram 1	Diagram 2	Diagram 3	Diagram 4	Diagram 5
Full	12"	20"	FULL SIZE	1/2	1/4 1/4	1/4 1/4	1/9 1/9 1/9
1/2	12"	10"		1/2	1/2	1/4 1/4	1/9 1/9 1/9
1/4	6"	10"					1/9 1/9 1/9
2/3	12"	13 1/3"					
1/2	12"	6 2/3"	2/3	2/3	1/3	1/9 1/9 1/9	1/3
1/6	6"	6 2/3"			1/6 1/6	1/6 1/6	1/3
1/9	4"	6 2/3"	1/3	1/9 1/9 1/9	1/9 1/9 1/9	1/6 1/6	1/3

HOW-TO GUIDE

Proper Storage and Handling of Fresh Fruits and Vegetables



There are three ideal temperature ranges for the maintenance of fresh fruits and vegetables. The following charts are grouped under these ranges and detail the commodity, the type of storage best suited for it, and proper handling techniques.

32 Degrees Ideal

<u>Item</u>	<u>Storage</u>	<u>Temp.</u>	<u>Handling</u>
Apples*	Refrigerated	31-32	Avoid excess movement. Keep cold.
Broccoli	Refrigerated	32-35	Store only briefly, 4-5 days max.
Cabbage	Refrigerated	32-35	Wash & Store in plastic bags
Cantaloupe*	Cool & Dry	38-42	Allow 2-3 days room temp. before serving
Carrots	Refrigerated	32-35	Wash & Store in plastic bags
Cauliflower	Refrigerated	32-35	Store only briefly 5 days max
Celery	Refrigerated	32-35	Wash, trim, & loosely pack in plastic bags
Grapes	Refrigerated	32-40	Highly perishable Store only Briefly
Lettuce	Refrigerated	32-35	Wash, trim, & loosely pack in plastic bags
Mushrooms	Dry & Refrigerated	34-40	Keep dry has very short life
Oranges* FL	Refrigerated	32-35	Proper rotation will maintain good fruit
Parsnips	Refrigerated	32	Wash & Store in plastic bags
Pears	Refrigerated	32-35/60-65	Pears ripen easily between 60-65
Radishes	Refrigerated	32	Trim, wash, & store in plastic bags
Rhubarb	Refrigerated	32	Pack loose for circulation
Strawberries	Refrigerated	32-35	Wash Before Cleaning. Don't hold over 48 hrs.
Tangerines	Refrigerated	32-35	Proper rotation will maintain good fruit
Turnips	Refrigerated	32-35	Oversized of Soft Product will be tough

45-55 Degrees Ideal

<u>Item</u>	<u>Storage</u>	<u>Temp.</u>	<u>Handling</u>
Avocados	Cool & Dry	32-42	Handle gently. Ripen at room temp.
Cucumbers	Cool & Dry	45-50	Avoid chilling Store Only Briefly, Never Below 45
Green Beans	Cool & Dry	45-50	Wash & Store in plastic bags
Lemons*	Cool & Dry	45-50	Hearty fruit Avoid abuse & over-ordering

45-55 Degrees Ideal, cont.

Onions	Cool & Dry	45-50	Keep cool & dry, loosely packed
Oranges CA	Cool & Dry	45-50	Proper rotation will maintain good fruit
Peppers	Cool & Dry	45-50	Store briefly, 4-6 days max, never below 45
Pineapples	Cool & Dry	45-50	Won't ripen after harvest Handle gently
Potatoes	Cool & Dry	45-55/60-70	60-70 degrees prevents accumulation of sugar and darkening
Squash	Cool & Dry	Soft Shell 40-45 Hard Shell 50-55	Easy Handling will avoid bruising

58-65 Degrees Ideal

<u>Item</u>	<u>Storage</u>	<u>Temp.</u>	<u>Handling</u>
Bananas	Never Refrigerate	56-60	Extreme care to avoid bruising
Mixed Melons*	Do not Refrigerate	Unripe 60-65 Ripe 45-50	Handle gently Ripen at room temp.
Tomatoes	Cool & Dry Don't Refrigerate	Firm 60-65 Soft 55-60	NEVER REFRIGERATE Highly Perishable
Watermelons	Cool & Dry	50-60	Do not cut until ready to use

**Ethylene producing items keep out of air flow*

MEASUREMENT CHARTS



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Recipe Abbreviations

Tsp.	Teaspoon
Tbsp.	Tablespoon
C.	Cup
Pt	Pint
Qt.	Quart
Pk	Peck
Bu	Bushel
Oz.	Ounce or Ounces
Lb.	Pound or pounds
Sq.	Square
Min	Minute or Minutes
Hr	Hour or Hours
Mod	Moderate
Doz.	Dozen
E P	Edible portion
A P	As purchased

Food Disher Capacity Chart

<u>Color</u>	<u>Disher Size</u>	<u>Bowl Dia.</u>	<u>Fluid Oz.</u>	<u>Weight Oz.</u>	<u>Patties/Lb</u>	<u>Scoop/Gal.</u>	<u>Equivalent</u>
White	6	3"	4.66	4.86	3	16	2/3 Cup
Gray	8	2 3/4"	3.64	3.80	3 1/2	22	1/2 Cup
Ivory	10	2 5/6"	3.19	3.33	4	24	5/8 Cup
Green	12	2 1/2"	2.78	2.90	5	26	1/3 Cup
Blue	16	2 1/4"	2.07	2.16	6-8	35	1/4 Cup
Yellow	20	2 1/8"	1.77	1.84	9-10	42	3+Tbsp
Red	24	2"	1.49	1.56	11-12	51	2 2/3 Tbsp
Black	30	1 3/4"	1.03	1.07	13-14	62	2+Tbsp
Orchid	40	1 1/2"	.68	.70	15-16	70	1 1/2 Tbsp

Standard Packing Per Box: Fresh Fruit

Cherries	20 to 50 per lug
Grapefruit	18, 23, 27, 32, or 40 per crate
Pineapple	9, 12, 15, 18, or 24 per crate
Honeydew melons	5, 6, 8, or 9 per crate
Cantaloupe	20, 24, 32, 36, or 48 per crate
Peaches	½ bushel basket 60 or 72 to a flat (25 lbs)
Oranges (Florida)	88, 100, or 125 per box
Oranges (California)	56, 72, 80, or 100 per box
Watermelon	18 to 32 lbs each
Strawberries	12 Pints per flat
Raspberries	12 pints per flat
Bananas	6 lbs. per hand 27, 36, or 45 per crate
Lemons	95, 115, 140, 165, 200 or 230 per 4/5 bushel
Plums	6 lbs per till, 4 till per carton

Standard Packing Per Box: Fresh Vegetables

Lettuce	24 heads per box
Tomatoes	20 Lbs. per flat 40 to 80 Lbs. per lug 6 Lb. till; 12-24 tomatoes
String Beans	28 Lbs. per bushel
Spinach	20 Lbs. per bushel
Washed Spinach	8 oz. per bag 16-20 bags per case
Broccoli	12 bunches per case
Artichokes	24 to 48 heads per box
Carrots	50 Lbs per bushel
Onions	50 Lbs per bushel
Potatoes	50 Lbs per bag
Peeled Potatoes	30 Lbs per box
Peeled Onions	20-25 Lbs per box

Standard Packing Per Box: Fresh Vegetables, cont.



Asparagus	30 Lbs per crate
Cauliflower	50 Lbs per box
Beets with tops	50 Lbs per box
Mushrooms	3 Lbs per basket
Leeks	½ bushel basket
Chicory	16-20 heads per case
Escarole	16-20 heads per case
Romaine	16-20 heads per case
Radishes	30 bunches per box
Watercress	25 bunches per box
Celery	24, 30, 36 or 48 heads per crate
Eggs	30 dozen per crate

Soup/Sauce Ladle Capacity

Size	1oz	2oz	4oz	6oz	8oz
Equivalent	1/8 Cup	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup

Basic Liquid Equivalents

Dash	=less than 1/8 teaspoon
3 teaspoons	=1 tablespoon
4 tablespoons	=1/4 cup
5 1/3 tablespoons	=1/3 cup
8 tablespoons	=1/2 cup
10 2/3 tablespoons	=2/3 cup
12 tablespoons	=3/4 cup
14 tablespoons	=7/8 cup
16 tablespoons	=1 cup
2 cups	=1 pint (8 fl. Oz)
2 pints	=1 quart (16 fl. Oz)
4 quarts	=1 gallon (128 fl. Oz)
16 Ounces	=1 pound (dry weight)

Large Liquid Capacity

1 gill	=	7.219	cu. in. =	0.1183 liter
4 gills	= 1 pint	= 28.875	cu. in. =	0.4732 liter
2 pts	= 1 quart	= 57.75	cu. in. =	0.9463 liter
4 qts	= 1 gallon	= 231	cu. in. =	3.7853 liter
31.5 gals	= 1 barrel liquid	=	cu. in. =	119.24 liter
42 gals	= 1 barrel petroleum	=	cu. in. =	158.98 liter

Dry Capacity

1 Pint	=	33.6 cu. in.	=	0.5506 liter
2 Pt.	= 1 Quart	= 67.2 cu. in.	=	1.1012 liter
8 Qt.	= 1 Peck	= 537.6 cu. in.	=	8.8096 liter
4 pk.	= 1 Bushel	= 2150.4 cu. in.	=	35.238 liter
1 Barrel	=	7056 cu. in.	=	115.62 liter

Avoirdupois Weight

1 Grain	=	0.0648 gm
27.343 Gr	= 1 dram	= 1.7718 gm.
16 Dr.	= 1 Oz.	= 28.3495 gm.
16 Oz.	= 1 Pound	= 453.5924 gm.
100 Lb.	= 1 Hundredweight	= 45.3592 kg
2000 Lb.	= 1 Short Ton	= 907.18 kg

Kitchen Measurement Conversion Table

Units	Fluid Dram	Tsp	Tbsp	Fluid Oz	1/4 Cup	Gill (1/2 C.)	Cup	Pint	Quart	Milliliter	Liter
1 fluid dram	1	3/4	1/4	1/8	1/16	1/32	1/64	1/128	1/256	37	0.004
1 teaspoon	1/18	1	1/3	1/8	1/12	1/24	1/48	1/96	1/192	49	0.005
1 tablespoon	4	3	1	1/2	1/4	1/8	1/16	1/32	1/64	15	0.015
1 fluid ounce	8	6	2	1	1/2	1/4	1/8	1/16	1/32	30	0.03
1/4 cup	16	12	4	2	1	1/2	1/4	1/8	1/16	59	0.059
1 gill (1/2 cup)	32	24	8	4	2	1	1/2	1/4	1/8	118	0.118
1 cup	64	48	16	8	4	2	1	1/2	1/4	237	0.237
1 liquid pint	128	96	32	16	8	4	2	1	1/2	473	0.473
1 liquid quart	256	192	64	32	16	8	4	2	1	946	0.946

Oven Temperatures

Slow	250-300F
Slow-Moderate	325F
Moderate	350-375F
Moderately Hot	400F
Hot	425-450F

Boiling Temperatures (Various Altitudes)

<u>Altitude</u>	<u>Boiling Point</u>	
Sea Level	212.0F	100.0C
2,000 Ft.	208.4F	98.4C
5,000 Ft.	203.0F	95.0C
7,500 Ft.	198.4F	92.4C

Steam Pressure Temperatures (Various Altitudes)

<u>Temperatures</u>		<u>Sea Level</u>	<u>4,000Ft.</u>	<u>6,000Ft.</u>	<u>7,500Ft.</u>
228F	109F	5Lb.	7Lb.	8Lb.	9Lb
240F	115F	10Lb.	12Lb.	13Lb.	14Lb.
250F	121F	15Lb.	17Lb.	18Lb.	19Lb.
259F	126F	20Lb.	22Lb.	23Lb.	24Lb.