

VOLUME 9

Grandmother's RECIPE BOOK



CONVERSION & KITCHEN BIBLE



Dear Readers,

How often have you skipped over a delicious looking recipe because it was written in a measurement style unfamiliar to you? We hope that this handy dandy kitchen guide will make your life a little bit easier and become a helpful tool in all your kitchen adventures.

Nancy & Heidi
Grandmother's Kitchen

This book belongs to:



Please be aware that ingredients around the world are all made a bit different, therefore all conversions in these charts are approximate.

Conversion charts are in U.S., British and Metric kitchen units.

CONVERSIONS & GUIDES

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GENERAL ABBREVIATIONS

oz	ounce
lb	pound
in	inch
ft	foot
Tbsp	tablespoon
tsp	teaspoon
fl oz	fluid ounce
qt	quart
g	gram
kg	kilogram
mm	millimetre
cm	centimetre
ml	millilitre
l	litre



“If you can’t say something nice, don’t say nothing at all”.

TEMPERATURE CONVERSIONS

Temperature		
Fahrenheit	Celsius	Gas
225°F	110°C	Gas Mark ¼
250°F	120°C	Gas Mark ½
275°F	135°C	Gas Mark 1
300°F	150°C	Gas Mark 2
325°F	160°C	Gas Mark 3
350°F	180°C	Gas Mark 4
375°F	190°C	Gas Mark 5
400°F	200°C	Gas Mark 6
425°F	220°C	Gas Mark 7
450°F	230°C	Gas Mark 8
475°F	240°C	Gas Mark 9
500°F	260°C	Gas Mark 10
550°F	290°C	Gas Mark 11

Grandmother's Tip

For best results always let your oven preheat to the desired temperature before putting your baking in.

GENERAL WEIGHT CONVERSIONS

General Weight	
1 oz	28 g
16 oz (1 lb)	454 g
24 oz (1 1/2 lbs)	680 g
32 oz (2 lbs)	910 g

HELPFUL MATH



Divide the number of grams by **31** to get ounces.

Example: 500 grams $\div$ 31 = 16 ounces (approx)

GENERAL LIQUID CONVERSIONS

General Liquid		
.17 fl oz	5 ml	1 tsp
1/2 fl oz	15 ml	1 Tbsp
2 fl oz	60 ml	1/4 cup
3 fl oz	80 ml	1/3 cup
4 fl oz	125 ml	1/2 cup
5 fl oz	160 ml	2/3 cup
6 fl oz	180 ml	3/4 cup
8 fl oz	250 ml	1 cup
32 fl oz	1 l	4 cups/1 quart

GENERAL TABLESPOONS TO CUPS

Tablespoons	Cups
1	1/16
2	1/8
4	1/4
5	1/3
8	1/2
11	2/3
12	3/4
16	1

 **1 Tablespoon = 3 teaspoons** 

SUGAR CONVERSIONS

Granulated Sugar		
1.7 oz	48 g	1/4 cup
2.3 oz	64 g	1/3 cup
3.4 oz	96 g	1/2 cup
4.5 oz	130 g	2/3 cup
5.1 oz	140 g	3/4 cup
6.8 oz	190 g	1 cup
Brown Sugar		
1.8 oz	50 g	1/4 cup
2.4 oz	67 g	1/3 cup
3.5 oz	100 g	1/2 cup
4.7 oz	130 g	2/3 cup
5.3 oz	150 g	3/4 cup
7.1 oz	200 g	1 cup
Confectioners' Sugar		
1.1 oz	33 g	1/4 cup
1.5 oz	43 g	1/3 cup
2.3 oz	65 g	1/2 cup
3.1 oz	87 g	2/3 cup
3.4 oz	98 g	3/4 cup
4.6 oz	130 g	1 cup

GRATED CHOCOLATE CONVERSIONS

Grated Chocolate		
.88 oz	25 g	1/4 cup
1.2 oz	34 g	1/3 cup
1.8 oz	50 g	1/2 cup
2.3 oz	67 g	2/3 cup
2.6 oz	75 g	3/4 cup
3.5 oz	99 g	1 cup

BUTTER CONVERSIONS

Butter			
1/2 stick	2 oz	57 g	1/4 cup
2/3 stick	2.7 oz	76 g	1/3 cup
1 stick	4 oz	113 g	1/2 cup
1 1/3 sticks	5.4 oz	150 g	2/3 cup
1 1/2 sticks	6.1 oz	170 g	3/4 cup
2 sticks	8.1 oz	230 g	1 cup



“Many hands make light work”.

FLOUR CONVERSIONS

All Purpose Flour (Unsifted)		
1.1 oz	31 g	1/4 cup
1.5 oz	42 g	1/3 cup
2.2 oz	62 g	1/2 cup
3.0 oz	83 g	2/3 cup
3.3 oz	94 g	3/4 cup
4.4 oz	120 g	1 cup
Cake Flour (Unsifted)		
.79 oz	22 g	1/4 cup
1.1 oz	30 g	1/3 cup
1.6 oz	45 g	1/2 cup
2.1 oz	60 g	2/3 cup
2.4 oz	67 g	3/4 cup
3.2 oz	90 g	1 cup



“When you break a cookie in half, always share the bigger piece with the other person.”

FLOUR SUBSTITUTIONS

FOR 1 CUP OF:	YOU CAN SUBSTITUTE:
Sifted all purpose flour	1 cup minus 2 Tablespoons unsifted all purpose flour
Self rising flour	1 cup all purpose flour + 1 1/2 teaspoons baking powder + 1/8 teaspoon salt
Whole wheat flour	1/8 cup all purpose flour + 2 Tablespoons wheat germ
Cake flour	1 cup minus 2 Tablespoons all purpose flour
Sifted cake flour	1 cup minus 2 Tablespoons unsifted cake flour

*“Always treat others
how you want to be treated.”*

COMMON BAKING CONVERSIONS

Almonds, ground	.75 oz	21 g	1/4 cup
Almond flour	.85 oz	24 g	1/4 cup
Baking powder	.13 oz	3.7 g	1 tsp
Baking soda	.15 oz	4.3 g	1 tsp
Cinnamon	.09 oz	2.5 g	1 tsp
Cheese, parmesan (grated)	1.6 oz	45 g	1/4 cup
Cheese, cheddar (grated)	1.1 oz	30 g	1/4 cup
Cornstarch	.33 oz	9.5 g	1 Tbsp
Cocoa powder	.25 oz	7 g	1 Tbsp
Cream of tartar	.11 oz	3.2 g	1 tsp

Gelatin Packet (US)	.24 oz	7 g	1 1/2 tsp
Gelatin Packet (Europe)	.38 oz	11 g	2 1/3 tsp
Graham cracker crumbs	.79 oz	22 g	1/4 cup
Lemon rind, grated	.33 oz	9.5 g	1 Tbsp
Milk, powdered	1 oz	29 g	1/4 cup
Raisins	1.3 oz	38 g	1/4 cup
Rolled oats	.71 oz	20 g	1/4 cup
Salt	.18 oz	5 g	1 tsp
Walnuts, chopped	1 oz	29 g	1/4 cup
Yeast, active dry	.28 oz	8 g	2 1/2 tsp

“A garden of love grows in a Grandmother’s heart.”



CAKE PAN SIZES

Pan Size (in.)	Pan Size (cm)	Volume (cups)	Volume (litres)
Square			
8 x 8 x 1 1/2 in.	20 x 20 x 4 cm	6 cups	1.4 l
8 x 8 x 2 in.	20 x 20 x 5 cm	8 cups	1.9 l
9 x 9 x 1 1/2 in.	23 x 23 x 4 cm	8 cups	1.9 l
9 x 9 x 2 in.	23 x 23 x 5 cm	10 cups	2.4 l
10 x 10 x 2 in.	25 x 25 x 5 cm	12 cups	2.8 l
Round			
6 x 2 in.	15 x 5 cm	4 cups	948 ml
8 x 1 1/2 in.	20 x 4 cm	4 cups	948 ml
8 x 2 in.	20 x 5 cm	6 cups	1.4 l
9 x 1 1/2 in.	23 x 4 cm	6 cups	1.4 l
9 x 2 in.	23 x 5 cm	8 cups	1.9 l
10 x 2 in.	25 x 5 cm	11 cups	2.6 l
Rectangle			
11 x 7 x 2 in.	28 x 18 x 5 cm	6 cups	1.4 l
13 x 9 x 2 in.	33 x 23 x 5 cm	14 cups	3.3 l



If you substitute pan sizes in a recipe, baking times will vary. To test cakes for doneness you can either: 1) press the center gently with a finger to see if it springs back or 2) watch to see if the edges begin to pull away from pan or 3) insert a toothpick to the center to see if it comes out clean.

Jelly Roll			
10 1/2 x 15 1/2 x 1 in.	27 x 39 x 2.5 cm	10 cups	2.4 l
12 1/2 x 17 1/2 x 1 in.	32 x 44 x 2.5 cm	12 cups	2.8 l
Loaf			
8 x 4 x 2 1/2 in.	20 x 10 x 6 cm	4 cups	948 ml
8 1/2 x 4 1/2 x 2 1/2 in.	21 x 11 x 6 cm	6 cups	1.4 l
9 x 5 x 3 in.	23 x 13 x 8 cm	8 cups	1.9 l
Bundt			
7 1/2 x 3 in.	19 x 8 cm	6 cups	1.4 l
9 x 3 in.	23 x 8 cm	9 cups	2.1 l
10 x 3 1/2 in.	25 x 9 cm	12 cups	2.8 l
Tube			
8 x 3 in.	20 x 8 cm	9 cups	2.1 l
9 x 3 in.	23 x 8 cm	12 cups	2.8 l
10 x 4 in.	25 x 10 cm	16 cups	3.8 l
Springform			
9 x 2 1/2 in.	23 x 6 cm	10 cups	2.4 l
9 x 3 in.	23 x 8 cm	12 cups	2.8 l
10 x 2 1/2 in.	25 x 6 cm	12 cups	2.8 l
Muffin (per hole)w			
1 3/4 x 3/4 in.	4.5 x 2 cm	1/8 cup	30 ml
2 3/4 x 1/2 in.	7 x 4 cm	1/2 cup	120 ml

CANDY MAKING TEMPERATURES

Name (Candy)	Testing Method *	Temperature
Thread (Syrups)	Drizzled on a plate forms a thin thread.	230-235°F (106-112°C)
Softball (Fudge, fondant)	Dropped in very cold water forms a ball that falls apart when pressed with fingers.	235-240°F (112-116°C)
Firmball (Caramels)	Dropped in very cold water forms a ball that is sticky when pressed with fingers.	245-250°F (118-120°C)
Hardball (Marshmallow, taffy)	Dropped in very cold water forms a ball that holds shape and is flexible.	250-265°F (121-130°C)
Soft crack (Toffee, butterscotch)	Dropped in very cold water can be stretched and separated into hard threads.	270-290°F (132-143°C)
Hard crack (Peanut brittle)	Dropped in very cold water gets solid but can be separated into hard threads.	300-310°F (149-154°C)
Light caramel	Drizzled on a plate will be golden color.	320-335°F (160-170°C)
Dark caramel	Drizzled on a plate will be deep amber color.	350°F (177°C)

* To test the candy without a thermometer, take the pan off the heat and drop a small amount into very cold water. Put your hand in the cold water and try to shape the sugar syrup into a ball and bring it out of the water to see the consistency.

CAUTION - Hot sugar can burn so be careful.

MEAT SAFETY TEMPERATURES

Food	Internal Temperature (°F / °C) (Safe to eat) *
Ground meat / poultry	165°F / 74°C
Poultry	165°F / 74°C
Leftovers / Casseroles / Stuffing	165°F / 74°C
Egg dishes	160°F / 71°C
Steaks, roasts, chops	145°F / 63°C
Fin fish	145°F / 63°C
Precooked ham	140°F / 60°C
Shrimp, lobster, crabs & scallops	Cook until flesh is pearly and opaque.
Clams, oysters, and mussels	Cook until shells open during cooking.

* Insert thermometer into the thickest part of the meat.

* Be careful not to touch the bone, which will be hotter than the meat around it.



COMMON COOKING OILS & USES

Oil Type	Uses	Smoke Point
Butter	Pan-frying, sautéing, baking	320°F
Canola	Deep-frying, pan-frying, sautéing, baking	468°F
Coconut oil	Pan-frying, sautéing, baking	350°F
Corn	Deep-frying, pan-frying	453°F
Grape-seed oil	Deep-frying, pan-frying, sautéing	420°F
Olive	Sautéing, stir-frying, baking	Unrefined: 320°F Extra virgin: 331°F Virgin: 428°F
Peanut (refined)	Deep-frying, stir-frying, wok cooking, sautéing, grilling	471°F
Safflower, high-oleic	Deep-frying, pan-frying, sautéing, baking	468°F
Sesame, unrefined	Pan-frying, sautéing, baking	350°F
Sunflower, high-oleic	Deep-frying, pan-frying, sautéing	478°F
Vegetable oil	Deep-frying, pan-frying, sautéing, baking	453°F

TIPS FOR DEEP FRYING

- Do not use solid frying oil, only use liquid oils.
- Olive oil is not recommended.
- Use good quality liquid oil. Do not use fats that deteriorate quickly such as lard. Deep frying in butter or margarine is not recommended because of their low smoke point temperatures.
- Only use cooking oil with a high smoke point. Oils with low smoke points can rapidly degrade at temperatures around 375°F and produce unhealthy by-products.
- When the basket is in the 'Frying' position, always use tongs and gently lower the battered food into the oil.
- When frying food that is not coated in batter, make sure it is patted dry with paper towels as excess moisture causes the oil temperature to drop.
- The smallest amount of water will also cause hot oil to splatter.
- When frying for an extended amount of time, be sure oil returns to required temperature before frying a new batch.
- It is important to keep the oil at the recommended level for each recipe, adding more oil as needed.
- When foods are fried at the proper temperature, minimal oil is absorbed.

GRAIN COOKING TIMES

Grain (1 cup)	Water (cups)	Time (minutes)	Cooked Yield
Amaranth	1 1/2 cups	25	1 1/2 cups
Barley, hulled	3 cups	60	3 1/2 cups
Barley, pearl	2 1/2 cups	45	3 1/2 cups
Basmati rice	2 cups	40	4 cups
Brown rice	2 cups	50	2 1/2 cups
Bulgur	1 1/2 cups	20	2 1/2 cups
Couscous	1 1/4 cups	10	3 cups
Millet	2 cups	25	3 1/2 cups
Oats, rolled	2 cups	25	2 1/2 cups
Oats, quick	2 cups	5	2 cups
Quinoa	2 cups	15	3 1/2 cups
White rice	2 cups	15	3 1/2 cups
Wild rice	2 1/2 cups	50	4 cups



Basic Cooking Method:

Cover grains with water, bring to a boil without a lid. When it boils, reduce heat to simmer and cover with lid cooking for the required cooking time.

BEAN COOKING GUIDE

Use the following procedure to minimize gas and maximize flavour of beans.

***1 cup dry beans equals about 3 cups cooked**

Soaking:

Rinse beans and take out any stones or discoloured beans. Bring soaking water level to at least 4 inches above the beans. 3-4 cups water per one cup of beans. Soak overnight at least 8 hours. Never leave soaking beans on the stove which causes them to ferment because of the warmth of the pilot light.

Cooking Phase I

Drain the soak water from beans and rinse well. Put beans in a large pot with enough water to cover the beans plus 2 inches. Bring beans to a boil with the lid on. Remove the lid, reduce heat to medium so the beans are simmering. Scoop off the foam from time to time during the first 30-45 minutes of boiling. The foam causes indigestion.

Cooking Phase II

Once the beans stop producing much foam (after 45 minutes or so), drain and rinse the beans. Put them back in the pot and cover them with water plus 2 inches. Put lid on and bring to a boil again. Turn down heat to a gentle simmer. Leave lid partially on; Check water every so often and add more as needed. It should be about 1-2 inches above beans. Cook for at least 2-3 hours until the beans are very soft but are still holding their shape. Larger beans need a longer cooking time. If possible, add 1 tsp of apple cider vinegar to 1 cup beans at the end of cooking. Drain the beans and rinse well run under cold water. Make sure they are cooled properly as bacteria can multiply very rapidly in improperly cooled beans. Store in cooler.

HOW TO DEFROST A TURKEY

Method 1	Method 2
Allow 24 hours per 5lbs (2.5kg). Leave frozen packaged turkey on tray in fridge. Food Safety: Never thaw at room temperature.	Allow 1 hour per pound (500g). Place packaged turkey in large container in sink and cover with cold water. Change the water every hour to keep fresh.

TURKEY ROASTING CHART

Number of Servings	Weight	Stuffed Cooking Time (325°F)	Unstuffed Cooking Time (325°F)
4 to 6	10 -12 lb. (4.5-5kg)	3 1/2 - 3 3/4 hours	3 - 3 1/4 hours
8 to 10	12 -16 lb. (5.5-7kg)	3 3/4 - 4 hours	3 1/4 - 3 1/2 hours
12 to 16	16 - 22 lb. (7-10kg)	4 - 4 1/2 hours	3 1/2 - 4 hours



Food Safety: Never stuff turkey ahead of roasting time.

HOW TO STUFF & COOK A TURKEY

Rinse turkey with cold water and use paper towels to pat the inside and outside dry. Sauté **1/4 cup finely chopped onion** and **1/2 cup diced celery** in **1/3 cup butter** until softened. Combine onion mixture with **4 cups bread cubes**, **1/4 tsp pepper**, **2 eggs**, **1/2 tsp salt**, **1/2 tsp ground sage** and **1/2 tsp poultry seasoning** in a large mixing bowl. Pack the stuffing into the neck cavity (or first into poultry bags). Skewer the skin over stuffing to back. Twist the wings under the back. Now stuff the body cavity. Tuck the legs under the band of skin or tie them together with kitchen string. Place turkey, breast side up, on a rack in roasting pan. Combine melted butter, herbs, salt and pepper and brush over turkey. Cover loosely with foil and leave the ends open. Add 1 inch of water to roasting pan. Preheat oven to 475°F. Roast the turkey for 15 minutes then reduce the temperature to 325°F. Baste every 30 minutes for the cooking time. For the final hour of roasting, remove the foil and roast until the thermometer inserted in the thickest part of the breast or thigh reaches 180°F and the stuffing is 165°F. Check roasting chart to determine roasting time. Transfer to a large platter, tent with foil and allow it to stand for 30 minutes before carving. Spoon the stuffing out of the turkey and place into an oven proof bowl. Cover with a lid or tinfoil and set into the turned off, but warm oven. To prepare a gravy, in a large saucepan, over medium heat, bring **4 cups turkey stock and pan juices** to a boil. In a small bowl blend **1/4 cup cornstarch** and **1/4 cup water** until smooth. Whisk constantly and slowly add the cornstarch mix to the boiling pan. Continue to stir until gravy has thickened. Add **1-2 tsps of browning sauce**. Season to taste with salt and pepper.

HOW TO STERILIZE CANNING JARS

The Oven Method

- Wash each canning jar by hand in soapy water or in the dishwasher. Rinse well.
- Be sure all residue is removed if washing in the dishwasher. Allow the jars to dry.
- Place a cookie sheet in the oven and arrange the clean canning jars on them with the open end of the jar facing up. Put the jars in the oven BEFORE you turn the oven on. Putting jars into a heated oven can cause them to crack or burst.
- Turn the oven onto 225°F. When the oven has reached temperature set the time for 20 minutes.
- After 20 minutes, the jars will be sterilized. Leave the oven turned on. Open the oven door, but leave the jars in the warm oven until you fill them with whatever you are canning. Most foods are hot when you can. If you put cold food in a hot jar, it can cause the jar to burst. The same applies putting hot food into a cold jar.
- As THE JARS WILL BE HOT TO TOUCH when you remove them use your canning jar tongs. This will keep you from burning yourself and keep the jars sterile.

The Dishwasher Method

- If you have a dishwasher, just place the jars, rings and lids in and run it on the sanitizing cycle right before canning. The dishwasher will keep the jars hot until you are ready to fill them. The heat from the dishwasher will also make the rubber on the tops more pliable for sealing.

The Canner Method

- Wash your canning jars in soapy water and rinse well.
- Place the clean jars onto the rack of your canner with the opening facing up. Pour enough water in that it goes over the tops of the jars and fills them with water plus one inch more of water. Bring the water to a boil and boil for 10 minutes. Turn off heat. Use your canning jar tongs to remove the jars, being careful as jars are full of boiling water.
- Pour the water out into the canner as you are lifting each jar out. Place each jar open side facing down on a clean towel on the counter-top. You can reuse the hot water in the canner to process the jars once they are filled.

Sanitizing the Lids

- Put enough water in a medium size saucepan to cover your lids and rings. Bring to a simmer.
- Do not boil as it can damage the sealing compound. Turn off the heat and leave in the water until you are ready to put them onto the filled jars. Use sterilized tongs to move lids from the water to your filled jars.



HOW MUCH MEAT TO COOK

Entree	Per Person	Crowd of 25	Crowd of 50
Baby-back ribs, pork spareribs, beef short ribs	1 pound	25 pounds	50 pounds
Casserole	N/A	2 to 3 13-x-9-inch casseroles	4 to 5 13-x-9-inch casseroles
Chicken, turkey, or duck (boneless)	1/2 pound	13 pounds	25 pounds
Chicken or turkey (with bones)	3/4 to 1 pound	19 pounds	38 pounds
Chili, stew, stroganoff, and other chopped meats	5 to 6 ounces	8 pounds	15 pounds
Ground beef	1/2 pound	13 pounds	25 pounds
Maine lobster (about 2 pounds each)	1	25	50

HOW MUCH MEAT TO COOK

Entree	Per Person	Crowd of 25	Crowd of 50
Oysters, clams, and mussels (medium to large)	6 to 10 pieces	100 to 160 pieces	200 to 260 pieces
Pasta	4 to 5 ounces	7 pounds	16 pounds
Pork	14 ounces	22 pounds	44 pounds
Roast (with bone)	14 to 16 ounces	22 to 25 pounds	47 to 50 pounds
Roast cuts (boneless)	1/2 pound	13 pounds	25 pounds
Shrimp (large — 16 to 20 per pound)	5 to 7 shrimp	7 pounds	14 pounds
Steak cuts	16 to 24 ounces	16 to 24 ounces per person	16 to 24 ounces per person
Turkey (whole)	1 pound	25 pounds	50 pounds

My KITCHEN NOTES



*“Everything in moderation . . .
even moderation.”*

My KITCHEN NOTES

“Don’t forget to add a pinch of love and a dash of sweetness.”