



My Cooking Cheat Sheet

Cooking Grains

Type	Grain : Water	Yield (cups)	Time (min)
Barley, pearled	1 : 2	4	35 - 45
Couscous ¹	N/A	½ - 2	20 - 25
Hominy Grits	1 : 4	3	25
Oat groats	1 : 2	2	45 - 60
Polenta	1 : 3	3 - 3½	35 - 45
Rice, arborio	1 : 3	3	20 - 30
Rice, basmati	1 : 1½	3	25
Rice, LG, ² brown	1 : 3	4	40
Rice, LG, ² white	1 : 1½	3	18 - 20
Rice, SG, ³ brown	1 : 2½	4	35 - 40
Rice, SG, ³ white	1 : 1 to 1½	3	20 - 30
Rice, wild	1 : 3	4	30 - 45
Wheat, bulgur, soaked ⁴	1 : 4	2	120

¹Should be soaked briefly in tepid water and then drained before it is steamed; ²Long grain; ³Short grain; ⁴May be cooked by covering with boiling water and soaking for 2 hours.

Cooking Sauces

Béchamel. Saute onions. Add white roux. Add milk gradually; whisk, boil and simmer for 30 minutes. Add salt and white pepper.

Espagnole. Sauté mirepoix. Add tomato paste, brown veal stock, brown roux, and sachet dépicés.

Hollandaise. Emulsify white wine, egg yolks and butter over steam. Add lemon juice, salt and white pepper.

Tomato. Saute onion and garlic til golden. Add tomatoes and tomato puree. Simmer for 45 minutes. Add basil, salt and pepper.

Velouté. Saute a white mirepoix until golden, not brown. Add flour to make a pale or blonde roux. Add a white beef stock to desired viscosity.

Mirepoix. Equal diced onions, carrots and celery, by weight.

Preparing Stock

Type	Simmer for (hr)	<i>Roast bones at least one hour; deglaze pan into pot. Vegetables should be roasted about 30 minutes.</i>
Fish	¾	
Vegetable	1	
Chicken	2	
Ham	3	
Veal	3	
Mutton	4	
Beef	4	

Temperature

°F =	°C	Temperature at which ...
0 =	-18	
32 =	0	Water freezes.
40 =	4	
41 =	5	
DANGER ZONE: Illnesses flourish		
135 =	57	Steak is medium rare.
140 =	60	Fish is cooked.
145 =	63	Steak is medium.
150 =	65	
155 =	68	
160 =	70	Steak and pork are well done.
165 =	74	Ground meat and poultry leftovers done.
170 =	75	
212 =	100	Water boils.
275 =	135	
300 =	150	
325 =	165	
350 =	175	
375 =	190	
400 =	205	Canola oil smokes.
425 =	220	Olive oil smokes.
450 =	230	Peanut oil smokes.
475 =	245	Ghee begins to smoke.
500 =	260	

To Measure

Poultry. Inner thigh, not touching bone

Red meat, roasts, steaks or chops. Center of the thickest part, away from bone and fat

Ground meat. Thickest area of loaf; insert sideways in thin items (i.e., patty)

Casseroles and eggs. Center or thickest area

Weight

Imp. ⇔ Metric

¼ oz = 8 g

½ oz = 15 g

1 oz = 30 g

4 oz = 115 g

8 oz = 225 g

1 lb = 450 g

2 lb = 900 g

2¼ lb = 1 kg

Volume

Imperial ⇔ Metric

1 tsp = 5 ml

1 tbsp = 15 ml

1 fl oz = 30 ml

2 fl oz = 60 ml

1 c = 240 ml

1 pt = 480 ml

1 qt = 950 ml

1 gal = 3.75 l

Volume

Imperial ⇔ Imperial

3 tsp = 1 tbsp

2 tbsp = 1 oz

8 oz = 1 c

2 c = 1 pt

4 qt = 1 gal

so ...

768 tsp = 1 gal