



GraceKennedy (Belize) Ltd.

2 1/2 Mls Northern Hwy • P.O. Box 557, Belize City, Belize, Central America
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Kitchen Conversion Sheet

Tea Spoons	Table Spoons	Cups	Fluid ounces	Milli-liters
tsp	tblsp	c	oz	mL
1	1/3	0	1/6	4.9
2	2/3	0	1/3	9.9
3	1	0	1/2	14.8
4	1 1/3	0	2/3	19.7
5	1 2/3	1/9	5/6	24.6
6	2	1/8	1	29.6
7	2 1/3	1/7	1 1/6	34.5
8	2 2/3	1/6	1 1/3	39.4
9	3	1/5	1 1/2	44.4
10	3 1/3	1/5	1 2/3	49.3
11	3 2/3	1/4	1 5/6	54.2
12	4	1/4	2	59.1
13	4 1/3	2/7	2 1/6	64.1
14	4 2/3	2/7	2 1/3	69.0
15	5	1/3	2 1/2	73.9
16	5 1/3	1/3	2 2/3	78.9
17	5 2/3	1/3	2 5/6	83.8
18 tsp	6 tblsp	3/8 c	3 oz	88.7 mL
19	6 1/3	2/5	3 1/6	93.7
20	6 2/3	3/7	3 1/3	98.6
21	7	4/9	3 1/2	103.5
22	7 1/3	1/2	3 2/3	108.4
23	7 2/3	1/2	3 5/6	113.4
24	8	1/2	4	118.3
25	8 1/3	1/2	4 1/6	123.2
26	8 2/3	5/9	4 1/3	128.2
27	9	4/7	4 1/2	133.1
28	9 1/3	3/5	4 2/3	138.0
29	9 2/3	3/5	4 5/6	142.9
30	10	5/8	5	147.9
31	10 1/3	2/3	5 1/6	152.8
32	10 2/3	2/3	5 1/3	157.7
36	12	3/4	6	177.4
48	16	1	8	236.6
96	32	2	16	473.2
144	48	3	24	709.8
151 2/5	50 1/2	3 1/6	25 1/4	750.0
192	64	4	32	946.4
384	128	8	64	1892.7
768	256	16	128	3785.5

Freezer life span	Months	°F	°C
bacon and sausage	1 to 2	-10	-23
casseroles	2 to 3	0	-18
egg whites or egg substitutes	12	10	-12
frozen dinners and entrees	3 to 4	20	-7
gravy, meat or poultry	2 to 3	30	-1
ham, hotdogs and lunchmeats	1 to 2	40	4
meat, uncooked roasts	4 to 12	50	10
meat, uncooked steaks or chops	4 to 12	60	16
meat, uncooked ground	3 to 4	70	21
meat, cooked	2 to 3	80	27
poultry, uncooked whole	12	90	32
poultry, uncooked parts	9	100	38
poultry, uncooked giblets	3 to 4	250	121
poultry, cooked	4	275	135
soups and stews	2 to 3	284	140
wild game, uncooked	8 to 12	300	149

Egg	Boil	°F	°C
Hard boiled	13 min	325	163
Creamy yolk	7 min	350	177
Runny yolk	5 min	356	180
		375	191
		392	200
		400	204
		425	218
		450	232
		464	240

Oz	Pound
1	1/16
2	1/8
4	1/4
5	1/3
8	1/2
11	2/3
12	3/4
16	1
32	2



1 pint
1 1/2 pints
1 fifth
1 quart or 1 liter
2 quarts
1 gallon or 4 quarts

altitude	over 3500 ft: bake at 25° higher, 20% more water, 5% more flour, 20% less time
bread	1 slice = 1/4 cup (50 mL) dry = 1/2 cup (125 mL) soft crumbs
butter	1 stick = 1/2 cup = 110 grams
cheese	2 oz (50 g) grated = 1/2 cup (125 mL)
cheese	1 lb (500 g) = 4 to 5 cups (1 L to 1.25 L) grated
chocolate	1 square = 1/4 cup (50 mL) grated
cocoa	4 cups (1 L) = 1 lb (500 g)
corn on cob	shuck, drop in boiling water and boil 6 minutes
cottage cheese	1 lb (500 g) = 2 cups (500mL)
cup	1 cup = 8 ounces = 16 tbsp
dash	1 dash = less than 1/8 tsp
eggs	1 = 3 tbsp or 2 oz; 1 yolk = 1 tbsp or 1 oz; 1 white = 2 tbsp; 1 cup = 8-10 eggs
firmly packed	tightly press as much of ingredient as will fit into the measure
flour	1 pound = 3 1/2 cups
gallon	1 gallon = 4 quarts = 8 pints
gelatin	1 envelope (1 tbsp) will gel 2 cups = (500mL) liquid
gram	1 gram = .0353 ounces
heap	pile as much ingredient as will stay on measuring device
herbs	1 tbsp fresh = 1 teaspoon dried
lemon	1 lemon = 2 tbsp (25 mL) rind and 3 tbsp (50 mL) juice
lemon	1 tsp (5 mL) grated rind = 1/2 tsp (2 mL) lemon extract
lightly packed	lightly press ingredient only enough to remove air pockets
marshmallows	8 oz (250 g) = 32 large = 3 1/4 cups (800 mL) mini
onion	1 med 3" diameter = 1 1/4 cups chopped
orange	1 orange = 2 tbsp (25 mL) rind and 1/2 cup (125 mL) juice
ounce	1 ounce = 6 tsp = 29.6 ml = 28.3 gram
pasta	1 lb dried or fresh pasta serves 4 as a main course
pinch	1 pinch = less than 1/8 tsp
pint	1 pint = 2 cups = 1/2 quart
pound	1 pound = 16 oz = 453 grams
quart	1 quart = 2 pints = 4 cups = 1/4 gallon
raisins	3 cups (750 mL) = 1 lb (500 g)
rice	1 cup + 2 cups water = 3 cups cooked rice
sugar	1 pound = 2 1/4 cups
tablespoon	1 tablespoon = 3 teaspoons = 1/16 cup
turkey	thaw in fridge 24 hours every 5 lbs; innermost thigh cook to 165°F
water/liquid	1 lb = 2 cups; 1 oz = 2 tbsp; 1tbsp = .5 oz = 15 g; 1tsp = .17 oz = 5 g
yeast	1 envelope dry granular yeast = 1 tbsp (15 mL)

Beef/lamb roast guidelines: Preheat oven to 425°F. Roast for 30 min at 425°F. Reduce to 325°F and cook as follows: Rare 9 min per pound; Medium 14 min per pound; Well done 18 min per pound. Remove from oven and rest for 20-30 min before slicing. Meat thermometer should read 120°F+ for rare, 130°F+ for medium rare, 145°F+ for medium, 155-165°F for well done.

Pork roast guidelines: Preheat oven to 425°F. Roast for 30 min at 425°F. Reduce to 325°F and continue for 23 minutes per pound. Juice is clear when done. Remove and rest 20-30 min before slicing. Meat thermometer should read at least 145°F.

Chicken roast guidelines: Preheat oven to 400°F. Roast for 20 min at 400°F. Reduce to 350°F and continue for 45 min (small chicken) to 70 min (large chicken). Juice is clear when done. Remove and rest 20 min before slicing. Meat thermometer should read at least 165°F.