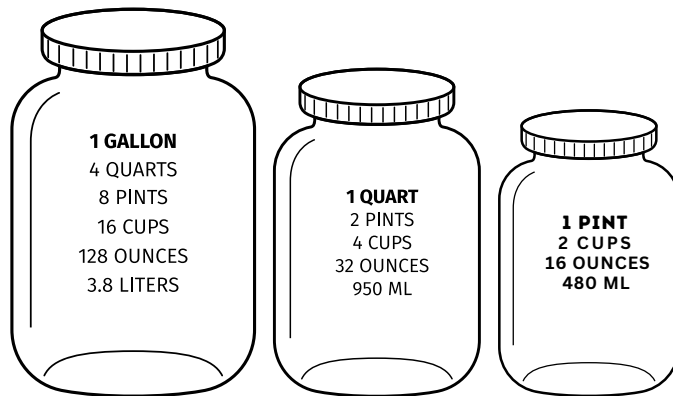


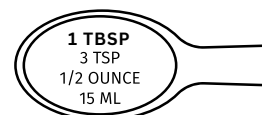
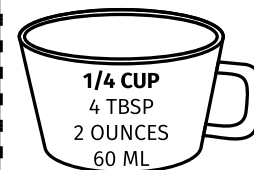
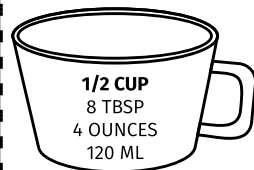
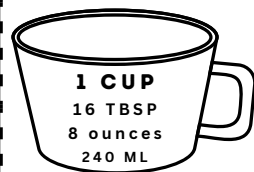
Kitchen Abbreviations & Conversions

t/tsp	=	teaspoon
T/Tbsp	=	Tablespoon
c	=	cup
pt	=	pint
qt	=	quart
gal	=	gallon
g	=	gram
lb	=	pound
pck	=	package
L	=	liter
mL	=	milliliter
fl	=	fluid
oz	=	ounce

This Measure	Equals This
Pinch/ Dash	less than 1/8 tsp
1/3 cup	5 Tbsp + 1 tsp
1 jigger	1 1/2 oz



Ounces	Pounds	Grams
1/2	-	15
1	-	28
2	1/8	57
4	1/4	115
8	1/2	227
16	1	455



Recipe Terminology



Al Dente	Translates to "to the tooth" and refers cooking an item (such as pasta) until it is firm to the bite, but not crunchy
Blanch	To partially cook food in boiling water, typically followed by shocking in ice water to stop cooking quickly
Bias Slice	To cut food at an angle
Brine	A heavily salted solution used to tenderize and add moisture to meats, also used as preservatives and in pickling
Butterfly	Splitting food (chicken, shrimp, etc.) down the middle but keeping the flesh connected at one end, to create a thinner product that resembles a butterfly
Parboil	To boil food until it is partially cooked, used to shorten cooking time with other cooking methods
Poach	To cook food by submerging in a simmering and flavorful liquid
Proof	The step in bread making when the bread dough is allowed to rise before baking
Roux	A mixture of flour and fat that is made into a paste and cooked to desired brownness, used to thicken sauces and soups, <u>Tip</u> : The lighter the roux the more it will thicken the product it is added to
Shock	To take food that has been blanched or parboiled and put it in an ice water bath to stop the cooking process

