

INTERNAL COOKING TEMPS

Beef	145°F
Chicken	165°F
Ground Meat	160°F
Ground Poultry	165°F
Egg Dishes	160°F
Fish	145°F
Lamb	145°F
Pork	145°F
Turkey	165°F
Veal	145°F

RICE RATIOS & COOK TIMES

Variety	Rice : Water	Minutes
Basmati	1 c : 2 c	18
Black	1 c : 2 c	25
Brown	1 c : 2 1/2 c	45
Jasmine	1 c : 2 c	12
Red	1 c : 1 1/2 c	25
White	1 c : 2 c	15
Wild	1 c : 4 c	55

OATMEAL

1 c rolled oats : 2 c water

Microwave Method:

Combine oats with water and a pinch of salt. Cook on high for 2 1/2 - 3 minutes.

Stove Top Method:

Add water and a pinch of salt to a small saucepan. Bring water to a boil. Add the oats and cook uncovered for 5 minutes, stirring occasionally.

DRY MEASURE EQUIVALENTS

Cups • Ounces • Tablespoons • teaspoons

1 cup	8 oz	16 T	48 tsp
3/4 c	6 oz	12 T	36 tsp
1/2 c	4 oz	8 T	24 tsp
1/4 c	2 oz	4 T	12 tsp
1/8 c	1 oz	2 T	6 tsp
1/16 c	1/2 oz	1 T	3 tsp



LIQUID MEASURE EQUIVALENTS

Quarts • Pints • Cups • Fluid Ounces

4 qts	8 pts	16 c	128 fl oz
1 qt	2 pts	4 c	32 fl oz
1/2 qt	1 pt	2 c	16 fl oz
1/4 qt	1/2 pt	1 c	8 fl oz
1/8 qt	1 oz	1/2 c	4 fl oz
1/16 qt	1/2 oz	1/4 c	1 fl oz

COMMON SUBSTITUTIONS

All Out?

Use This

Baking Powder (1 tsp)	1/2 tsp Baking Soda +1 tsp Cream of Tartar
Bread Crumbs (1c)	1 c Ground Oats (GF if necessary)
Brown Sugar (1 c)	1 Scant c White Sugar + 1 T Molasses
Cornstarch	Potato Starch
Cream of Tartar (1 tsp)	2 tsp Lemon Juice or Vinegar
Fresh Gingerroot (1 T)	1/8 tsp Ground Ginger
Fresh Herbs (1/4 c)	1 tsp Dried Herbs
Honey (1/4 c)	1 1/4 c Sugar dissolved in 1/4 c Water
Lemon Juice	White Vinegar
Red Wine	Beef Broth
Shallots	Red Onions
Unsweetened Chocolate (1 oz)	3 T Cocoa Powder + 1 T Oil
White Vinegar	Lemon Juice
White Wine	Chicken Broth

SIMPLE ALLERGY ALTERNATIVES

All Purpose Flour	GF All Purpose Flour Blend (Homemade or Namaste Brand)
Butter	Vegan Buttery Spread (Such as Earth Balance)
Buttermilk (1 c)	1 c Plain Non-Dairy Milk + 1 T White Vinegar
Egg (1)	Bob's Red Mill Egg Replacer 1 T Ground Flax Meal + 3 T Water 1/3 c Applesauce 1/4 c Pureed Banana
Heavy Cream	Coconut Cream (Chilled, excess liquid removed)
Whole Milk	Full Fat Canned Coconut Milk