

My Mission OKC

Cookbook

This Book Belongs To :

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COOK'S CHEATSHEETS



LIQUID MEASURES

1 gal.	= 4 qt	= 8 pt	= 16 cups	= 128 fl oz
1/2 gal	= 2 qt	= 4 pt	= 8 cups	= 64 fl oz
1/4 gal	= 1 qt	= 2 pt	= 4 cups	= 32 fl oz
	1/2 qt	= 1 pt	= 2 cups	= 16 fl oz
	1/4 qt	= 1/2 pt	= 1 cups	= 8 fl oz

QUICKIES

1 fl oz.	= 30 ml
1 oz	= 28.35 g
1 lb.	= 16 oz (454 g)
1 kg	= 2.2 lb
1 quart	= 2 pints

DRY MEASURES

1 cup	= 16 tbsp	= 48 tsp	= 250 ml
3/4 cup	= 12 tbsp	= 36 tsp	= 175 ml
2/3 cup	= 10 ² / ₃ tbsp	= 32 tsp	= 150 ml
1/2 cup	= 8 tbsp	= 24 tsp	= 125 ml
1/3 cup	= 5 ¹ / ₃ tbsp	= 16 tsp	= 75 ml
1/4 cup	= 4 tbsp	= 12 tsp	= 50 ml
1/8 cup	= 2 tbsp	= 6 tsp	= 30 ml
	1 tbsp	= 3 tsp	= 15 ml

Dash or Pinch or Speck = less than 1/8 tsp

SPOONS & CUPS

tsp	tbsp	fl.oz	cup
3	1	1/2	1/16
6	2	1	1/8
12	4	2	1/4
18	6	3	3/8
24	8	4	1/2
36	12	6	3/4
48	16	8	1
96	32	16	2
-	64	32	4
-	256	128	16

U.S.

CANADIAN

1/4 tsp	1.25 ml
1/2 tsp	2.5 ml
1 tsp	5 ml
1 Tbl	15 ml
1/4 cup	50 ml
1/3 cup	75 ml
1/2 cup	125 ml
2/3 cup	150 ml
3/4 cup	175 ml
1 cup	250 ml
1 quart	1 liter

RECIPE ABBREVIATIONS

Cup	= c. or C.	Tablespoon	= TBS or Tbl
Fluid	= fl		TBSP or T
Gallon	= gal	Teaspoon	= t or tsp
Ounce	= oz		
Package	= pkg		
Pint	= pt		
Pound	= lb or #		
Quart	= qt		
Square	= sq		

OVEN TEMPERATURE

Warming:	200°F	Moderate:	350°F - 375°F
Very Slow:	250°F - 275°F	Hot:	400°F - 425°F
Slow:	300°F - 325°F	Very Hot:	450°F - 475°F

*Some measurements were rounded