

## **BASIC KITCHEN CONVERSIONS & EQUIVALENTS**

### **DRY MEASUREMENTS CONVERSION CHART**

3 TEASPOONS = 1 TABLESPOON = 1/16 CUP

6 TEASPOONS = 2 TABLESPOONS = 1/8 CUP

12 TEASPOONS = 4 TABLESPOONS = 1/4 CUP

24 TEASPOONS = 8 TABLESPOONS = 1/2 CUP

36 TEASPOONS = 12 TABLESPOONS = 3/4 CUP

48 TEASPOONS = 16 TABLESPOONS = 1 CUP

### **LIQUID MEASUREMENTS CONVERSION CHART**

8 FLUID OUNCES = 1 CUP = 1/2 PINT = 1/4 QUART

16 FLUID OUNCES = 2 CUPS = 1 PINT = 1/2 QUART

32 FLUID OUNCES = 4 CUPS = 2 PINTS = 1 QUART = 1/4 GALLON

128 FLUID OUNCES = 16 CUPS = 8 PINTS = 4 QUARTS = 1 GALLON

1 OZ = 28 GRAMS

1 POUND = 454 GRAMS

1 CUP = 8 FLUID OUNCES

1 CUP = 16 TABLESPOONS

1 CUP = 48 TEASPOONS

1 CUP = 1/2 PINT

1 CUP = 1/4 QUART

1 CUP = 1/16 GALLON

### **Terminology**

**acid:** Ingredients with high acid content (pH 0 to 4.0), such as vinegar and citrus juice, do not support the growth of bacteria. Acidic ingredients are typically sour-tasting.

**dressing:** A dressing is a sauce for salads that commonly contains oil and vinegar and that may or may not be emulsified.

**emulsifier:** An emulsifier is an ingredient that is used to stabilize an emulsion; it is an ingredient that enables two normally unmixable ingredients to mix.

emulsify: To emulsify is to combine two normally unmixable ingredients to create one solution.

flavouring: Flavouring involves the addition of ingredients used to provide a particular taste to food or drink.

oil: Oil refers to plant or animal fat used for cooking or in foods such as salad dressings. The viscous liquid coats ingredients and may add richness and flavour to dressings.

temporary emulsification: Temporary emulsification refers to an unstable mixture of two normally unmixable ingredients. For example, oil and acid can be combined, but they will separate again when left to rest.

season: To season is to enhance and amplify a food's flavour in order to maximize the pleasure of the palate.

### **Simple Vinaigrette**

The usual ratio is 1 part vinegar to 3 parts oil, but I prefer 1 part vinegar to 2 parts oil. The important thing is to play around until you find your favorite ratio.

- 1 large spoon Red Wine Vinegar or other vinegar
- Any red wine vinegar will do, but if you can find unpasteurized red wine vinegar, it will have more flavor
- Sherry Wine Vinegar is also exceptionally good
- 2 large spoons Extra Virgin Olive Oil or other oil
- When you buy olive oil, check to see if there is a harvest date. Olive oil is good for you. You get the most nutritional value in the year after harvest

Put a little salt in a bowl

I recommend kosher salt, but any salt will do; you can also add pepper

Add 1 large spoon Red Wine Vinegar

Plus a little Dijon mustard

Stir it and let sit a few minutes

Optional, classic additions, to add to the vinegar, salt, mustard:

- Garlic: stronger flavor
- Either as a clove you let sit in vinegar for gentle flavor
- Or pounded to a paste in mortar/grated in a box grater for a
- You can also mince it or microplane it
- Shallot
- Sliced thinly or minced; if your shallot is very large, use a quarter of half

The vinegar will soften the garlic and shallot flavor; you can use either alone/or both garlic and shallot together

I usually let this sit 5 or so minutes, while I prepare something else. It can also sit longer. When you are ready for the salad, add the olive oil

2 large spoons Extra Virgin Olive Oil, or 3 if you prefer

Use your whisk to mix and emulsify the ingredients

- If you are dressing something hearty, like carrots, lentils, beets, potatoes, etc. you want to add the dressing before you serve, so the flavors have time to meld.

- For lettuce, it is best to do it just before serving

Once you have the proportions, the variations are endless. You can mix and match the vinegars (a touch of apple cider, white wine vinegar, balsamic), add a little lemon, put a touch of soy sauce, etc.

And for the salads, the same is true

- I like baby greens for their taste and nutritional value, but variation is also important, so I alternate with romaine, radicchio, red leaf lettuce, etc.

- Favorite additions:

- Tomatoes
- Avocado
- Cucumber
- Thinly sliced Brussel sprouts

- Roasted sweet potatoes (cut sweet potatoes, put a little olive

oil and salt and roast at 400 for about 15-20 minutes)

- Mushrooms, thinly sliced

- Sliced apples

- Walnuts, almond slivers, pistachios dry roasted in a pan right

before adding to salad

- Croutons (homemade with good left-over bread)

- Herbs: Anything you have on hand/enjoy

- Any combination that pleases you