

Cooking Lab

Name(s): _____

Chefs are often required to convert the amount needed in a recipe to units corresponding to the measuring tools available or the units in the packaging. Similarly, recipes that feed only 6 may need to be increased to accommodate larger numbers of people. In both cases, the use of fractions is often necessary.

Standard Volume Equivalents:

1 tablespoon = 3 teaspoons = $\frac{1}{2}$ fluid oz
 1 cup = 16 Tablespoons = 8 fluid oz.
 1 pint = 2 cups
 1 quart = 2 pints
 1 gallon = 4 quarts

Standard Weight Equivalents:

16 oz. = 1 lb

For liquids: 1 pint = 1 pound

Metric Conversions:

1 gram = 1,000 milligrams
 1 kilogram = 1,000 grams
 1 liter = 1,000 milliliters

English to Metric

Conversions*:

1 ounce = $28\frac{3}{10}$ grams
 1 liter = $33\frac{4}{5}$ fluid ounces
 1 kilogram = $2\frac{1}{5}$ pounds

*Note that these are only approximations not exact values.

Example: Convert 30 teaspoons to cups.

$$\frac{30\cancel{tsp}}{1} \times \frac{1\cancel{tbsp}}{3\cancel{tsp}} \times \frac{1C}{16\cancel{tbsp}} = \frac{30C}{48} = \frac{5}{8}C$$

Note: When setting up conversions begin by putting the initial amount over 1 and then set up the appropriate conversion factors so that the units in the numerator cancel with those in the denominator until the required unit is the only one remaining.

Practice Exercises: Show your work for each conversion.

1. $\frac{3}{8}$ pt = _____ tbsp

3. $\frac{3}{4}$ oz = _____ g

2. 200g = _____ lbs

4. 75 mL = _____ fl oz

The following exercises were provided to the Math Department by Mesa College's Culinary Arts program as examples of real problems students face in the program. In each case, do not use a calculator or decimals and show your work.

5. If a recipe calls for $\frac{1}{4}$ cup of milk and you have been asked to halve the recipe, how many teaspoons do you need?

6. You need 7 pounds 12 ounces of beef, however you can only order it in whole kilogram units. How many kilograms of beef should you order?

7. If you are preparing 3 ounces servings of fruit cocktail, how many full servings can you get from 5 kilograms of fruit cocktail?

8. You have 4 pounds 8 ounces of gouda cheese. The recipe calls for $1\frac{3}{4}$ kilograms of gouda cheese.
Do you have enough cheese? _____

How many kilograms do you have left over or how much more do you need?

9. You have a case of chicken broth which contains six 2-liter containers and you need 14 quarts of stock for the soup.

Do you have enough? _____

How many quarts do you have left over or how many more quarts do you need?

10. You are asked to make 58 strawberry tarts for an upcoming spring event. Each tart requires 50g of flour. How many pounds of flour will you need?

11. An original recipe calls for $3\frac{1}{4}$ cups of cream. If you wish to increase the amount by $3\frac{1}{2}$ times, how many liters of cream do you need?
