

basic cooking conversion & storage chart

Specific Food Conversion Chart

Butter:

1 stick = 4 ounces (113 grams) = 8 tablespoons = 1/2 cup

4 sticks = 16 ounces (1 pound or 452 grams) = 32 tablespoons = 2 cups

Lemon:

1 lemon = 1 - 3 tablespoons juice 1 - 1 1/2 teaspoons grated zest

4 large lemons = 1 cup of juice = 1/4 cup grated zest

Chocolate:

1 ounce = 1/4 cup grated (40 grams)

6 ounces chips = 1 cup chips (160 grams)

Herbs:

1 tablespoon of fresh = 1 teaspoon of dried



Common Produce Storage

Refrigerator

Apples	Cucumbers	Peppers
Artichokes	Eggplant	Pineapple (cut)
Asparagus	Grapes	Potatoes (red, white, gold, fingerling)
Beets	Greens/Lettuce	Radishes
Berries	Herbs	Root Vegetables
Broccoli	Melons (cut)	Squash (summer)
Brussels Sprouts	Mushrooms	
Cabbage	Nectarines	
Carrots	Nuts	
Cauliflower	Okra	
Celery	Onions/Leeks	
Cherries	Peaches	
Coconut	Pears	
Corn	Peas	

Room Temperature

Apricots	Potatoes
Avocados	Pumpkins
Bananas	Shallots
Dried Fruits	Squash (winter)
Garlic	Sweet Potatoes
Grapefruit	Tomatoes
Kiwifruit	Watermelon (uncut)
Lemons	
Mandarins	
Mangoes	
Melons (whole)	
Peaches (unripe)	
Pears (unripe)	
Pomegranates	

