

Look, Cook, Learn

Delicious and Nutritious Recipes for the Discerning Cook



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Introduction

Cooking Doesn't Have to be Scary

This book is dedicated to all the adventurous cooks who dare to conquer the kitchen and create wonderful dishes that are both delicious and nutritious.

With the advent of fast food, the microwave, and prepackaged meals the art cooking and preparing meals at home is becoming more and more rare. Our busy lives often pull us out of the kitchen and what we do actually cook can become repetitive and routine.

To many, cooking can seem like a challenging task. If you were not taught how to cook while you were growing up then the kitchen can be rather intimidating.







However, the kitchen doesn't have to be a scary place. Once you have learned the basics you are free to move on and experience new dishes, take on new challenges, and expand your recipe repertoire. Also, by preparing your own meals you have more control over what is going into your food, and therefore, what you are ultimately consuming yourself. It's healthier and more affordable for you and your family and we are sure that you will love our latest collection of recipes. Bon appetit!

How This Book Works







Throughout this book you will find recipes that are both delicious and nutritious. We have included a brief guide to help explain the basic food groups as well as the importance of each group to the overall nutrition of your body.

In each recipe you will see a visual guide that helps convey the amount of each food group that is contained in a serving of that recipe. These guides will help you compare the nutrition of each recipe as well as keep track of what types of food groups you are including in your daily diet.

Food Groups

- | | | |
|---|--|---|
|  Grain |  Vegetables |  Fruits |
|  Dairy |  Protein |  Fats and Oils |

Serving Portions of Each Food Group Per Recipe Serving

- | | | |
|---|---|---|
|  ¼ serving |  ½ serving |  ¾ serving |
|  ⅓ serving |  ⅔ serving |  1 serving |

Nutrition

In order to stay healthy our bodies need a diet which provides proper nutrition. The foods you eat directly affect the vitamins and nutrients that are being put into your body. It is extremely important to be mindful of the foods you consume in order to ensure a balanced diet that includes all of the food groups.

The major food groups are grains, fruits, vegetables, proteins, and dairy. The last group, fats and oils, should be used sparingly.



Nutrition Wheel

Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Vegetables

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated and may be whole, cut-up, or mashed.

Fruits

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Protein

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group.

Dairy

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Most dairy group choices should be fat-free or low-fat.

Fats and Oils

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine. Solid fats are fats that are solid at room temperature, like butter and shortening.

For more information about nutrition and food groups please refer to the US Department of Agriculture website www.mypyramid.gov.

Food Groups

Grains

6-11 Servings

6 ounces

Serving Size

½ bagel
 ½ cup cooked rice or pasta
 ½ cup cooked hot cereal, such as oatmeal
 ½ cup cooked couscous
 1 slice bread
 1 cup dry cereal
 1 flat tortilla

Grains are a major sources of energy and fiber and are divided into 2 subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel while refined grains have been milled to give grains a finer texture and improve their shelf life. However, milling also removes dietary fiber, iron, and many B vitamins. Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

Half of your daily grain intake should consist of whole grains. Be sure to look at your food packing to make sure that your grains are not completely refined.

Refined Grains



Refined grains have been milled, a process that removes the bran and germ.

Whole Grains



Whole grains contain the entire grain kernel which includes the bran, germ, and endosperm.

Vegetables

3-5 Servings

2 ½ cups

Serving Size

½ cup cut-up raw or cooked vegetable
 ½ of a baked sweet potato
 ¾ cup vegetable juice
 1 cup raw leafy vegetables
 1 roma tomato
 1 ear of corn
 5 broccoli florets
 10 baby carrots

Vegetables are a rich sources of potassium, magnesium, and fiber and can be organized into 5 subgroups, based on their nutrient content. These categories are dark green vegetables, orange vegetables, dry beans and peas, starchy vegetables, and other vegetables.



Dry Beans and Peas

black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, tofu



Orange Vegetables

acorn squash, butternut squash, carrots, pumpkin, sweet potatoes



Starchy Vegetables

corn, green peas, potatoes



Dark Green Vegetables

bok choy, broccoli, romaine lettuce, spinach



Other Vegetables

artichokes, asparagus, bean sprouts, cucumbers, green beans, peppers, mushrooms, onions, tomatoes, zucchini

Fruits

2-4 Servings

2 cups

Serving Size

¼ cup dried fruit
 ½ cup cooked, fresh, frozen, or canned fruit
 ¾ cup fruit juice
 1 medium apple, orange or banana
 2 plums
 6 strawberries
 15 grapes

Fruits are an important source of potassium, magnesium, and fiber. Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and can be whole, cut-up, or pureed.



Fruits are beneficial to the persons suffering from heart disease or high blood pressure as these have a low sodium content but are high in potassium.



It is always better to consume a whole fruit with its skin, if possible. The skin contains many essential nutrients and is also a very good source of fiber.

Proteins

2-3 Servings

5 ounces

Serving Size

½ small chicken breast
 ½ cup cooked beans
 ½ cup nuts
 1 egg
 2 Tbs peanut butter
 2 Tbs seeds
 6 thin slices deli meat

Lean meats are rich sources of protein and magnesium. Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry. It is also good to select fish rich in omega-3 fatty acids, such as salmon, trout, and herring. Try to reduce eating sodium rich processed meats such as ham, sausage, frankfurters, and luncheon or deli meats.

Select only lean meats and trim away visible fats. Broil, roast, or poach; remove skin from poultry. Two egg whites have the same protein content as 1 oz meat.



Since eggs are high in cholesterol, limit egg yolk intake to no more than four per week.



Don't forget to eat fish, nuts, and seeds along with your meats and poultry.

Dairy

2-3 Servings

3 cups

Serving Size

⅓ cup of shredded cheese
 ½ cup of ricotta cheese
 1 cup milk or yogurt
 1 ounce of process cheese
 1 ½ ounce of natural cheese
 1 ½ cups ice cream
 2 cups cottage cheese

All liquid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. However, foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most dairy group choices should be fat-free or low-fat.

Does low-fat milk make a difference?

Numbers below reflect an 8 oz glass of milk.

Whole Milk



150 8g
Calories Fat

2% Milk



120 4.5g
Calories Fat

1% Milk



100 2.5g
Calories Fat

Skim Milk



80 0g
Calories Fat

Fats and Oils

Use Sparingly

Serving Size

1 tsp soft margarine
 1 tsp vegetable oil
 1 Tbs mayonnaise
 1 Tbs salad dressing

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats can come from many animals and can be made from vegetable oils through a process called hydrogenation.

While consuming some oil is needed for health, oils still contain calories. In fact, oils and solid fats both contain about 120 calories per tablespoon. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake.



Oils from plant sources (vegetable and nut oils) do not contain any cholesterol.



Appetizers

Chapter 2

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Flaky Pizza Purses

Nutrition
Per Serving

● Grain
● Dairy
● Vegetables Protein
● Fats

Makes
6 Starters

Total Time:
25 mins

Prep Time
10 mins

Cook Time
15 mins

Ingredients

5 Sheets Phyllo Dough
1 pint Sweet Grape Tomatoes
2 cups Mozzarella, shredded
5 Tbs Melted Butter

1 Tbs Olive Oil
¼ tsp Salt
½ tsp Dried Italian Herbs
Fresh Basil Leaves



Six Minute Tomato Sauce

Begin by making the tomato sauce, then proceed to make the Pizza Purses.

1 Heat

Heat oil over medium-high heat in a saute pan and add tomatoes. Toss in oil and cook until tomatoes begin to soften and burst.

2 Season

Add salt and herbs. You can help the tomatoes along by popping them with the tip of a knife as they expand.

3 Pop Tomatoes

Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.



Pizza Purses

Preheat oven to 400° F.

Get your work station ready with everything you'll need to make the purses. You'll need a large area to spread the dough out on, tomato sauce, shredded cheese, basil, melted butter, a brush, and a damp kitchen towel or plastic wrap.

1 Prepare Dough

You'll want to open the dough, unroll it, remove 5 sheets, cover the 5 sheets, re-roll and package the remaining dough.



2 Brush with Butter

Remove one sheet from the stack of five and lay it out in front of you. Always re-cover the sheets you're not currently working with, or else they'll dry out. Brush with melted butter, starting at the edges and working in to the center. If you get some rips or tears, don't worry – it won't be noticeable by the time you're done. Just repair them as best you can and move on.



1 Tbs Olive Oil
1 Pint Sweet Grape Tomatoes

¼ tsp Salt
½ tsp Dried Italian Herbs

5 Sheets Phyllo Dough

5 Tbs Melted Butter

3 Stack Phyllo Layers

Once covered in butter, place the second sheet on top. Brush. Repeat this process until all 5 phyllo sheets have been stacked and brushed.

4 Cut

Using a pizza cutter, cut dough into six squares (one cut lengthwise, two cuts widthwise).

5 Add Sauce and Cheese

Place $\frac{1}{6}$ of the sauce in the middle of each square. Then add cheese and a few basil leaves. The leaves can either be whole or chopped up, whichever you prefer.

6 Fold

Gather the edges of the squares into the center, twisting to seal and form a purse. Place the completed purses on a baking sheet. Give the purses one final brush of butter before going in the oven.

7 Bake

Bake at 400° F for 10-15 minutes until the purses turn golden brown along the edges and the body feels cooked and flaky. Top with fresh basil leaves and serve warm.



- 1 recipe 6 Minute Tomato Sauce (previous)
- 2 cups Mozzarella Cheese, shredded
- Fresh Basil Leaves

Variations

Try adding your other favorite pizza ingredients such

- olives
- mushrooms
- green peppers
- onions
- pineapple
- bbq chicken
- garlic
- artichokes
- pepperoni
- sausage
- bacon
- ham
- blue cheese
- broccoli

Special Notes for Phyllo Dough

Phyllo dough is located in the freezer section of your grocery store. Keep frozen, placing unopened package in the refrigerator the night before to defrost. Do not defrost at room temperature.

Once defrosted, move dough from refrigerator to counter two hours before use. Keep any opened dough covered with a damp kitchen towel and/or plastic wrap to prevent drying. Re-wrap unused portion immediately and refrigerate for 1 week, or refreeze.





Baking

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Brown Sugar and Peach Muffins

Nutrition Per Serving

Grain
Protein

Vegetables
Dairy

Fruits
Fats

Ingredients

2 cups Flour
½ cup Brown Sugar
2 tsp Baking Powder
1 tsp Baking Soda
¼ tsp Salt
1 cup Milk

1 Tbs Lemon Juice
⅓ cup Oil
1 tsp Vanilla Extract
½ cup Peaches chopped
(fresh or canned)
Extra Brown Sugar
(for sanding)

Makes

12 Muffins

Total Time:

30 mins

Prep Time

10 mins

Cook Time

20 mins



Preheat oven to 400° F and line your muffin tins with muffin cups.

1 Mix

Mix the dry ingredients together.

2 cups Flour
* ½ cup Brown Sugar
2 tsp Baking Powder
1 tsp Baking Soda
¼ tsp Salt

2 Whisk

Whisk the wet ingredients together until incorporated and thickened.

1 cup Milk
1 Tbs Lemon Juice
⅓ cup Oil
1 tsp Vanilla Extract

3 Combine

Add wet to dry and gently fold the until the flour is moistened and there are no dry spots. Add the chopped peaches and fold in gently.

⅓ – ½ cup Peaches,
chopped (fresh or
canned)

4 Fill

Fill muffin cups ¾ of the way. Sprinkle with extra brown sugar, and add extra peach pieces on top if desired.

Brown Sugar

5 Bake

Bake for 18-22 minutes, or until lightly browned and a toothpick comes out clean. The centers should also bounce back when pressed lightly.

* If needed, you can make your own brown sugar by adding ½ – 1 tsp of molasses to ½ cup of sugar and mixing well. Commercial brown sugar is made by mixing molasses back in to processed sugar, so it's not really any different than store-bought.



Ingredient Substitutions

		Option 1	Option 2	Option 3
A	Allspice	1 tsp	½ tsp cinnamon, ¼ tsp ginger, and 1/4 tsp cloves	
	Arrowroot Starch	1 tsp	1 Tbs flour	1 tsp cornstarch
B	Baking Mix	1 cup	1 cup pancake mix	
	Baking Powder	1 tsp	¼ tsp baking soda plus ½ tsp cream of tartar	
	Beer	1 cup	1 cup nonalcoholic beer	1 cup chicken broth
	Brandy	¼ cup	1 tsp imitation brandy extract plus enough water to make ¼ cup	
	Bread Crumbs	1 cup	1 cup cracker crumbs	1 cup matzo meal 1 cup ground oats
	Broth (beef or chicken)	1 cup	1 bouillon cube plus 1 cup boiling water	1 Tbs soy sauce plus enough water to make 1 cup 1 cup vegetable broth
	Brown Sugar (packed)	1 cup	1 cup white sugar plus ¼ cup molasses. Reduce the liquid in recipe by ¼ cup	1 ¼ cups confectioners' sugar
	Butter (salted)	1 cup	1 cup margarine	1 cup shortening plus ½ teaspoon salt ¾ cup vegetable oil plus ½ tsp salt
	Butter (unsalted)	1 cup	1 cup shortening	¾ cup vegetable oil ¾ cup lard
	Buttermilk	1 cup	1 cup yogurt	1 Tbs lemon juice and enough milk to make 1 cup 1 Tbs vinegar and enough milk to make 1 cup
C	Cheddar Cheese (shredded)	1 cup	1 cup shredded Colby Cheddar	1 cup shredded Monterey Jack Cheese
	Chervil (fresh chopped)	1 Tbs	1 Tbs chopped fresh parsley	
	Chicken Base	1 Tbs	1 cup chicken broth or stock. Reduce liquid in recipe by 1 cup	

		Option 1	Option 2	Option 3
	Chocolate (semisweet)	1 oz	1 (1-oz) square of unsweetened chocolate plus 4 tsp sugar	1 ounce semisweet chocolate chips plus 1 tsp shortening
	Chocolate (unsweetened)	1 oz	1 (1-oz) square of unsweetened chocolate plus 4 tsp sugar	1 ounce semisweet chocolate chips plus 1 tsp shortening
	Cocoa	¼ cup	3 tbs unsweetened cocoa plus 1 Tbs shortening or vegetable oil	1 (1-oz) square unsweetened chocolate
	Condensed Cream of Mushroom Soup	1 can (10.75 oz)	1 (10.75 oz) can condensed cream of celery	1 (10.75 oz) can condensed golden mushroom soup 1 (10.75 oz) can condensed cream of chicken
	Corn Syrup	1 cup	1 ¼ cup white sugar plus ⅓ cup water	1 cup honey 1 cup light treacle syrup
	Cottage Cheese	1 cup	1 cup farmer's cheese	1 cup ricotta cheese
	Cracker Crumbs	1 cup	1 cup bread crumbs	1 cup ground oats 1 cup matzo meal
	Cream (half and half)	1 cup	¾ cup milk plus 1 Tbs butter	¾ cup milk plus ½ cup butter
	Cream (heavy)	1 cup	1 cup evaporated milk	¾ cup milk plus 3 Tbs butter
	Cream (light)	1 cup	1 cup evaporated milk	1 cup plain yogurt, strained overnight in a cheesecloth
	Cream (whipped)	1 cup	1 cup frozen whipped topping, thawed	
	Cream Cheese	1 cup	1 cup pureed cottage cheese	
	Cream of Tartar	1 cup	2 tsp lemon juice	2 tsp vinegar
	Crème Fraiche	¼ cup	Combine 1 cup of heavy cream and 1 Tbs of plain yogurt. Let stand for 6 hours at room temperature	

		Option 1	Option 2	Option 3
E	Egg	1 whole	2 ½ Tbs of powdered egg substitute plus 2 ½ Tbs water	¼ cup liquid egg substitute 3 Tbs mayonnaise
	Evaporated Milk	1 cup	1 cup light cream	
F	Farmer's Cheese	8 oz	8 oz dry cottage cheese	8 oz creamed cottage cheese, drained
	Fats for Baking	1 cup	1 cup applesauce	1 cup fruit puree
	Flour (Bread)	1 cup	1 cup all-purpose flour plus 1 tsp wheat gluten	
	Flour (Cake)	1 cup	1 cup all-purpose flour minus 2 Tbs	
	Flour (Self-Rising)	1 cup	⅔ cup all-purpose flour plus 1 ½ tsp baking powder and ½ tsp of salt	
G	Garlic	1 clove	⅓ tsp garlic powder	½ tsp granulated garlic ½ tsp garlic salt Reduce salt in recipe.
	Gelatin (granulated)	1 tbs	2 tsp agar agar	
	Ginger (dry)	1 tsp	2 tsp chopped fresh ginger	
	Ginger (fresh minced)	1 tsp	½ tsp ground dried ginger	
	Green onion (chopped)	½ cup	½ cup chopped onion,	½ cup chopped leek ½ cup chopped shallots
H	Hazelnuts	1 cup	1 cup macadamia nuts	1 cup almonds
	Herbs (fresh chopped)	1 tbs	1 tsp (chopped or whole leaf) dried herbs	
	Herring	8 oz	8 oz of sardines	
	Honey	1 cup	1 ¼ cup white sugar plus ⅓ cup water	1 cup corn syrup 1 cup light treacle syrup

		Option 1	Option 2	Option 3
	Hot Pepper Sauce	1 tsp	¾ tsp cayenne pepper plus 1 tsp vinegar	
K	Ketchup	1 cup	1 cup tomato sauce, 1 tsp vinegar and 1 Tbs sugar	
L	Lard	1 cup	1 cup shortening	⅔ cup vegetable oil 1 cup butter
	Lemon Grass	2 fresh stalks	1 Tbs lemon zest	
	Lemon Juice	1 tsp	½ tsp vinegar	1 tsp white wine 1 tsp lime juice
	Lemon Zest	1 tsp	½ tsp lemon extract	2 Tbs lemon juice
	Lime Juice	1 tsp	1 tsp vinegar	1 tsp white wine 1 tsp lemon juice
M	Macadamia Nuts	1 cup	1 cup almonds	1 cup hazelnuts
	Mace	1 tsp	1 tsp nutmeg	
	Margarine	1 cup	1 cup shortening plus ½ tsp salt	1 cup butter ⅔ cup vegetable oil plus ½ tsp salt
	Mayonnaise	1 cup	1 cup sour cream	1 cup plain yogurt
	Milk (whole)	1 cup	1 cup soy or rice milk	¼ cup dry milk powder plus 1 cup water ⅔ cup evaporated milk plus ⅓ cup water
	Mint (fresh chopped)	¼ cup	1 Tbs dried mint leaves	
	Molasses	1 cup	Mix ¾ cup brown sugar and 1 tsp cream of tartar	
	Mustard (prepared)	1 Tbs	Mix together 1 Tbs dried mustard, 1 tsp water, 1 tsp vinegar and 1 tsp sugar	
O	Onion (chopped)	1 cup	1 cup chopped green onions or shallots	¼ cup onion powder ¼ cup dried minced onion
	Orange Juice	1 Tbs	1 Tbs other citrus juice	

		Option 1	Option 2	Option 3
	Orange Zest	1 Tbs	½ tsp orange extract	1 tsp lemon juice
P	Parmesan Cheese	½ cup, grated	½ cup grated Asiago cheese	½ cup grated Romano cheese
	Parsley (chopped fresh)	1 Tbs	1 Tbs chopped fresh chervil	1 tsp dried parsley
	Pepperoni	1 oz	1 oz salami	
R	Raisins	1 cup	1 cup dried currants	1 cup dried cranberries 1 cup chopped pitted prunes
	Rice (white)	1 cup, cooked	1 cup cooked barley	1 cup cooked bulgur 1 cup cooked brown rice
	Ricotta	1 cup	1 cup dry cottage cheese	1 cup silken tofu
	Rum	1 Tbs	½ tsp rum extract, plus enough water to make 1 Tbs	
S	Saffron	¼ tsp	¼ tsp turmeric	
	Salami	1 oz	1 oz pepperoni	
	Semisweet Chocolate Chips	1 cup	1 cup chocolate candies	1 cup peanut butter or other flavored chips 1 cup chopped nuts or dried fruit
	Shallots (chopped)	1 cup	1 cup chopped onion	1 cup chopped leek 1 cup chopped green onion
	Shortening	1 cup	1 cup butter	1 cup margarine minus ½ tsp salt from recipe
	Sour Cream	1 cup	1 cup plain yogurt	1 Tbs lemon juice or vinegar plus enough cream to make 1 cup ¾ cup buttermilk mixed with ⅓ cup butter
	Sour Milk	1 cup	1 tbs vinegar or lemon juice mixed with enough milk to make 1 cup: Let stand 5 minutes to thicken	
	Soy Sauce	½ cup	4 Tbs Worcestershire sauce mixed with 1 Tbs water	

		Option 1	Option 2	Option 3
	Stock (beef or chicken)	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water	
	Sweetened Condensed Milk	1 can (14 oz)	¾ cup white sugar mixed with ½ cup water and 1 ⅞ cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes	
V	Vegetable Oil (for baking)	1 cup	1 cup applesauce	1 cup fruit puree
	Vegetable Oil (for frying)	1 cup	1 cup lard	1 cup vegetable shortening
	Vinegar	1 tsp	1 tsp lemon or lime juice	2 tsp white wine
W	White sugar	1 cup	1 cup brown sugar	1 ¼ cups confectioner's sugar ¾ cup honey or corn syrup
	Wine	1 cup	1 cup chicken or beef broth	1 cup fruit juice mixed with 2 tsp vinegar 1 cup water
Y	Yeast (active dry)	1 (.25 oz) package	1 cake compressed yeast	2 ½ tsp active dry yeast 2 ½ tsp rapid rise yeast
	Yogurt	1 cup	1 cup sour cream	1 cup buttermilk 1 cup sour milk

Measurement Conversions

Volume

Cup	Tablespoons	Teaspoons	Fluid Ounces	Milliliters	Pints
$\frac{1}{64}$ cup	$\frac{1}{4}$ tbsp	$\frac{3}{4}$ tsp	$\frac{1}{8}$ oz	4 ml	$\frac{1}{128}$ pint
$\frac{1}{48}$ cup	$\frac{1}{8}$ tbsp	1 tsp	$\frac{1}{6}$ oz	5 ml	$\frac{1}{64}$ pint
$\frac{1}{32}$ cup	$\frac{1}{2}$ tbsp	1 $\frac{1}{4}$ tsp	$\frac{1}{4}$ oz.	8 ml	$\frac{1}{48}$ pint
$\frac{1}{16}$ cup	1 tbsp	3 tsp	$\frac{1}{2}$ oz	15 ml	$\frac{1}{32}$ pint
$\frac{1}{8}$ cup	2 tbsp	6 tsp	1 oz	30 ml	$\frac{1}{16}$ pint
$\frac{1}{4}$ cup	4 tbsp	12 tsp	2 oz	59 ml	$\frac{1}{8}$ pint
$\frac{1}{3}$ cup	5 tbsp	16 tsp	3 oz	79 ml	$\frac{1}{6}$ pint
$\frac{1}{2}$ cup	8 tbsp	24 tsp	4 oz	118 ml	$\frac{1}{4}$ pint
$\frac{2}{3}$ cup	11 tbsp	32 tsp	5 oz	158 ml	$\frac{1}{3}$ pint
$\frac{3}{4}$ cup	12 tbsp	36 tsp	6 oz	177 ml	$\frac{3}{8}$ pint
1 cup	16 tbsp	48 tsp	8 oz	237 ml	$\frac{1}{2}$ pint
2 cups	32 tbsp	96 tsp	16 oz	473 ml	1 pint

Egg Conversions

Eggs	Cups
5 whole eggs	1 cup
12 egg yolks	1 cup
8 egg whites	1 cup

Butter Conversions

Butter	Cups	Tablespoons
1 stick	$\frac{1}{2}$ cup	8 tbsp
$\frac{1}{2}$ lb	1 cup	16 tbsp
1 lb	2 cup	32 tbsp

Weight

Grams	Pound	Ounces
7 g	$\frac{1}{64}$ lb	1/4 oz
14 g	$\frac{1}{32}$ lb	1/2 oz
28 g	$\frac{1}{16}$ lb	1 oz
56 g	$\frac{1}{8}$ lb	2 oz
112 g	$\frac{1}{4}$ lb	4 oz
225 g	$\frac{1}{2}$ lb	8 oz
340 g	$\frac{3}{4}$ lb	12 oz
455 g	1 lb	16 oz
680 g	1 $\frac{1}{2}$ lb	24 oz
900 g	2 lb	32 oz
992 g	2 $\frac{1}{8}$ lb	35 oz.

Measuring Terms

Measure	Equivalent
1 dash	1/4 tsp or less
1 pinch	$\frac{1}{8}$ tsp or less
juice of 1 lemon	2 to 3 tbs
juice of 1 orange	about $\frac{1}{2}$ cup

Oven Temperature

Fahrenheit	Celsius
100 °F	37.8 °C
125 °F	52.7 °C
150 °F	65.6 °C
175 °F	79.4 °C
200 °F	93.3 °C
225 °F	107.2 °C
250 °F	121.1 °C
275 °F	135 °C
300 °F	148.9 °C
325 °F	162.8 °C
350 °F	176.8 °C
375 °F	190.6 °C
400 °F	204.4 °C
425 °F	218.3 °C
450 °F	232.2 °C
475 °F	246.1 °C
500 °F	260 °C
525 °F	273.9 °C
550 °F	287.8 °C

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Look, Cook, Learn

Cooking Doesn't Have to be Scary

This book is dedicated to all the adventurous cooks who dare to conquer the kitchen and create wonderful dishes that are both delicious and nutritious.

With the advent of fast food, the microwave, and prepackaged meals the art cooking and preparing meals at home is becoming more and more rare. Our busy lives often pull us out of the kitchen and what we do actually cook can become repetitive and routine.

To many, cooking can seem like a challenging task. If you were not taught how to cook while you were growing up then the kitchen can be rather intimidating.

However, the kitchen doesn't have to be a scary place. Once you have learned the basics you are free to move on and experience new dishes, take on new challenges, and expand your recipe repertoire. Also, by preparing your own meals you have more control over what is going into your food, and therefore, what you are ultimately consuming yourself. It's healthier and more affordable for you and your family and we are sure that you will love our latest collection of recipes. Bon appetit!