

FOOD PRODUCTION CHART

One Gallon

1 gallon = 4 quarts
1 gallon = 16 cups
1 gallon = 128 liquid ounces

One Quart

1 quart = 4 cups
1 quart = 2 pints
1 quart = 32 liquid ounces

One Cup

1 cup = 16 tablespoons
1 cup = ½ pint
1 cup = 8 liquid ounces

Tablespoon

¼ tbsp = ¾ tsp
½ tbsp = 1 ½ tsp
¾ tbsp = 2 ¼ tsp
1 tbsp = 3 tsp

One Ounce

1 ounce = 28 grams
1 ounce = 28 ml or 28 cc

One Pound

1 pound = 16 ounces

One No. 10 Can

No. 10 can = 3 quarts
No. 10 can = 12 cups
No. 10 can = 25 - ½ cup portions

Scoops

¼ cup = #16 scoop
⅓ cup = #12 scoop
½ cup = #8 scoop
⅔ cup = #6 scoop
2 Tbsp = #30 scoop
1 Tbsp = #60 scoop

Ladles

2 ounces = ¼ cup
4 ounces = ½ cup
6 ounces = ¾ cup
8 ounces = 1 cup

Fractions to Decimals

1/8 = .13 1/2 = .50
1/4 = .25 2/3 = .66
1/3 = .33 3/4 = .75
Example: 12 ¾ lbs. = 12.75 lbs.

Not all Foods Measure the Same

16 ounces = 4 cups of flour
16 ounces = 3 cups of brown sugar
16 ounces = 2.25 cups of gran. sugar

Oven Conversion

Convert a recipe from a conventional oven to a convection oven by:

1. Bake at same temperature for 25% less time.
2. Bake for the same amt. of time and drop the temp. of the oven by 25°F.

Ounces to Decimals

| | |
|------------|-------------|
| 1 oz = .06 | 9 oz = .56 |
| 2 oz = .13 | 10 oz = .63 |
| 3 oz = .19 | 11 oz = .69 |
| 4 oz = .25 | 12 oz = .75 |
| 5 oz = .31 | 13 oz = .81 |
| 6 oz = .38 | 14 oz = .88 |
| 7 oz = .44 | 15 oz = .94 |
| 8 oz = .50 | |

Example: 12.63 pounds =
12 pounds + 10 ounces.

Recipe Conversions

To find the recipe factor, divide 50 (if yield is different - use the yield of the recipe) into the # you want to prepare. For example $50 \div 125 =$ a factor of 2.5. Then multiply each recipe ingredient by 2.5 such as:
10 lbs. x 2.5 = 25 lbs.



FOOD PRODUCTION CHART

COUNTER PAN CAPACITIES

Full Size (20 x 12")

Depth: 2"

Capacity: 12-15 lbs or 8 qts

Cut: 48 (3 x 2 1/2")

Portions: 67-4oz, 33-8oz

Suggested Use: Baked entrees & desserts

Depth: 4"

Capacity: 24-30lbs or 14 qts

Cut: 32 (3 x 2 1/2")

Portions: 113-4oz, 56-8oz

Suggested Use: Baked entrees

Half Size (10 x 12")

Depth: 2 1/2"

Capacity: 6-7 lbs or 4 qts

Cut: 16 (3 x 2 1/2")

Portions: 34-4oz, 17-8oz

Suggested Use: Bkd entrees

Depth: 4"

Capacity: 12-15lbs or 6 1/2qts

Portions: 53-4oz, 27-8oz

Suggested Use: Bkd entrees

Depth: 6"

Capacity: 10 qts

Portions: 80-4oz, 40-8oz

Suggested Use: Vegetables

One-Third Size (6 7/8 x 12 3/4")

Depth: 2"

Portions: 85-1oz, 42-2oz

Suggested Use: Salad bar items

Depth: 4"

Portions: 134-1oz, 67-2oz

Suggested Use: Condiments

Depth: 6"

Portions: 197-1oz, 98-2oz

Suggested Use: Sauces

One-Fourth Size (6 3/8 x 10 3/8")

Depth: 2"

Portions: 60-1oz, 30-2oz

Suggested Use: Salad bar items

Depth: 4"

Portions: 96-1oz, 48-2oz

Suggested Use: Condiments

Depth: 6"

Portions: 146-1oz, 73-2oz

Suggested Use: Sauces

COMMON INSTITUTIONAL CAN SIZES

| <u>Can Size</u> | <u>Approximate Net Weight</u> | <u>Approximate Cups per Can</u> | <u>Approximate # 4z Portions</u> | <u>Principal Products</u> |
|-----------------|-------------------------------|---------------------------------|----------------------------------|-------------------------------------------|
| No. 10 | 6-7 lbs | 9-12 | 25 | Fruits & vegetables |
| No. 5 squat | 4-4 1/4 lbs | 8 | 16-20 | Canned fish, sweet potatoes |
| No. 3 cyl | approx 46 floz | 5 1/4 | 10-12 | Fruit & vegetable juices, condensed soups |

