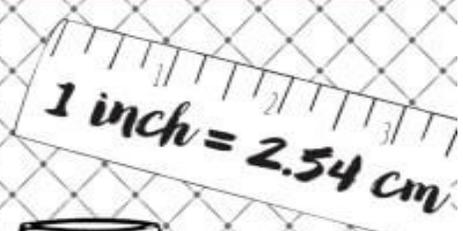
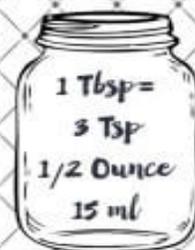
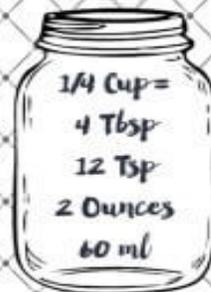
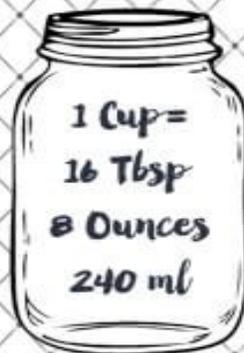
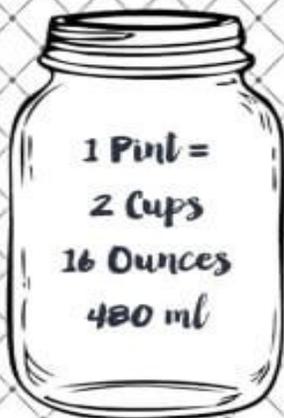
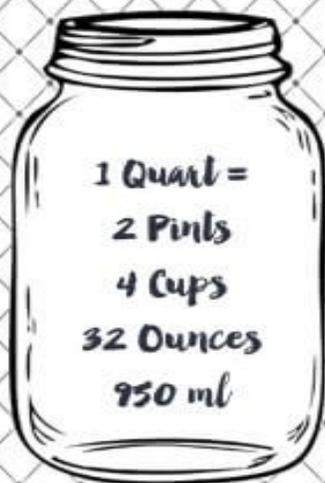


# KITCHEN CONVERSIONS CHART

How to Easily Convert Units of Measurements



## Volumes

A PINCH	1/16 TSP
A DASH	1/8 TSP
1 TSP	5 ML
1 TBP	15 ML
1 CUP	240 ML

## Volumes By Weight

ONE POUND	= 454 GRAMS	= 3 1/2 CUPS FLOUR	= 2 1/2 CUPS SUGAR
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## Temperatures

212°F	100°C
225°F	110°C
250°F	130°C
275°F	140°C
300°F	150°C
325°F	170°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C

## Cup Tbsp Tsp

1/4	4	12
1/3	5	16
1/2	8	24
2/3	11	32
3/4	12	36
1	16	48

# THE COMPLETE BUTCHERS' GUIDE TO DIFFERENT CUTS OF MEAT

## BEEF

### CHUCK

- Chuck roast
- Flat iron
- Top blade steak
- Chuck arm roast
- Mock tender steak
- Mock tender roast
- Shoulder clod roast
- Ranch steak
- Petite chuck tender roast
- Shoulder tender medallions
- Cross rib roast
- Sierra cut
- Denver cut
- Country-style chuck ribs
- Chuck short ribs
- Chuck eye steak
- Chuck eye roast

### BRISKET

- Brisket
- Brisket flat
- Brisket point

### SHANK

- Shank cross cut

### RIB

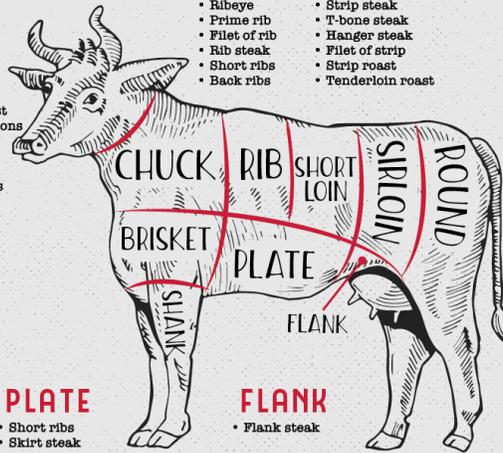
- Cowboy steak
- Ribeye
- Prime rib
- Filet of rib
- Rib steak
- Short ribs
- Back ribs

### SHORT LOIN

- Filet mignon tenderloin steak
- Strip steak
- T-bone steak
- Hanger steak
- Filet of strip
- Strip roast
- Tenderloin roast

### SIRLOIN

- Sirloin steak
- Tri-tip steak
- Tri-tip roast
- Center cut sirloin steak
- Coulotte steak
- Filet of sirloin
- Ball tip steak
- Ball tip roast
- Bottom sirloin flap



### ROUND

- Rump roast
- Top round London broil
- Bottom round London broil
- Top round roast
- Top round steak
- Bottom round steak
- Bottom round roast
- Eye of round roast
- Eye of round steak
- Sirloin tip center roast
- Sirloin tip center steak
- Sirloin tip side steak
- Butterfly top round steak

### PLATE

- Short ribs
- Skirt steak

### FLANK

- Flank steak

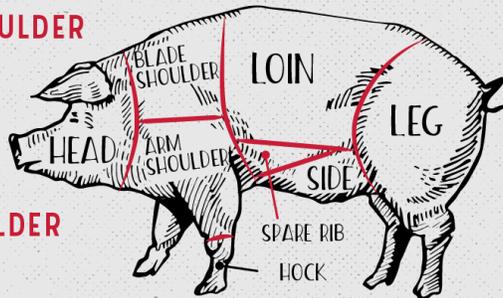
## PORK

### BLADE SHOULDER

- Boston butt
- Spare rib roast

### ARM SHOULDER

- Picnic butt



### LOIN

- Pork tenderloin
- Pork chops
- Pork loin roast
- Baby back ribs
- Back bacon

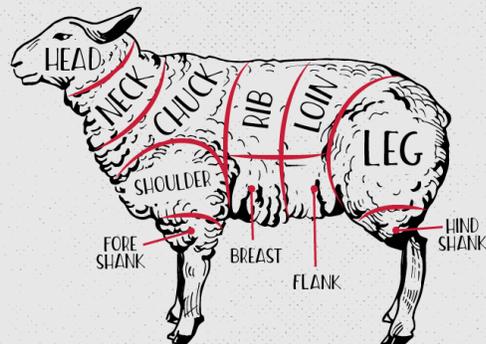
### LEG

- Ham

### SIDE

- Pork belly
- Bacon

## LAMB



### LOIN

- Lamb chops
- Rack of lamb
- Lamb T-bone

### LEG

- Leg of lamb
- Lamb sirloin

## POULTRY

