

Cooking Tips

Measurement conversions

- 3 tsp = 1 tbsp
- ¼ cup = 4 tbsp
- 2½ cups = 1 pint
- 2 tbsp butter = 1 oz.
- 2 tbsp baking powder = 1 oz.
- 4 tsp fine salt = 1 oz.
- 2 tbsp granulated sugar = 1 oz.
- 2 cups granulated sugar = 1 lb.
- 4 cups flour = 1 lb.

Replacements

- Replace 1 cup of **buttermilk** with 1 cup of milk to which you add 2 tbsp of vinegar. Let it sit for 30 minutes.
- Replace 1 cup of **sour cream** with 1 cup yogurt and 2 tbsp more fat. Use 2 tbsp less liquid.
- Replace 1 tin of **condensed milk** with 1 cup powdered milk, 2/3 cup sugar, 1/3 cup water and ¼ cup butter or margarine, blended in a blender until smooth.

Kitchen tips

- **Sterilize jars in the oven:** Wash each jar carefully. Arrange the jars in a baking pan and place in a cold the oven. Turn the oven on 225°. Allow the jars to stay in the oven for at least 20 minutes after the oven has reached the programmed temperature. Leave the jars in the oven, (oven still turned on) until you begin to fill them with the food you are canning.
- **Setting temperature for jam:** Jam should set when it reaches 221° Fahrenheit. If you don't have a thermometer, try the wrinkle test. Place a small spoonful of jam on a cold plate. Leave it to cool for 1 minute. Push the jam with a finger and the top should wrinkle. If not, continue cook for another 2 minutes and then test again. Or try grandmaman's "faire un chemin" test. Instead of pushing it with your finger, drag a spoon through the jam and, if it leaves a trail, it is set.
- **Removing an avocado pit:** Cut the avocado in half, Stick the point of a knife gently into the pit and twist.
- **Preparing a mango:** There is a large flat pit in a mango. Cut the mango into three pieces by cutting down on either side of the pit. Take the two pieces without the pit and score them with crosshatching (#). Then turn them inside out. Cut any remaining flesh of the piece with the stone.

White sauce

Proportions for white sauce:

Name	Flour	Butter	Milk	Salt	Use
Thin	1 tbsp	1 tbsp	1 cup	¼ tsp	Cream soups
Medium	1 tbsp	1 tbsp	1 cup	¼ tsp	Creamed dishes
Thick	1 tbsp	1 tbsp	1 cup	¼ tsp	Soufflés
Very thick	1 tbsp	1 tbsp	1 cup	¼ tsp	Croquettes

