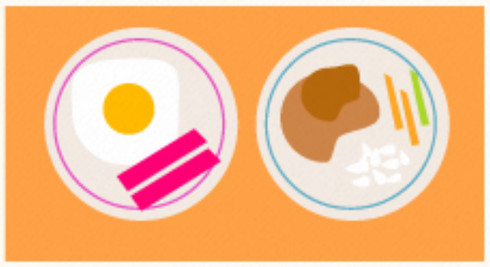


Kitchen Kodigo

METRIC CONVERSION

OVEN TEMPERATURES

SPEED	GAS	F°	C°
Very Slow	1/2	250	120
	1	275	140
Slow	2	300	150
	3	325	170
Moderate	4	350	180
	5	375	190
Moderately Hot	6	400	200
	7	425	220
Hot	8	450	230
Very Hot	9	475	240

WEIGHTS

ENGLISH	METRIC	ENGLISH	METRIC
1/2oz	15g	10oz	285g
3/4ox	20g	11oz	310g
1ox	30g	12oz	340g
2oz	60g	13oz	370g
3oz	85g	14oz	400g
4oz	115g	15oz	425g
5oz	140g	16oz	450g
6oz	170g	24oz	480g
7oz	200g	32oz	0.9kg
8oz	230g	48oz	1.4kg
9oz	255g	64oz	1.8kg

LIQUIDS

PINT	METRIC	CUPS	FL OZ.
	100ml		3 ½
	125ml	½	4 ½
¼	150ml		5
	200ml		7
	250ml	1	9
½	275ml		10
	300ml		11
	400ml		14
	500ml	2	18
1	570ml		20
	750ml	3	26
1 ¾	1.0L	4	35
2	1.1L		40
	1.3L	5	46
3	1.7L		60
	2.0L	8	70

1OZ=28.35G

*

1G=0.035OZ

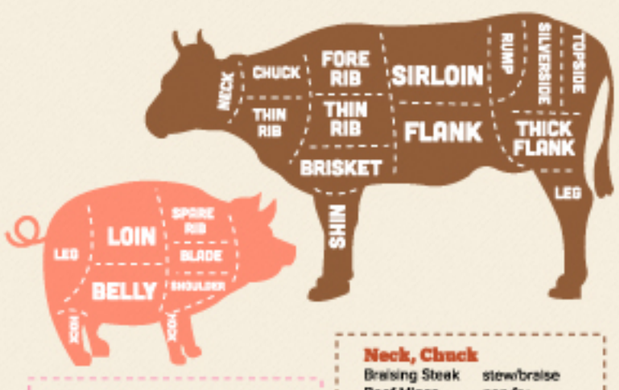
1 teaspoon = 5ml

1 dessertspoon = 10ml

1 tablespoon = 15ml

ONE CUP	ENGLISH	METRIC
Flour	5oz	140g
Caster Sugar	8oz	225g
Brown Sugar	6oz	170g
Butter	8oz	225g
Raisins	7oz	200g
Currants	5oz	140g
Golden Syrup	12oz	340g
Uncooked rice	7oz	200g
Grated Cheese	4oz	110g

Meat Cuts



Shoulder

Blade Chops	braise/grill/pan fry
Spare Rib Chop	grill
Rolled Shoulder	roast

Loin

Loin Steak	grill/ braise
Loin Rack Joint	roast/braise/pot roast
Tender Loin	roast/braise/pan fry

Belly

Spare Ribs	roast/ pot roast
Rolled Belly	roast

Leg

Leg Steaks	grill/ braise
Leg Joint	roast

Meat Roasting Times by Weight

BEEF	Time*	Internal Temp.
Rare	20 min	60 C°
Medium	25 min	70 C°
Well Done	30 min	80 C°

PORK	Time*	Internal Temp.
All	35 mins	80-85 C°

*per 450g/1lb

Neck, Chuck

Braising Steak	stew/braise
Beef Mince	pan fry
Stewing Steak	stew/braise
Chuck Steak	stew/braise

Fore Rib

Rib Eye Steak	grill/pan fry
Fore Rib Roast	roast
Rolled Rib	roast
Single Rib	grill/pan fry

Sirloin

Rolled Sirloin	roast
Sirloin Steak	grill/pan fry
T-Bone Steak	grill pan fry
Fillet Steak	grill/ pan fry

Flank

Skirt	stir fry
Cheap Mince	pan fry

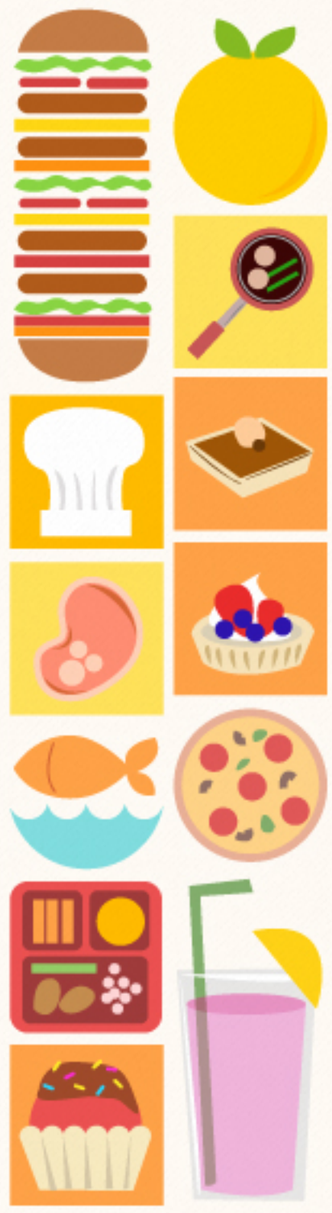
Rump	grill/pan fry
Topside	roast/pot roast
Silverside	pot roast
Thick Flank	pot roast
Leg	stew/braise
Thick Rib	stew/braise
Thin Rib	stew/braise
Brisket	pot roast
Shin	stew/braise

VEGGIE COOKING TIMES

VEGGIE	BOIL	STEAM
Artichoke	30-40 min	25-30 min
Asparagus	6-10 min	4-5 min
Beetroot	60-90 min	-
Broccoli	10-12 min	5-6 min
Cabbage	6-10 min	5-6 min
Carrots	10-15 min	5-6 min
Cauliflower	10-15 min	5-6 min
Corn on Cob	10-15 min	8-10 min
Courgettes	6-10 min	5-10 min
Green Beans	10-12 min	5-10 min
Parsnips	20-25 min	-
Peas	7-10 min	3-5 min
Potatoes	15-20 min	10-12 min
Spinach	4-5 min	2-5 min
Sprouts	10-15 min	8-10 min
Turnip	15-30 min	-

STORAGE TEMPERATURES

DRY GOODS	10/15 C°
FRUIT/VEGGIES	3/7 C°
DAIRY	2/4 C°
MEAT	0/2 C°
FISH	-1/1 C°
FREEZER	-18 C°

Cooking Methods

	EQUIP.	TIME	USES & CHARACTERISTICS
Bake/Roast		15-55	Desserts, Breads, Meat, Vegetables Evenly distributed, indirect heat
Broil/Grill		5	Meat, Vegetables, Fruit Direct heat - Cook, Char, Sear, Crust
Deep Fry		15	Desserts, Meat, Vegetables Crispy - requires submersing in fat
Double Boiler		5	Chocolate, Custards, Sauces For delicate ingredients
Pan Fry		15	Meat, Vegetables, Fruit Even cooking - requires a little fat
Saute		5	Meat, Vegetables, Fruit Searing - requires a little fat
Sweat		30	Vegetables Used to extract flavor from items
Torch/Flambe		5	Desserts, Meringues Flame or lit alcohol to char/sear
Blanch		5	Vegetables, Fruit Boil then dip in ice water
Boil		5	Pasta, Rice, Vegetables, Reducing rapid, large bubbles
Braise		45	Meat Tenderizes and intensifies flavor
Poach		15	Meat, Vegetables, Fruit Infuses flavor, keeps shape
Scald		10	Liquids, Milk, Custards For heating delicate ingredients
Simmer		10-5	Liquids, Soups, Stocks, Reducing infrequent, small bubbles
Steam		5	Vegetables, Meat Most gentle and retains nutrients