

Recipes

- everyone will have one common recipe
- your choice of one other recipe

What to do

- all recipes provided are stated in *metric units*, you need to convert all metric measures into the more common *imperial units*.
- re-write the entire recipe, including baking instructions, with the Imperial units instead of the Metric units. This *must be handwritten* and *not typed*.
 - cut and paste the picture for each of your two recipes.

Showing your work

- calculations sheet:
 - for the common recipe, provide a detailed calculations sheet showing the conversions.
 - when in doubt, show your work

Other info

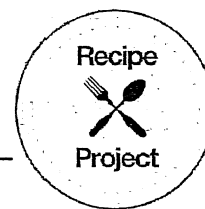
- provide a title page with your completed project.

Rubric

Title page	1 mark
Presentation + impression	2 marks
Organization	2 marks
Recipe #1	5 marks
Recipe #2	5 marks
<u>Calculation sheet</u>	<u>10 marks</u>
TOTAL	25 marks



Recipe assignment conversion chart



Volume

1 tsp	=	5 mL
1 tbsp	=	15 mL
1 cup	=	250 mL
4 cups	=	1 litre

Mass

1 oz	=	28 g
1 lb	=	448 g
1 lb	=	16 oz
2.2 lb	=	1 kg

When converting from Metric to Imperial measurements there are often decimal values present after the conversion. Decimals are difficult to measure out using the standard cooking measurement utensils.

How should you round your cooking measurements?

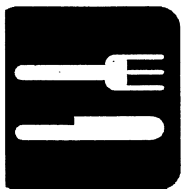
The following chart gives a rough estimate of acceptable conversions.

Decimal value after conversion	Fractional value estimate
0.0 - 0.19**	0
0.20 - 0.29	1/4
0.30 - 0.39	1/3
0.40 - 0.59	1/2
0.60 - 0.69	2/3
0.70 - 0.79	3/4
0.80 - 0.99	1

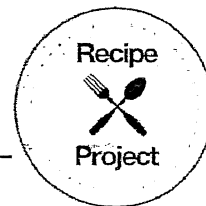
**If the measurement works out to be between 0.0 and 0.19, you still need to add some of this item such as *salt*, *baking soda* or *baking powder*.

Make the measurement a "pinch" or "dash".

See next page for examples on how to round your cooking measurements...



Conversion examples



25 ml = _____ tbsp

$$\frac{25 \text{ ml}}{x} = \frac{15 \text{ ml}}{1 \text{ tbsp}}$$

$$15(x) = (25)(1)$$

$$\frac{15x}{15} = \frac{25}{15}$$

$$x = 1.67 \text{ tbsp} = \boxed{1\frac{2}{3} \text{ tbsp}}$$

110 ml = _____ cups

$$\frac{110 \text{ ml}}{x} = \frac{250 \text{ ml}}{1 \text{ c}}$$

$$250(x) = (110)(1)$$

$$\frac{250x}{250} = \frac{110}{250}$$

$$x = 0.44 \text{ cups} = \boxed{\frac{1}{2} \text{ cup}}$$

200g = _____ oz

$$\frac{200 \text{ g}}{x} = \frac{28 \text{ g}}{1 \text{ oz}}$$

$$28(x) = (200)(1)$$

$$\frac{28x}{28} = \frac{200}{28}$$

$$x = 7.143 \text{ oz} = \boxed{7 \text{ oz}}$$

2 g = _____ oz

$$\frac{2 \text{ g}}{x} = \frac{28 \text{ g}}{1 \text{ oz}}$$

$$28(x) = (2)(1)$$

$$\frac{28x}{28} = \frac{2}{28}$$

$$x = 0.07 \text{ oz} = \boxed{a \text{ pinch}}$$

440 g = _____ oz

$$\frac{440 \text{ g}}{x} = \frac{28 \text{ g}}{1 \text{ oz}}$$

$$28(x) = (440)(1)$$

$$\frac{28x}{28} = \frac{440}{28}$$

$$x = 15.71 \text{ tbsp} = \boxed{15\frac{3}{4} \text{ oz}}$$



Metric Chocolate Chip Cookies

(common recipe)



Ingredients:

550 mL unsifted flour
5 mL baking soda
5 mL salt
250 mL butter or margarine, softened
175 mL granulated sugar
175 mL firmly packed brown sugar
5 mL vanilla extract
2 eggs
2 x 168 gram packages semisweet chocolate chips
250 mL chopped nuts

Preheat the oven to 190 °C. In small bowl, combine flour, baking soda, and salt; set aside. In large bowl, combine butter, sugar, brown sugar, and vanilla; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate chips and nuts. Using 5 mL measure, drop by rounded measures into ungreased cookie sheet. Bake 8 to 10 minutes.

Makes 100 (5 cm) cookies

Recipe reprinted from "Living with Metrics" courtesy of Reader's Digest Association, Inc., Pleasantville, NY.