Family Cookbook 2026

REFERENCE

VOLUME

1 TBSP	3 TSP
¼ CUP	4 TBSP
1 CUP	8 FL OZ
1 PINT	2 CUPS
1 QUART	2 PINTS
1 GALLON	4 QUARTS
1 LITER	33.8 FL OZ

SAFE INTERNAL TEMP

BEEF, PORK, VEAL	145°F
FISH, SHELLFISH	145°F
EGGS	160°F
GROUND MEAT	160°F
POULTRY	165°F
PRECOOKED HAM	165°F
CASSROLES	165°F

WEIGHT

1 OZ	~28 GRAMS
½ LB	~227 GRAMS
1 LB	~454 GRAMS

TEMP DANGER ZONE

HOT FOOD MIN	140°F
COLD FOOD MAX	40°F
MAX TIME UNFRIDGED	2 HRS

TEMPERATURE

32°F	0°C
350°F	~175°C
400°F	~205°C
450°F	~230°C
500°F	~260°C
550°F	~290°C

STEAK DONENESS

RARE	120°F
MEDIUM RARE	130°F
MEDIUM	140°F
MEDIUM WELL	150°F
WELL CONE	160°F

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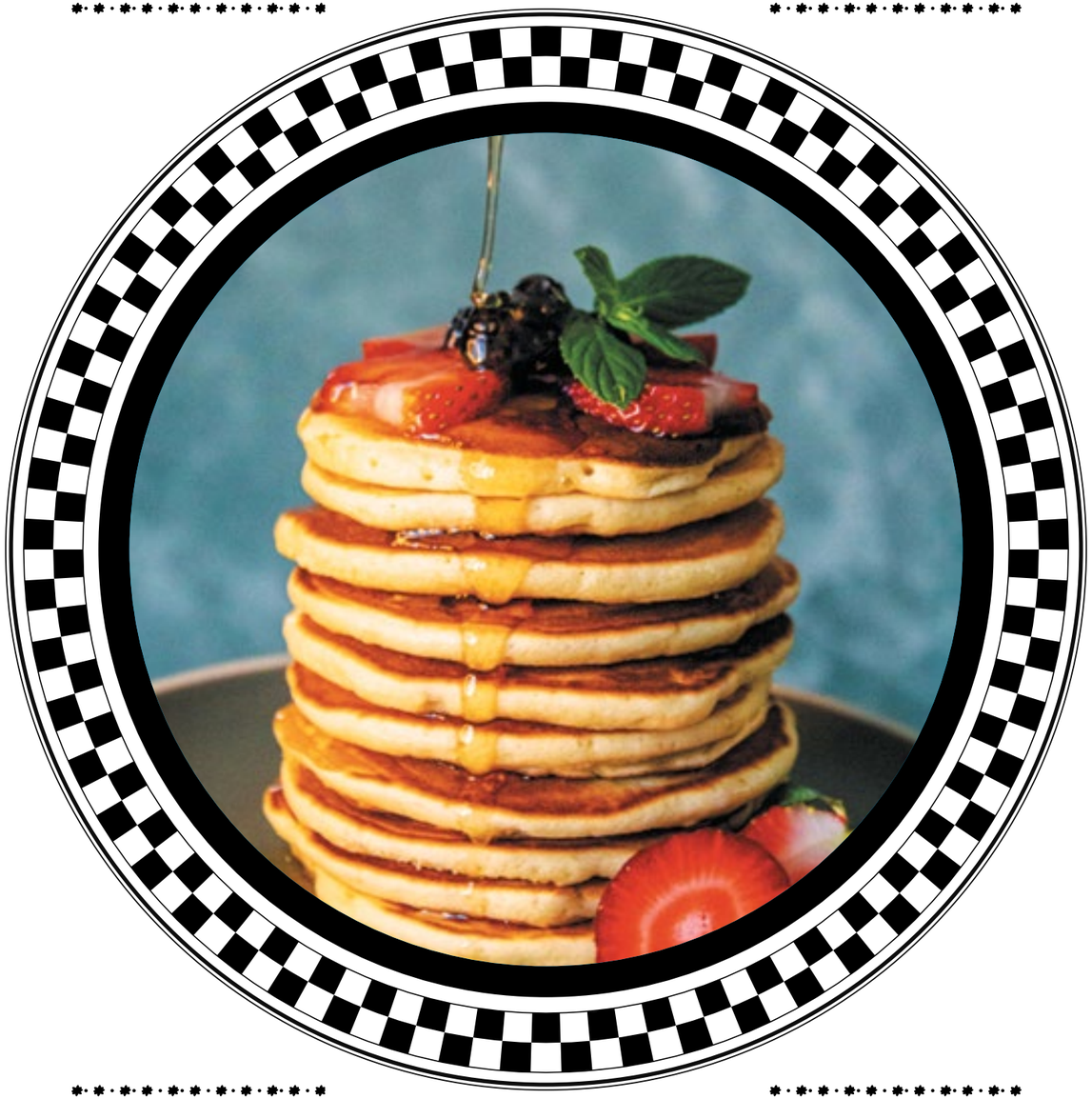
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QUICK BISCUITS

PREP TIME: 15 MIN | COOK TIME: 20 MIN | SERVINGS: 6-8

INGREDIENTS

2 cups all-purpose flour

1 Tablespoon baking powder

2 Tablespoons granulated sugar

1 teaspoon salt

6 Tablespoons unsalted butter

¾ cup whole milk

BUTTERMILK OR 2% MILK WORKS GREAT TOO!

BUTTERMILK SWAP: SPLASH OF LEMON JUICE IN MILK, LET REST 5 MIN

These are our typical Sunday "fancy breakfast." I like making a double batch and then serving them with lunch and dinner later in the day. They make a great side for stews.

DIRECTIONS

CHILL THE BUTTER in the freezer for 15 minutes before starting. The butter should be very cold so that it does not prematurely melt into the dough.

PREHEAT OVEN TO 425F and line a cookie sheet with nonstick parchment paper. Set aside.

COMBINE flour, baking powder, sugar, and salt in a large bowl and mix well. Set aside.

REMOVE your butter from the refrigerator and use a box grater to shred it into small pieces into the flour mixture. Stir with a fork until the mixture resembles coarse crumbs. If using your hands, use just the tips of your fingers to avoid heating the butter.

ADD MILK, using a wooden spoon or a spatula to stir until just combined. Don't overwork the dough.

TRANSFER the dough to a well-floured surface and use your hands to gently work it together, adding small amounts of flour as needed if it is too sticky.

FOLD the dough in half over itself when cohesive, and use your hands to gently flatten. Rotate the dough 90 degrees and fold again. Repeat a few times, still taking care to not overwork the dough. Repeating about 3-6 times is plenty.

USE YOUR HANDS TO FLATTEN the dough to about 1" thick, shaping it into a rectangle or square. Lightly flour a knife or bench scraper and use it to cut the biscuits into squares before placing on a lined baking sheet.

The square shape prevents extra unused dough, however, feel free to gently shape the biscuits round with your hands before baking if desired.

BAKE AT 425F FOR 15-20 MINUTES or until tops turn lightly golden brown.

BRUSH with melted butter. If serving sweet biscuits, top with sprinkled sugar. Serve warm.



TESTING RECIPE TITLE

INGREDIENTS

2 cups all purpose flour

1 Tbsp kosher salt

3 tsp granulated sugar

6oz unsalted butter

DIRECTIONS

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ADDITIONAL NOTES