

Time Table for Cooking

Loaf Bread	40 to 60 m.	Fruit Cake	2 to 3 hrs.
Rolls and Biscuits	10 to 20 m.	Cookies	10 to 15 m.
Graham Gems	30 m.	Bread Pudding	1 hr.
Gingerbread	20 to 30 m.	Rice and Tapioca (baked)	1 hr.
Sponge Cake	25 to 45 m.	Steamed Pudding	1 to 3 hrs.
Plain Cake	20 to 30 m.	Steamed Brown Bread	3 to 4 hrs.
Pie Crust	about 20 m.	Plum Pudding	3 to 4 hrs.
Custards	25 to 30 m.		

MEAT

Beef, per lb. (roasted)	15 to 20 m.	Pork, per lb. (roasted)	30 m.
Mutton, per lb. (roasted)	25 m.	Goose, per lb. (roasted)	20 m.
Lamb, per lb. (roasted)	20 to 25 m.	Chicken Fricassee	1 hr.
Veal, per lb. (roasted)	20 to 25 m.		

VEGETABLES

Spinach	15 to 20 m.	Turnips	30 m.
Potatoes	20 to 30 m.	Cauliflower	20 to 30 m.
Asparagus	20 to 25 m.	Brussels Sprouts	30 to 40 m.
Peas	20 to 25 m.	Onions	30 to 40 m.
String Beans	25 to 35 m.	Parsnips	30 to 40 m.
Lima Beans	30 to 40 m.	Green Corn	15 to 20 m.
Macaroni	20 m.	Rice (boiled)	20 m.

CEREALS

Macaroni	20 min. or until soft	Hominy	1 hr. in double boiler
Rice	20 m.	Oatmeal	3 hrs. in double boiler
Corn Meal	3 hrs. in double boiler	Steam Cooked or Rolled Oats	30 m.
Spaghetti	20 m.		

STANDARDIZED OVEN TEMPERATURES

Temperatures used in class work in Columbia University

Slow
250°-350°
Custards
Meringues

Moderate
350°-400°
Bread
Cakes

Hot or Quick
400°-425°
Biscuits
Cookies
Pastry
Rolls

Very Hot
425°-500°
Roast Meat
Roast Poultry
Pastry, Tarts
Puff Paste

WEIGHTS AND MEASURES

3 teaspoons	equal one tablespoon	5 cups of flour	equal about one lb.
16 tablespoons	equal one cup	1 cup of butter	equal ½ lb.
½ pint	equal one cup	1 cup granulated sugar	equal ½ lb.
2 cups	equal one pint	2 tablespoons of butter	equal one oz.
4 cups	equal one quart	4 tablespoons of flour	equal one oz.