



## G4G CULINARY TRAINING



# G4G 2.0 & Armed Forces Recipe Service (AFRS) Culinary Training

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## Session #2: Weighing & Measuring; Seasonings; Vinaigrettes and Dressings

**Total time:** 95 minutes for 3 sessions (One 10-minute session and two 40-minute sessions with 5-minute wrap-up)

**Participants:** 20 (2 groups)

**Instructors:** 2 (1 per group)

### Class outline:

- ▶ 10 minutes: Introductions (if new instructors), Session #2A: Weighing & Measuring, review training objectives, and divide class into 2 groups
- ▶ 40 minutes: Training session
  - Group 1: Adding Seasonings Without Changing G4G Codes (#2B)
  - Group 2: Scratch-made Vinaigrettes and Dressings (#2C)
- ▶ 40 minutes: Training session
  - Group 1: Scratch-made Vinaigrettes and Dressings (#2C)
  - Group 2: Adding Seasonings Without Changing G4G Codes (#2B)
- ▶ 5 minutes: Wrap-up, questions & cleanup

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## Session #2A: Weighing & Measuring

**Overview:** Demonstrate how to measure flour with a dry measuring cup and how to measure water with a liquid measuring cup.

**Session length:** 10 minutes

**Session format:** Group explanation and instructor demo

### Learning objective:

**By the end of the session, participants will be able to:**

- ▶ Understand when to use dry vs. liquid measures

### Instructor talking points:

- ▶ There are 2 types of measures: liquid and dry.
  - Dry measure: Spoon ingredient into dry measure and level off with a knife or something straight (not your finger).
  - Liquid measure: Pour ingredient into liquid measure and measure at the meniscus (the bottom of the curved surface of the liquid).



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- ▶ Liquid vs. dry: Certain ingredients will call for different measuring techniques.
  - Exceptions: Some thick liquids like sour cream, yogurt, and mayo are easier to measure with a dry measure (for ease of leveling).
- ▶ Accurate measuring is important, especially for baking. While cooking is more flexible, accuracy is essential for G4G coding.

- A best practice for measuring dry ingredients is to spoon the ingredient into a dry measuring cup and level off. This ensures the ingredient isn't packed down and prevents the measuring cup from holding more than what the recipe requires.



- A best practice for measuring liquid ingredients is to set the liquid measuring cup on a flat surface, pour the liquid into the cup, and measure where the bottom of the meniscus lies. The meniscus is the curved surface of the liquid in the measuring cup. Read the measurement from the bottom of the curved surface.



- While dry measuring cups can vary in color, liquid measuring cups are see-through, allowing the cook to read the measurement through the measuring container.
- Liquid measuring cups also allow for extra room so the cook can safely transfer the liquid and avoid spillage.
- Since there isn't a way to level off ingredients in a liquid measuring cup, dry ingredients would need to be pushed down to properly read the graduation, resulting in too much of the ingredient.



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### Session #2B: Adding Seasonings Without Changing G4G Codes

**Overview:** Teach participants when and how to further season foods without changing G4G color or sodium codes.

**Session length:** 40 minutes

**Session format:** Group explanation, instructor demo & participant hands-on

#### Learning objectives:

**By the end of the session, participants will be able to:**

- ▶ Identify when it's appropriate to further season recipes
- ▶ State which seasonings can be used to enhance recipes without affecting G4G codes
- ▶ Demonstrate the importance of tasting before seasoning
- ▶ Understand newly revised AFRS recipes can vary greatly from original recipes in terms of flavor and seasoning

**Culinary term:** Seasoning

#### Demo recipes for tasting (see Recipes section):

- ▶ [Brown Rice \(parboiled, SJK\) E-005-58 \(modified\)](#)
  - This method is most similar to stovetop cooking for this amount of rice.
  - If using an oven, refer to [E-005-61 \(modified\)](#). For long grain rice, use [E-005-55 \(modified\)](#).
- ▶ [Baked Chicken Breast \(Boneless\) L-143-03 \(modified\)](#)
- ▶ Toasted pecans (or almonds)

#### Ingredients needed for demo and hands-on training:

- ▶ 6 cups brown rice (3 cups per session)
- ▶ 2–3 Tbsp canned, sliced jalapeños (1–2 Tbsp per session)
- ▶ 1 bunch cilantro (½ bunch per session)
- ▶ ½ cup bottled lime juice (¼ cup per session)
- ▶ 14 (5-oz) boneless, skinless chicken breasts (7 per session)
- ▶ Spices:
  - ¼ cup rosemary, crushed
  - ¼ cup garlic, granulated
  - ¼ cup salt
  - ¼ cup black pepper, ground
- ▶ 4 cups pecans or almonds, sliced, slivered, or whole (2 cups per session: 2 cups each toasted plain)



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### Equipment needed for demo:

- ▶ Printouts of demo recipes
- ▶ 2 stock pots with lids (1 per session)
- ▶ 2 sheet pans (1 per session)
- ▶ 2 cutting boards (1 per session)
- ▶ 6 medium mixing bowls (3 per session: one bowl to combine the spice mixture, and 2 bowls to mix and serve rice and seasoned rice)

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### KITCHEN INSTRUCTIONS

**Instructor prep:** Have 2 sets of cooked, plain brown rice ready. Chop jalapeños and cilantro. Measure out lime juice. Have 1 set of cooked, plain chicken ready. Preheat oven to 325°F. Measure out spices. Toast 2 cups pecans or almonds.

#### Instructor notes:

- ▶ Modify as needed to adapt to local facility (equipment and proximity of training space to kitchen). For example, to decrease training time block, cook both sets of chicken ahead of time.

#### Instructor demo (20 minutes):

1. Season one set of plain chicken with salt, pepper, rosemary, and granulated garlic. Cook 10–12 minutes at 325°F.
2. While the chicken is cooking, season one set of cooked brown rice with cilantro, lime juice, and diced jalapeños.

#### Instructor talking points:

- ▶ AFRS recipes are standardized recipes.
  - Standardized recipes are ones that have been tested, evaluated, and validated to produce a known quantity and quality of product.
  - Follow standardized recipes as written. However, this training session will address a few exceptions for seasonings that can be added or adjusted to enhance or customize recipes to your diners' tastes.
  - When followed properly, standardized recipes produce the exact same product each time they're made.
  - It's important each recipe yields the same high-quality product each time.
    - > As diners identify menu items they like, they expect consistency, wanting the same product each time they choose it.
    - > Consistency can keep diners satisfied and encourages them to come back to the dining facility if they know they can rely on the quality and consistency of their favorites.
    - > This also helps control costs and enables better forecasting.
- ▶ Small changes to recipes (for example, adding ingredients) might change

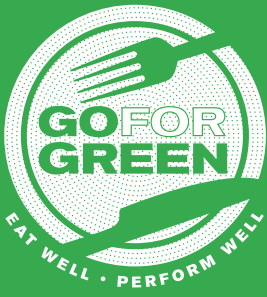


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the G4G code when they're served on the line.

- If the diner is selecting an item that's coded Green/Low, they should trust that's what's being served.
- ▶ Always taste before adding seasoning beyond what's specified in the recipe.
- ▶ Newly revised AFRS recipes have changes that make them significantly different than older recipes and typically don't need additional seasoning.
  - Recipe changes might include more seasoning, different blends of ingredients, new methodology, or different equipment used to prepare the recipe.
  - It's important to use the latest version of the recipe in your foodservice management information system rather than going off memory.
  - Cooks might be familiar with older recipes that might benefit from additional seasoning.
    - > Herbs, spices, citrus, or vinegar might help improve these recipes.
    - > Always taste before seasoning, especially if considering adding salt.
  - If you have Internet access and are unsure if a recipe is old, look for it on the G4G section of the HPRC website (<https://www.hprc-online.org/nutrition/go-green/food/recipes>).
- ▶ Be mindful of over-seasoning during cooking as diners can add additional seasoning at the table.
- ▶ If you still feel the recipe needs more seasoning, take a small sample and adjust the seasoning before making changes to the entire prepared batch.
  - Start small and consider using herbs, seasonings, and other ingredients that won't change the G4G color or sodium codes.
  - Once the flavor in the small sample is achieved, make changes to the entire batch.
- ▶ You might add seasoning to recipes to go with a theme (for example, Mexican) or meet the request of the population (for example, your dining facility or galley population enjoys spicy food). Or you're working from an older recipe that doesn't sell well because the menu item might be bland or uninteresting.
- ▶ Herbs and spices
  - They're an easy way to add variation to most items: meat, poultry, seafood, vegetables, rice, grains, or almost anything!
  - Consider adding granulated garlic, rosemary, thyme, cayenne pepper, chili powder, curry powder, ground ginger, oregano, or fresh herbs such as cilantro, parsley, mint, basil, etc.
  - Be aware that premixed and ready-to-use seasoning blends might contain high amounts of salt. It's not recommended to use seasoning blends with salt as these could change the G4G sodium code.



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- Garlic
  - > Use fresh or pre-minced in water.
  - > Sauté with onion or vegetables at the beginning of the cooking process or mix it into butter (when used in a recipe).
- Acids
  - > Try adding citrus juice (lemon, lime, or orange), apple cider, or vinegar (red wine, balsamic, or white wine).
  - > Scratch-made vinaigrettes and dressings can be applied to cooked grains, pasta salads, soups, and finished seafood.
- ▶ Nuts and seeds
  - Only use when already in a recipe. Nuts appearing unexpectedly in recipes should be labeled on Food Cards, so diners with allergies are aware and can avoid them.
  - Use almonds, walnuts, sesame seeds, or pumpkin seeds.
  - Use raw or toasted varieties.
  - Toasting nuts helps release their natural oils and enhances their flavor.
    - > Toast nuts in a fry pan over medium-low heat on the stovetop. Or toast them in a combi oven at 350°F with low fan setting for 3–5 minutes (or until they smell nutty and turn light brown).
    - > Nuts don't take long to toast, but can burn easily, so don't leave them unattended.
- ▶ Add a layer of flavor to grains before use by toasting them to release their natural oils.
- ▶ Cooking methods can significantly impact flavor development, including meats and veggies.
  - Grilling, roasting, and sautéing allow for more flavor development from the browning.
  - Choose recipes that feature these cooking methods when time and space allow.

### **Staff tasting (15 minutes):**

- ▶ Plain brown rice
- ▶ Plain brown rice with chopped cilantro, lime juice, and diced jalapeños
- ▶ Plain (salt and pepper) baked chicken breast
- ▶ Plain (salt and pepper) baked chicken breast with added rosemary and granulated garlic to mimic a dry herb rub
- ▶ Toasted and untoasted pecans or almonds

### **Wrap-up and discussion (5 minutes):**

1. Review when it's appropriate to season recipes beyond what's listed in the AFRS recipe.





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2. Review types of seasonings that are acceptable to add and won't change the G4G code.
3. Discuss practical uses for enhanced seasoning.
  - The Short Order/Grill is a good place to try different seasonings for grilled chicken breast.
  - Enhance plain rice by adding seasonings and herbs.
4. Recreate leftovers by adding new flavors.
5. Be aware that premixed and ready-to-use seasoning blends might contain salt.
6. Don't add extra salt to a recipe as this could change the G4G sodium code.

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### RESOURCES FOR STAFF

- ▶ Ingredients and Techniques to Enhance Flavor handout
- ▶ Volume Measurement Conversions handout

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### Session #2C: Scratch-made Vinaigrettes and Dressings

**Overview:** Teach participants vinaigrettes basics and how to create them. Participants will taste two AFRS vinaigrettes and then make their own.

**Session length:** 40 minutes

**Session format:** Group explanation, instructor demo, tasting & participant hands-on

#### Learning objectives:

**By the end of the session, participants will be able to:**

- ▶ Understand the basic concept of a vinaigrette
- ▶ List uses for vinaigrettes
- ▶ Demonstrate making a simple vinaigrette from scratch

#### Culinary terms:

- ▶ Vinaigrette
- ▶ Emulsion

#### Demo recipes for tasting:

- ▶ Instructor to prepare during demo, staff to taste:
  - [Sweet and Spicy Balsamic Vinaigrette O-300-00](#)
  - [Creamy Balsamic Vinaigrette M-302-00](#)
- ▶ Participants to prepare and taste:
  - Create-your-own vinaigrette



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### Ingredients needed for demo and hands-on training:

- ▶ ¼ cup + 2 Tbsp canola oil (3 Tbsp per session)
- ▶ ¼ cup + 2 Tbsp honey (3 Tbsp per session)
- ▶ ¼ cup + 2 Tbsp balsamic vinegar (3 Tbsp per session)
- ▶ 2½ tsp garlic, granulated (1¼ tsp per session)
- ▶ 2 tsp crushed red pepper flakes (1 tsp per session)
- ▶ 4 lbs cauliflower, frozen (2 lbs per session)
- ▶ 20 cups mixed greens or lettuce (10 cups per session)
- ▶ 2 oz fresh garlic or pre-minced garlic in water
- ▶ 5 cups olive oil (2½ cups per session, ½ cup per small group)
- ▶ 2 cups each: balsamic vinegar, cider vinegar, red wine vinegar, lemon juice
- ▶ 1 cup each: Dijon mustard, mayonnaise, honey
- ▶ 2 oz each: granulated garlic, rosemary, cumin, cayenne
- ▶ Salt
- ▶ Pepper

### Equipment needed for demo:

- ▶ Printouts of 2 demo recipes
- ▶ 12 small mixing bowls (6 per session)
- ▶ 12 whisks (6 per session)
- ▶ 12 tsp measuring spoons (6 per session)
- ▶ 12 Tbsp measuring spoons (6 per session)
- ▶ Steamer

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## KITCHEN INSTRUCTIONS

**Instructor prep:** Make Creamy Balsamic Vinaigrette. Measure out ingredients (canola oil, honey, balsamic vinegar, garlic, and red pepper flakes) for Sweet and Spicy Balsamic Vinaigrette. Set up workstation with ingredients laid out. Reference recipes below.

### Instructor demo (15 minutes):

1. Set up workstation and print recipes.
2. Make Sweet and Spicy Balsamic Vinaigrette by whisking together canola oil, honey, balsamic vinegar, garlic, and red pepper flakes.

### Instructor talking points:

- ▶ Vinaigrettes and dressings can be used in many applications throughout your dining facility.
  - Example: Offer these on the Salad Bar or Deli Bar as a dressing, on top of plain steamed or simmered vegetables, on top of plain protein such as





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fish or chicken, or mixed into lentils or grains such as rice or quinoa.

- ▶ Vinaigrettes are a mixture of 2 unblended substances (oil and acid) which can't be easily mixed into each other (think of oil and water forming layers).
- ▶ Classic ratio = 3:1 oil to acid, but can be 2:1 based on preference
- ▶ Olive oil and canola oil are good options.
  - Good olive oil provides a hint of appealing flavor.
  - Canola is neutral and doesn't overpower other flavors in the vinaigrette.
  - Small amounts of flavorful nut oils, like walnut and sesame oils, can be used (mixed with a neutral oil), but might need to be labeled as allergens.
- ▶ Acids include citrus juice (lemon, lime, or orange) and vinegar (balsamic, red wine, white wine, rice, or apple cider).
  - Acids require an emulsifier to stay temporarily together.
- ▶ An emulsifier is an ingredient that stabilizes and keeps the ingredients temporarily mixed together to form an emulsion.
  - Emulsion is a uniform mixture of two or more unmixable ingredients combined by agitation (whisking or blending).
    - > Temporary emulsions last only a short time, brief suspensions (example: vinaigrette).
    - > Semi-permanent emulsions last for hours (example: Hollandaise sauce contains eggs).
    - > Permanent emulsions last for days (example: commercial dressings containing mayonnaise and eggs).
- ▶ Emulsifiers help ingredients stay together, temporarily preventing oil from regrouping and separating to the top.
  - Examples of effective emulsifiers:
    - > Dijon mustard (yellow mustard is too tangy and contains a lower amount of "mucilage," a mixture of proteins and polysaccharides that surround the mustard seed hull, which assists in emulsifying)
    - > Mayonnaise is already an emulsion itself (made from mostly egg yolks and oil)
    - > Honey (works to break apart fat)
- ▶ Creating vinaigrettes:
  - Whisk together acid, emulsifier, and seasonings to fully incorporate emulsifier.
  - Then slowly add oil while continuously mixing.
  - Ingredients can also be blended together or shaken in a mason jar (at home) or plastic squeeze bottle.
  - Endless options for seasoning vinaigrettes:



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- > Garlic, onion, ginger, dried and fresh herbs and spices, salt, pepper, soy sauce, citrus zest, and sugar, honey, or maple syrup to balance acidity
- ▶ Scratch-made vinaigrettes and dressings contain no additives or preservatives.
  - They allow the cook to control salt and sugar levels.
  - They contain simple ingredients—usually, a much “cleaner” product than commercial dressings (which often contain additives and preservatives).
  - Prep time is short.
  - They’re very versatile: Cooks can create various flavor profiles to go with a specific theme or to provide a wide variety of flavors to diners.
- ▶ AFRS has some scratch-made “creamy” dressings that use Greek yogurt instead of mayonnaise.
  - [Creamy Balsamic Vinaigrette \(Green, Low\) M-302-00](#)
  - [Light Blue Cheese Dressing \(Yellow, Low\) M-059-50](#)
  - [Caesar Dressing \(Yellow, Moderate\) M-301-00](#)
- ▶ Greek yogurt has less calories and fat than mayo while still providing the creamy mouthfeel.
  - Plain, conventional yogurt works as a substitute.

### **Staff tasting (5 minutes):**

1. Add Sweet and Spicy Balsamic Vinaigrette to steamed cauliflower.
2. Pour Creamy Balsamic Dressing on mixed greens.

### **Staff hands-on (15 minutes):**

1. Break into 5 groups.
2. Have groups choose ingredients to create their own vinaigrette.
  - Oils: Olive oil and canola oil
  - Acids: Cider vinegar, balsamic vinegar, lemon juice, red wine vinegar
  - Seasonings: Salt, pepper, red pepper flakes, Italian seasoning, rosemary
  - Fresh or pre-minced garlic
  - Sriracha sauce
  - Emulsifiers: Honey, Dijon mustard, mayonnaise
  - Granulated sugar
  - Yellow onion, minced
  - Optional: Fresh herbs (such as cilantro or basil), fresh citrus zest (lemon or lime)
3. Groups create vinaigrettes.
  - Show AFRS recipes.
  - Provide example flavor profiles.



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- Suggest 2:1 oil to acid ratio (½ cup oil, ¼ cup acid).
- Suggest 1–2 tsp emulsifier per ¼ cup acid.
- Encourage creativity: Vinaigrettes can be very basic or a combination of ingredients for added flavor: lemon, honey mustard, Italian seasoning, cilantro, or citrus.

### Wrap-up and discussion (5 minutes):

1. Components of a vinaigrette
2. Uses for a vinaigrette

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## RECIPES

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### 2B DEMO Recipe #1:

Brown rice (parboiled, SJK) (Green, Low)

#### E-005-58 (modified)

**Servings:** 11  
**Prep time:** 5 minutes  
**Cook time:** 25–30 minutes

#### Ingredients:

- ▶ 3 cups brown rice, parboiled, dry
- ▶ 1¾ qt water
- ▶ 1 tsp salt
- ▶ 1 tsp canola oil

#### Directions:

1. Combine rice, water, salt, and oil in a stock pot. Stir to combine. Bring to a boil.
2. Reduce heat and simmer covered for 25–30 minutes or until rice is tender and water is absorbed. CCP: Internal temperature must reach 135°F (57°C).

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### 2B DEMO Recipe #2:

Baked Chicken Breast (Boneless) (Green, Low)

#### L-143-03 (modified)

**Servings:** 7  
**Prep time:** 5 minutes  
**Cook time:** 10–12 minutes

#### Ingredients:

- ▶ 7 (5-oz) chicken breasts, boneless, skinless
- ▶ ½ oz cooking spray



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- ▶ 1 tsp salt
- ▶ ¼ tsp pepper, black, ground
- ▶ For seasoned chicken: ¾ tsp rosemary, crushed and ¾ tsp garlic, granulated

### Directions:

1. Thaw chicken under refrigeration at 41°F (5°C).
2. Preheat oven to 325°F (163°C).
3. Lightly spray each sheet pan with nonstick cooking spray.
4. Combine salt and pepper. (For seasoned chicken, add rosemary and garlic.) Evenly season both sides of the chicken breasts.
5. Bake at 325°F (163°C) for 10–12 minutes. CCP: Internal temperature must reach 165°F (74°C) for 15 seconds.

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### 2B DEMO Recipe #3:

Toasted Pecans or Almonds (Green, Low)

**Servings:** 8  
**Prep time:** 0 minutes  
**Cook time:** 3–5 minutes

### Ingredients:

- ▶ 2 cups pecans or almonds

### Directions:

- ▶ Toast nuts in a fry pan over medium-low heat on the stovetop. Or toast them in a combi oven at 350°F with low fan setting for 3–5 minutes (or until they smell nutty and turn light brown).

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### 2C DEMO Recipe #1:

Sweet and Spicy Balsamic Vinaigrette (Green, Low)

**O-300-00 (modified)**

**Servings:** 20 (1½ tsp serving size = 10 Tbsp)  
**Prep time:** 5 minutes

### Ingredients:

- ▶ 3 Tbsp canola oil
- ▶ 3 Tbsp honey
- ▶ 3 Tbsp balsamic vinegar
- ▶ 1¼ tsp garlic, granulated
- ▶ 1 tsp red pepper flakes, crushed

### Directions:

1. Use a wire whisk to combine oil, honey, vinegar, garlic, and crushed pepper.



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### 2C DEMO Recipe #2:

Creamy Balsamic Vinaigrette (Green, Low)

M-302-00 (modified)

**Servings:** 5 (2 Tbsp per serving = 10 Tbsp)

**Ingredients:**

- ▶ 3 Tbsp + 1 tsp balsamic vinegar
- ▶ 3 Tbsp + 1 tsp nonfat Greek yogurt
- ▶ 1 Tbsp + 2 tsp olive oil
- ▶ Little less than 1 Tbsp honey
- ▶ Little less than 1 Tbsp Dijon mustard
- ▶ 1/8 tsp salt

**Directions:**

1. Use a wire whisk to combine vinegar, yogurt, oil, honey, mustard, and salt.



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### Go for Green® & AFRS Culinary Training Ingredients and Techniques to Enhance Flavor

It's important to follow recipes as written, so menu items on the serving line have the correct G4G color and sodium codes and diners see accurate Food Cards. Adding, removing, or changing the amount of certain ingredients might impact G4G color and sodium codes and result in incorrectly labeled food items. Below are examples of ingredients and techniques that increase flavors with no effect on G4G codes.

#### Ingredients That Will NOT Impact G4G Color or Sodium Codes

Ingredient	Purpose	Use
Citrus juice (lemon, lime, or orange)	Rounds out flavors and adds bright, fresh flavor	Soups, stews, salad dressings, marinades, and cold salads (pasta or bean)
Vinegar (balsamic, red wine, white wine, rice, or apple cider)	Rounds out flavors and adds bright, fresh flavor	Soups, stews, salad dressings, marinades, and cold salads (pasta or bean)
Zest (finely grated citrus peel, colored part only)	Adds more citrus fruit flavor, but too much makes the dish bitter	Toss with roasted vegetables or add to pasta, grains, or baked goods
Herbs and spices, fresh or dry <i>Note: Premixed and ready-to-use seasoning blends might contain added salt, so avoid these or read the label before selecting.</i>	Elevate overall flavor	Poultry (parsley, thyme, rosemary, sage, or cumin)  Seafood (parsley, chives, ginger, oregano, rosemary, chili powder, or cilantro)
Garlic, fresh or dry	Rounds out flavor of most savory dishes or adds layer of flavor	Roasted vegetables, sauces, soups, stews, and poultry
Extracts (vanilla or almond)	Add depth of flavor when used in small amounts	Baked goods and French toast

#### Techniques That Will NOT Impact G4G Color or Sodium Codes

Technique	Purpose	Use
Add acids or fresh herbs at the end of cooking or after product has been removed from heat	Rounds out flavor or adds bright, fresh flavor	Soups, stews, salad dressings, and marinades
Layer sliced, pitted lemons on fish or chicken	Keeps protein moist, and high-quality presentation	Salmon, chicken breast, 8-piece chicken, cod, and pollock
Toast nuts or dry grains (rice) before cooking or before tossing with final product	Toasting releases natural oils and enhances the nut or grain flavor	If a recipe already calls for nuts, toasting them will heighten their natural flavor  Toasting rice will add a nutty flavor to the product





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<b>Technique</b>	<b>Purpose</b>	<b>Use</b>
Roast, grill, or sauté vegetables	Caramelizes produce and brings out its natural sweetness	Brussels sprouts, carrots, squash, and broccoli
Choose produce in season	Produce picked at its peak ripeness is fresher, has better flavor, and is cheaper	Winter vegetables: cabbage, carrots, Brussels sprouts, and butternut squash



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**Go for Green® & AFRS Culinary Training  
Volume Measurement Conversions**

Volume measurements are commonly used when creating an AFRS recipe. Use the chart below to help convert volume measurements into different units, which might be needed when scaling a recipe up or down.

Cup	Tablespoon	Teaspoon
-	1 Tbsp	3 tsp
1/8 cup	2 Tbsp	6 tsp
1/4 cup	4 Tbsp	12 tsp
1/2 cup	8 Tbsp	24 tsp
3/4 cup	12 Tbsp	36 tsp
1 cup	16 Tbsp	48 tsp

Cup	Quart	Gallon
1 cup	1/4 qt	1/8 gal
4 cups	1 qt	1/4 gal
8 cups	2 qt	1/2 gal
12 cups	3 qt	3/4 gal
16 cups	4 qt	1 gal