

# FOOD CONVERSIONS

## Disher Scoops

Size (# per quart)	Color	Diameter	Cups	Scoops per Cup	Fluid Ounces
#4	Orange	3 5/8"	1 cup	1 scoops	8 fl oz
#5	Teal	3 3/8"	4/5 cup	1 1/4 scoops	6 2/5 fl oz
#6	White	3"	2/3 cup	1 1/2 scoops	5 3/10 fl oz
#8	Gray	2 3/4"	1/2 cup	2 scoops	4 fl oz
#10	Ivory	2 5/8"	3/8 cup	2 1/2 scoops	3 1/4 fl oz
#12	Green	2 1/2"	1/3 cup	3 scoops	2 3/5 fl oz
#16	Blue	2 5/16"	1/4 cup	4 scoops	2 fl oz
#20	Yellow	2 1/8"	3 1/3 Tbsp	5 scoops	1 3/5 fl oz
#24	Red	2"	2 2/3 Tbsp	6 scoops	
#30	Black	1 7/8"	2 Tbsp	7 1/2 scoops	
#40	Orchid	1 5/8"	1 2/3 Tbsp	10 scoops	
#50	Rust		3 3/4 tsp	12 1/2 scoops	
#60	Pink		3 1/4 tsp	15 scoops	
#70	Plum		2 3/4 tsp	17 1/2 scoops	
#100	Orange		2 tsp	25 scoops	

\* Scoops are left or right hand or squeeze type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart.  
ie: eight #8 scoops = 1 quart



## Cooking and Serving Spoons

Solid



Perforated



Slotted



\* Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

\* A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.



## Ladles to Portion Servers

Ladles fl oz	Approx. Measure	Portion Server fl oz
1 fl oz	1/8 cup	1 fl oz
2 fl oz	1/4 cup	2 fl oz
3 fl oz	3/8 cup	3 fl oz
4 fl oz	1/2 cup	4 fl oz
6 fl oz	3/4 cup	6 fl oz
8 fl oz	1 cup	8 fl oz
12 fl oz	1 1/2 cup	

\* Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

\* Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

\* Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments

## Oven Temperatures

Temperature	Heat Level
200 °F	Extremely low
250 - 275 °F	Very low
300 - 325 °F	Slow cook
350 - 375 °F	Moderate heat
400 - 425 °F	High heat
450 - 475 °F	Very high
500 - 525 °F	Extremely hot

## Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # of Servings
12" x 20" x 2 1/2"	2 gal	1/2 cup	4 fl oz	#8	64 servings
		3/8 cup	3 fl oz	#10	80 servings
		1/3 cup	2 13/20 fl oz	#12	96 servings
		1/4 cup	2 fl oz	#16	128 servings
12" x 20" x 4"	3 1/2 gal	1/2 cup	4 fl oz	#8	112 servings
		3/8 cup	3 fl oz	#10	135 servings
		1/3 cup	2 13/20 fl oz	#12	168 servings
		1/4 cup	2 fl oz	#16	224 servings
12" x 20" x 6"	5 gal	1/2 cup	4 fl oz	#8	160 servings
		3/8 cup	3 fl oz	#10	200 servings
		1/3 cup	2 13/20 fl oz	#12	240 servings
		1/4 cup	2 fl oz	#16	320 servings



## Cutting Diagrams for Portioning

