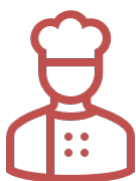




Culinary Institute
of America

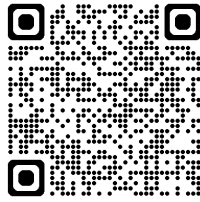
Classic and Contemporary Sauces

WELCOME!



CIAFOODIES.COM

Scan the QR code to download a PDF file of this course guide:



Copyright © 2026
Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America. Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of the Culinary Institute of America.

Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



PRODUCTION ASSIGNMENTS

TEAM ONE

Roast Pork with Jus Lié
Peanut Sauce
Apple Chutney
Jalapeño-Cilantro Butter

TEAM TWO

Grilled Vegetables
Romesco Sauce
Beet Vinaigrette
Sriracha Aioli

TEAM THREE

Roast Chicken with Pan Gravy
Pineapple Chutney
Red Pepper and Kimchi Ketchup
Asian-Style Barbeque Sauce

TEAM FOUR

Sautéed Beef Tenderloin
Roasted Red Pepper Coulis
Blackened Tomato Salsa
Mac and Cheese with Bacon

ROAST PORK WITH JUS LIÉ

Yield: 8 portions

Ingredients	Amounts
Pork, loin roast, boneless	5 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Oil, vegetable	2 Tbsp.
Onion, yellow, peeled, coarsely chopped	1 cup
Carrot, peeled, med. diced	½ cup
Celery, med. diced	½ cup
Stock, veal, brown	1 qt.
Bay leaf, dried	2 ea.
Thyme, sprig, fresh	1 ea.
Wine, white, dry	1 cup
Cornstarch	2 Tbsp.
Water	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 300°F.
2. Trim the pork loin of silver skin and excess fat. Season with salt and pepper.
3. Heat the oil in a roasting pan over medium-high heat. Add the pork. Sear until browned on all sides.
4. Transfer the loin to a rack set in the roasting pan.
5. Roast in the preheated oven to an internal temperature of 100°F. Add the onions, carrots, and celery to the roasting pan. Roast to an internal temperature of 140°F.
6. Transfer the pork to a cutting board and cover lightly with aluminum foil. Reserve.
7. Place the roasting pan onto the stovetop over medium heat. Add the white wine. Reduce until completely evaporated.
8. Add the brown veal stock, bay leaf, and thyme sprig. Stir to incorporate. Transfer the mixture to a sauce pan. Simmer gently for 15 minutes.
9. Check the consistency. If too thin, prepare a cornstarch slurry. For the slurry, in a small bowl, whisk together the cornstarch and water. Gradually stir the slurry into the sauce until the desired consistency is achieved.
10. Adjust the seasoning with salt and pepper. Strain into a sauceboat.
11. Carve the pork roast into slices. Serve with the sauce.

PEANUT SAUCE

Yield: 2 cups

Ingredients	Amounts
Oil, peanut	1 Tbsp.
Garlic, minced	1 Tbsp.
Chile, Thai bird's eye, minced	3 ea.
Peanut, butter, smooth	1 cup
Sugar, granulated	1 Tbsp.
Chile, cayenne, ground	1/2 tsp.
Lime, juice, fresh	1/4 cup
Soy sauce	1/4 cup
Stock, chicken	1 cup
Lemongrass, minced	1 Tbsp.

Method

1. Heat the oil in a medium saucepan over medium-low heat. Add the garlic. Cook, stirring often, until fragrant and translucent, about 1 minute.
2. Add the chiles. Cook until they soften slightly, about 1 minute.
3. Add all the remaining ingredients. Bring it to a simmer, stirring occasionally.
4. Check the consistency. If too thick, add a little more stock. If too thin, simmer until the desired consistency is achieved, 1 to 3 minutes. (Remember that sauce thickens slightly as it cools.)
5. Serve warm or cold.

APPLE CHUTNEY

Yields: 8 portions

Ingredients	Amounts
Walnuts	1 ½ Tbsp.
Sugar, brown, light, lightly packed	¼ cup
Onion, yellow, med. diced	¼ ea.
Raisins, golden	¼ cup
Vinegar, cider	1 Tbsp.
Lemon, juice, fresh	1 ½ tsp.
Ginger, fresh, grated	1 ½ tsp.
Chile, jalapeño, minced	1 tsp.
Lemon, zest, grated	½ tsp.
Garlic, minced	½ ea.
Mace, ground	⅛ tsp.
Clove, ground	⅛ tsp.
Apple, Granny Smith, peeled, cored, med. diced	2 ½ cups
Salt, kosher	1 Tbsp.
Pepper, black, ground	½ tsp.

Method

1. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a cutting board. Cool, chop, and reserve.
2. In a saucepot, place the walnuts, brown sugar, onion, raisins, vinegar, lemon juice, ginger, jalapeno, lemon zest, garlic, mace, and clove. Mix to combine. Cover and simmer over low heat for 10 minutes.
3. Add the apples. Simmer until the apples are very tender and the juices are reduced and slightly thickened, 10 to 15 minutes. Season with the salt and pepper.
4. Hold warm until needed.

JALAPEÑO-CILANTRO BUTTER

Yield: 1 pound

Ingredients	Amounts
Butter, unsalted, softened	1 lb.
Cilantro, fresh, coarsely chopped	2 cups
Chile, jalapeño, minced	½ cup
Lime, zest	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In the bowl of a stand mixer fitted with a paddle attachment, place the butter. Mix on medium speed, scraping down the sides, until it has doubled in volume.
2. Add all the cilantro, jalapeño, and lime zest. Season with salt and pepper as needed.
3. Transfer the butter onto a piece of parchment paper.
4. Roll to a cylinder with a 1-inch diameter. Twist the ends of the parchment to seal.
5. Chill until firm, about 2 hours.

Variations:

Rosemary-Mustard Butter: Replace the cilantro, jalapeño, and lime zest with 1 teaspoon chopped fresh rosemary or ¼ teaspoon crumbled dried rosemary and 2 tablespoon Dijon or other mustard.

Sun-Dried Tomato and Oregano Butter: Replace the cilantro, jalapeño, and lime zest with 2 tablespoon finely minced sun-dried tomatoes, 2 tablespoon minced fresh oregano, 2 teaspoon fresh lemon juice, and 2 tablespoon dry white wine.

GRILLED VEGETABLES

Yield: 12 portions

Ingredients	Amounts
Squash, zucchini	3 ea.
Eggplant, Japanese	3 ea.
Potato, Yukon Gold, large	3 ea.
Potato, sweet	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin (Divided)	1 cup

Method

1. Preheat grill over high heat.
2. Cut the eggplant and zucchini on a ¼-inch wide slices on a drastic bias. Cut the Yukon and sweet potatoes into ¼-inch wide slices. Place the vegetable slices in a bowl.
3. Season the vegetables with salt and pepper as needed. Add 2-ounces of the oil. Toss to evenly coat.
4. Brush the grill grates lightly with the remaining oil. Place the vegetable slices on the hot grill in an even layer. Cook until well-marked and easily pierced with a fork.
5. Arrange the vegetable slices on a serving platter. Serve with your choice of sauce.

ROMESCO SAUCE

Yield: 1 pint

Ingredients	Amounts
Hazelnuts	1 wt. oz.
Almonds	1 wt. oz.
Garlic, clove	2 ea.
Oil, olive, pure	as needed
Bread, French, baguette	1 wt. oz.
Pepper, bell, red	3 ea.
Tomato, plum (Roma)	2 ea.
Oil, olive, extra virgin	3 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 ea.
Vinegar, sherry	2 Tbsp.

Method

1. Preheat oven to 350°F.
2. Heat a medium, dry skillet over medium heat. Add the hazelnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 10 minutes. Transfer to a plate. Cool slightly. Rub off the skin and reserve.
3. Heat a medium, dry skillet over medium-low heat. Add the almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 7 minutes. Transfer to a plate. Cool slightly. Rub off the skin and reserve.
4. Heat enough oil to coat the bottom of a small skillet over low heat. Add the garlic. Roast, turning frequently, until completely soft and golden brown, 10 to 12 minutes. Transfer to absorbent paper towels to drain any excess oil.
5. Heat enough oil to lightly coat the bottom of a large sauté pan over medium-high heat. Add the baguette slices. Pan fry until golden brown, 3 to 4 minutes per side. Reserve.
6. Preheat a grill over high heat. Place the peppers and tomatoes directly over the open flame. Roast, turning occasionally, until the skin is fully charred, about 15 minutes.
7. Transfer to a stainless-steel bowl and cover with plastic. Steam for about 20 minutes. Once cool enough to handle, remove and discard the skins, core, and seeds.
8. In a food processor, place the reserved hazelnuts, almonds, garlic, baguette, peppers, and tomatoes. Add the oil, parsley, and vinegar. Purée until smooth.

BEET VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Beet, whole	1 lb.
Vinegar, cider	3 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Dill, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 325°F.
2. Wash and dry the beets. Place on a parchment paper lined sheet pan in a single layer. Roast in the preheated oven until tender when pierced with a knife. The exact cooking time for the beets depends on their size. Small beets will take about 45 minutes, medium beets will take between 1 to 1 ½ hours, and large beets can take over 2 hours.
3. With gloves on, peel the beets and cut them into chunks. Transfer to a blender.
4. Add the oil and dill. Purée until smooth.
5. Season with salt and pepper as needed.

SRIRACHA AÏOLI

Yield: 4 cups

Ingredients	Amounts
Garlic, clove	5 ea.
Egg, yolk	4 ea.
Lemon, juice, fresh	2 tsp.
Oil, olive, pure	4 cups
Water	$\frac{1}{3}$ cup
Sriracha sauce	8 Tbsp.
Salt, kosher	1 tsp.

Method

1. In a blender, place the garlic, egg yolks, and lemon juice. Purée until smooth.
2. Transfer the garlic-yolk mixture to the bowl of a stand mixer fitted with a whisk attachment. With the mixer running, add the oil in a slow steady stream to achieve smooth sauce.
3. In small amounts, add water until the desired consistency is achieved.
4. Add the sriracha and salt. Mix until just combined.
5. Serve immediately or refrigerate for up to 1 week.

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 3 ½ lb.	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Onion, yellow, diced	⅓ cup
Carrot, diced	¼ cup
Celery, diced	¼ cup
Flour, all-purpose	3 Tbsp.
Stock, chicken	1 qt.
Rosemary, leaves, fresh	2 tsp.
Bay leaf, fried	2 ea.
Garlic, crushed	2 tsp.

Method

1. Preheat convection oven to 425°F.
2. Season the chicken, inside and out, with the salt and pepper. Truss with twine (see Chef demo).
3. Place the chicken on a wire rack in a roasting pan. Roast in the preheated oven until the chicken's internal temperature registers 140°F. Remove the pan from the oven. Add the onions, carrots, and celery to bottom of the pan.
4. Roast in the oven until the thigh meat registers an internal temperature of 165°F. Transfer the chicken to a serving platter. Rest, tented with foil. Keep warm.
5. For the gravy, place the roasting pan on the stovetop. Add the flour. Stir to combine. Cook until a fragrant, light golden paste forms (*blond roux*).
6. Add the chicken stock, rosemary, bay leaves, and garlic. Whisk until smooth.
7. Transfer the gravy to a saucepan. Simmer gently over medium low heat until the proper consistency is achieved, about 20 minutes. Adjust the consistency with more stock, as needed.
8. Strain the gravy through a fine strainer. Season with salt and pepper to taste. Transfer to a gravy boat.
9. Carve the chicken. Serve on a heated platter with the gravy.

PINEAPPLE CHUTNEY

Yield: 4 portions

Ingredients	Amounts
Pineapple, fresh, diced	1 cup
Scallion (Green onion), minced	2 Tbsp.
Cilantro, fresh, minced	2 Tbsp.
Pepper, bell, red, minced	2 Tbsp.
Lime, juice, fresh	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste

Method

1. In a small bowl, place the pineapple, scallion, cilantro, and bell pepper. Mix until combined.
2. Add the lime juice. Mix to combine. Season with salt, black pepper, and cayenne to taste.
3. Let it rest for 20 minutes to allow the flavors to develop.

RED PEPPER AND KIMCHI KETCHUP

Yield: 3 cups

Ingredients	Amounts
Pepper, bell, red	4 ea.
Oil, olive, extra virgin	¼ cup
Onion, yellow, minced	1 ea.
Garlic, minced	1 Tbsp.
Wine, white, dry	1 cup
Vinegar, balsamic	¼ cup
Tomato, canned, chopped	2 cups
Sugar, brown	¼ cup
Kimchi, diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the peppers directly over the open flame on the stovetop. Roast, turning occasionally until the skin is fully charred, about 15 minutes.
2. Transfer to a stainless-steel bowl and cover with plastic. Steam for 20 minutes. Once cool enough to handle, remove and discard the skins, core, and seeds. Dice the pepper and reserve.
3. Heat the oil in a saucepan over medium heat. Add the onions. Sweat until very tender, about 7 minutes.
4. Add the reserved peppers and garlic. Cook gently until the peppers are tender and the garlic is fragrant, 5 to 7 minutes.
5. Add the white wine and balsamic vinegar. Cook until all the liquid has fully evaporated, 3 to 5 minutes.
6. Add the chopped tomatoes and brown sugar. Cook until the tomatoes have broken down and all the vegetables are very tender, about 20 minutes.
7. Add the kimchi. Simmer briefly until heated through.
8. Transfer the mixture to a blender. Purée until very smooth.
9. Season with salt and pepper to taste.

ASIAN-STYLE BARBEQUE SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Sesame seeds	3 Tbsp.
Hoisin sauce	1 ¼ cup
Plum sauce	½ cup
Oyster sauce	⅓ cup
Honey	¼ cup
Soy sauce	2 ¼ Tbsp.
Wine, sherry, dry	2 ¼ Tbsp.
Sriracha sauce	1 Tbsp.
Lemon, zest, grated	1 ½ Tbsp.
Orange, zest, grated	1 ½ Tbsp.
Garlic, finely minced	4 tsp.
Ginger, fresh, finely minced	2 Tbsp.
Scallion (Green onion), minced	½ cup
Cilantro, fresh, chopped	½ cup
Curry powder (Optional)	2 ¼ tsp.
Five-spice powder (Optional)	½ tsp.

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
2. In a medium bowl, place the toasted sesame seeds, hoisin sauce, plum sauce, oyster sauce, honey, soy sauce, wine, sriracha sauce, lemon zest, orange zest, garlic, ginger, scallion, and cilantro. Add the curry powder and five-spice powder, if desired.
3. Mix well to combine. Reserve until needed.

Note: Other chili sauces can be substituted for the Sriracha sauce.

SAUTÉED BEEF TENDERLOIN

Yield: 6 portions

Ingredients	Amounts
Roasted Red Pepper Coulis (Recipe follows)	1x recipe
Beef, tenderloin, 4-oz.	12 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Wine, white, dry	2 fl. oz.

Method

1. Prepare the Roasted Red Pepper Coulis. Reserve.
2. Season the beef on all sides with salt and pepper.
3. Heat enough oil to lightly coat a sauté pan over medium-high heat. Add the beef. Sauté until the desired degree of doneness is reached. (Medium rare: 130°F, Medium: 140°F, Medium well: 145°F, Well done: 150°F). Remove and reserve warm.
4. Add the wine. Deglaze by scraping up any browned bits stuck to the bottom of the pan (*fond*).
5. Add the Roasted Red Pepper Coulis. Heat until warmed through.
6. Transfer the beef to a serving platter. Serve with the Roasted Red Pepper Coulis.

ROASTED RED PEPPER COULIS

Yield: 1 pint

Ingredients	Amounts
Oil, olive, pure	as needed
Pepper, bell, red, cut in half, stems, seeds, and ribs removed	2 lb.
Butter, unsalted	3 wt. oz.
Onion, yellow, minced	1 ea.
Wine, white, dry	8 fl. oz.
Stock, chicken	as needed
Salt, kosher	½ tsp.
Chile, cayenne, ground	¼ tsp.

Method

1. Preheat broiler to high. Lightly oil a sheet pan.
2. Place the peppers, cut side down, on the prepared pan. Place under the preheated broiler until the pepper skin is evenly charred, 3 to 5 minutes.
3. Remove the pan from the broiler and cover immediately using an inverted sheet pan. Let the peppers steam for 30 minutes. When cool enough to handle, scrape off and discard the skin. Medium dice and reserve.
4. Heat the butter in a pan over medium-high heat. Add the onion. Sweat until golden brown, about 2 minutes.
5. Add the roasted peppers. Stir to combine.
6. Add the wine. Reduce the liquid by half.
7. Transfer the mixture to a food processor. Purée until smooth. Adjust the consistency with chicken stock, as needed.
8. Season with the salt and cayenne.

BLACKENED TOMATO SALSA

Yield: 3 cups

Ingredients	Amounts
Tomato, plum (Roma)	5 ea.
Onion, Spanish, ¼-in. sliced	1 ea.
Garlic, clove	3 ea.
Chile, chipotle, dried	½ ea.
Oil, olive, extra virgin	1 Tbsp.
Salt, kosher	to taste

Method

1. Heat a large sauté pan over high heat. Add the tomatoes. Cook, turning occasionally, until the skins are blistered and charred and the tomatoes begin to collapse, 5 to 7 minutes. Remove and reserve.
2. Add the onions. Cook, turning occasionally, until lightly charred and softened, 6 to 8 minutes. Remove and reserve.
3. Add the garlic. Cook until softened and fragrant, 2 to 3 minutes. Remove and reserve.
4. In a blender, place the reserved tomatoes, onions, and garlic, chipotle, and olive oil. Pulse until a chunky salsa forms.
5. Season with salt to taste.
6. Serve warm or at room temperature.

MAC AND CHEESE WITH BACON

Yield: 8 portions

Ingredients	Amounts
Pork, bacon	6 wt. oz.
Water	2 gal.
Salt, kosher	as needed
Pasta, elbow macaroni	2 lb.
Butter, unsalted	2 wt. oz.
Oil, vegetable	1 fl. oz.
Flour, all-purpose	1 ½ wt. oz.
Milk, whole	1 qt.
Cheese, Brie, rind on, med. diced	6 wt. oz.
Cheese, Parmesan, grated	6 wt. oz.
Cheese, Gruyère, grated	6 wt. oz.
Mustard, Pommery	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Cheese, mozzarella, grated	6 wt. oz.
Breadcrumbs	1 cup
Butter, unsalted, diced	as needed

Method

1. Preheat oven to 400°F.
2. In a small skillet, place the bacon. Turn the heat to medium. Render until crispy. Drain briefly. Cut into bits. Reserve.
3. In a large pot, bring the salted water to a boil. Add the pasta. Cook until just tender but still firm to the bite (*al dente*), about 8 minutes. Drain well. Transfer to a large bowl.
4. Add the butter. Toss to evenly coat the pasta. Reserve.
5. For the cheese sauce, in a saucepan over low heat, place the flour and oil. Mix to combine. Cook, stirring constantly, until a pale paste forms and the raw flour aroma dissipates (*blonde roux*), about 4 minutes.
6. Gradually stream in the milk, whisking constantly, until just incorporated. Turn up the heat to medium and bring to a boil. Turn down the heat to medium-low. Simmer, stirring frequently, until smooth and thickened, about 20 minutes.

7. Add the Brie, Parmesan, and Gruyère cheeses. Heat until melted. Transfer the cheese sauce to a blender. Blend until smooth.
8. Add the mustard. Season with salt, pepper, and nutmeg to taste. Toss the reserved pasta with the cheese sauce. Reserve.
9. Lightly butter an oven-safe dish. Add the pasta-cheese sauce mixture.
10. Top with the bacon bits, mozzarella cheese, breadcrumbs, and diced butter.
11. Bake in the preheated oven until the sauce is bubbling and the top is well-browned, about 20 minutes. Serve hot, directly from the pan.

BASIC KNIFE CUTS



Mince

<1/16-in.
cube



Brunoise

1/8-in. cube (fine dice)



Chop

1/8-in. to 1/4-in. cube



Small Dice

1/4-in. cube



Medium Dice

1/2-in. cube



Large Dice

3/4-in. cube



Fine Julienne

1/16-in. sq. x 2-in.



Rondelle

Varied diameter/ thickness
Can be round or bias-round cut



Julienne

1/8-in. sq. x 2-in.



Batonnet

1/4-in. sq. x 2-in.



Chiffonade

rolled, sliced thin



CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Instructional Designers:
Chef Dave Kamen
Chef Hinnerk von Bargaen

Classic Contemporary Sauces Sat Course Guide v.100.docx

Copyright © 2026
Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of the Culinary Institute of America.