

Sheet1

RNUM	STEING	PREINGR,C,35	AMTMODI,C,50	AMOU
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1	3	2 Peel of		1
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1	3	4		10
1	4	1		6
1	5	1		4
1	6	1		2
2	1	1		8
2	1	2		12
2	1	3		3
2	1	4 Peel of		1
2	1	5		3
2	2	1		4
3	1	1		1 1/2
3	1	2		6
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3	2	1		1
3	3	1		
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4	1	2		1
4	1	3		6
4	2	1		1
5	1	1		1
5	1	2		1/2
5	1	3		6
6	1	1		1/2
6	1	2		3/4
6	2	1		4
6	2	2		6
6	2	3		4
6	2	4		1
6	3	1		10
6	3	2		5
7	2	1		3
7	3	1		1/2
8	2	1		
8	2	2		
8	2	3		
8	2	4		8
9	1	1		1
9	1	2		1
9	2	1		3/4
9	3	1		1/8
9	4	1		
9	4	2		
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10	5	2	
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11	2	1	8
11	4	1	1/4
11	4	2	1/4
11	5	1	1/8
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11	6	2	
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15	1	3	1/2
15	1	4	1/4
15	1	5	1/4
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16	2	3	1

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26	2	5		1
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27	2	3		1
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27	2	8		1
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28	2	2		1
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35	3	1		1/2
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Sheet1

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45	2	3	2
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45	3	1	1/4
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49	1	2	1/4

Sheet1

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Sheet1

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62	3	1	2
62	4	1	4 1/2
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67	2	2		3/4
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68	2	3		1/4
68	2	4		1/2
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68	2	8		1
68	2	9		
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69	3	1		1
69	3	2		1/4
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69	3	4		2
69	3	5		2
69	3	6		1 1/2

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70	2	2		1
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70	3	2		1
70	3	3		3
70	3	4		1
70	3	5		3/4
70	4	1	Up to	1/4
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71	2	1		2
71	2	2		3
71	3	1		1/4
71	4	1		1/2
71	4	2	Generous	1/3
71	4	3	About	1 1/2
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72	2	3		1/4
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86	3	1	4

Up to

Sheet1

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87	1	2	4
87	1	3	3
87	1	4	2
87	1	5	1/2
87	1	6	2
87	1	7	4 1/2
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87	1	9	2
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88	1	1	6
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89	1	4	1
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89	1	6	1 1/2
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89	1	8	1 1/2

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93	3	3	1 1/2
93	3	4	1 1/2

Sheet1

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Sheet1

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105	3	2		1 1/2
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Sheet1

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114	2	4		
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116	1	2		1/4

Sheet1

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Sheet1

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About

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sprinkle of



Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Several

Sheet1

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Several

Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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About

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Several grinds of

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Sheet1

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About

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A

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Sheet1

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Sheet1

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1463	1	2	Juice and finely grated zest of
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1466	4	2	4
1466	4	3	1/4

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Scant

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1842	2	3	Scant	1/4
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1843	1	4	Generous	
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Sheet1

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Sheet1

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Sheet1

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Sheet1

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1870	3	2	
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1871	1	4	
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1871	3	1	1/2
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Sheet1

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Sheet1

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1881	2	4	
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1882	4	2	1
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1883	3	1	1/2
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1884	1	2	3



Sheet1

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1885	2	4	
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1885	4	1	1/2
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1889	3	1	8
1890	1	1	6
1890	1	2	2
1890	1	3	3
1890	1	4	
1890	2	1	1
1890	3	1	8
1890	4	1	1/2
1890	4	2	1/2
1890	4	3	
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1891	1	2	1/4

Sheet1

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1891	2	4		1
1891	2	5		1/4
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1891	4	1		1/4
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1892	2	2		1
1892	2	3		1/2
1892	2	4		1/2
1892	3	1		1/2
1892	3	2		1/2
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1892	3	4		1
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1892	4	1		
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1893	2	1		
1893	2	2		
1894	1	1	About	2
1894	2	1		
1894	3	1		1
1894	3	2		1/4
1894	4	1		1/4
1895	1	1		2
1895	1	2		1
1895	1	3		1/4
1895	1	4		
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1895	3	1		1/2
1895	3	2	Up to	1 1/2
1895	3	3		
1896	1	1		2
1896	1	2		1
1896	1	3		1/4
1896	2	1		1
1896	2	2		1/4
1896	3	1		3/4
1896	4	1	Up to	1/4
1896	5	1		1/2
1896	6	1		
1896	7	1		1 1/2
1896	7	2		1/2
1896	7	3		

Sheet1

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1897	2	3		1/4
1897	2	4		
1897	3	1		1
1897	4	1	Up to	1 1/2
1897	4	2		
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1898	1	2		2
1898	2	1		2
1898	2	2		1
1898	2	3		1/4
1898	3	1		1
1898	3	2		1/4
1898	4	1		3/4
1898	5	1	Up to	1/4
1898	6	1		
1898	7	1		1 1/2
1898	7	2		1/2
1898	7	3		
1899	1	1		2
1899	1	2		2
1899	2	1		2
1899	2	2		1
1899	2	3		1/4
1899	2	4		
1899	3	1		1
1899	4	1		1/2
1899	4	2	Up to	1 1/2
1899	4	3		
1900	1	1		2
1900	1	2		2
1900	2	1		2
1900	2	2		1
1900	2	3		1/4
1900	3	1		1
1900	3	2		1/4
1900	4	1		3/4
1900	5	1	Up to	1/4
1900	6	1		1/2
1900	7	1		
1900	8	1		1 1/2
1900	8	2		1/2
1900	8	3		
1901	1	1		2
1901	1	2		1
1901	1	3		1/4

Sheet1

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1901	3	1		1
1901	3	2		
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1902	1	2		1
1902	1	3		1/4
1902	2	1		1
1902	2	2		1/4
1902	3	1		3/4
1902	4	1	Up to	1/4
1902	5	1		
1902	6	1		1
1902	6	2		1 1/2
1902	6	3		
1903	1	1		2
1903	1	2		1
1903	1	3		1/4
1903	1	4		
1903	2	1		1
1903	3	1		2
1903	3	2	Up to	1 1/2
1903	3	3		
1904	1	1		2
1904	1	2		1
1904	1	3		1/4
1904	2	1		1
1904	2	2		1/4
1904	3	1		3/4
1904	4	1	up to	1/4
1904	5	1		
1904	6	1		2
1904	6	2		1 1/2
1904	6	3		1/2
1904	6	4		
1905	1	1		2
1905	1	2		1
1905	1	3		1/4
1905	1	4		
1905	2	1		1
1905	3	1		1
1905	3	2		1 1/2
1905	3	3		1 1/2
1905	3	4		1 1/2
1905	3	5		1
1905	3	6	Up to	1 1/2
1905	3	7		
1905	4	1		1
1905	4	2		1

Sheet1

1906	1	1		2
1906	1	2		1
1906	1	3		1/4
1906	2	1		1
1906	2	2		1/4
1906	3	1		3/4
1906	4	1	Up to	1/4
1906	5	1		
1906	6	1		1
1906	6	2		1 1/2
1906	6	3		1 1/2
1906	6	4		1 1/2
1906	6	5		1
1906	6	6	Up to	1 1/2
1906	6	7		
1906	7	1		1
1906	7	2		1
1907	1	1		2
1907	1	2		1
1907	1	3		1/4
1907	1	4		
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1907	3	1		1
1907	3	2		1
1907	3	3		1
1907	3	4		1
1907	3	5		1 1/2
1907	3	6		1
1907	3	7		1/2
1907	3	8		
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1908	1	3		1/4
1908	2	1		1
1908	2	2		1/4
1908	3	1		3/4
1908	4	1	Up to	1/4
1908	5	1		
1908	6	1		1
1908	6	2		1
1908	6	3		1
1908	6	4		1
1908	6	5		1 1/2
1908	6	6		1
1908	6	7		1/2
1908	6	8		
1908	6	9		1 1/2
1909	1	1		2
1909	1	2		1

Sheet1

1909	1	3		1/4
1909	1	4		
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1909	3	1		1/2
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1909	4	1		1
1909	4	2		
1909	4	3		
1910	1	1		2
1910	1	2		1
1910	1	3		1/4
1910	2	1		1
1910	2	2		1/4
1910	3	1		3/4
1910	4	1	up to	1/4
1910	5	1		1/2
1910	5	2		3
1910	6	1		
1910	7	1		1
1910	7	2		
1910	7	3		
1911	1	1		2
1911	1	2		1
1911	1	3		1/4
1911	1	4		
1911	2	1		1
1911	3	1		1
1911	3	2		1
1911	3	3	Up to	1 1/2
1911	3	4		
1912	1	1		2
1912	1	2		1
1912	1	3		1/4
1912	2	1		1
1912	2	2		1/4
1912	3	1		3/4
1912	4	1	Up to	1/4
1912	5	1		1
1912	5	2		1
1912	6	1		
1912	7	1		1 1/2
1912	7	2		1/2
1912	7	3		
1913	1	1		2
1913	1	2		1
1913	1	3		1/4
1913	1	4		
1913	2	1		1
1913	3	1		2

Sheet1

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1913	3	4		1
1913	3	5		1
1913	3	6		
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1914	1	2		1
1914	1	3		1/4
1914	2	1		1
1914	2	2		1/4
1914	3	1		3/4
1914	4	1	up to	1/4
1914	5	1		
1914	6	1		2
1914	6	2		2
1914	6	3		1
1914	6	4		1
1914	6	5		1
1914	6	6		
1915	1	1		2
1915	1	2		4
1915	1	3		
1915	2	1		1
1915	3	1		1/2
1915	3	2		1
1915	3	3		1/2
1915	4	1 A bit of		
1916	1	1		4
1916	2	1		1
1916	2	2		3/4
1916	2	3		
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1917	2	1		1
1917	2	2		1
1917	2	3		
1918	1	1		4
1918	2	1		2
1918	2	2		1
1918	2	3		1
1918	2	4		1
1918	2	5		1
1918	2	6		
1919	1	1		4
1919	2	1		1
1919	2	2		1/4
1919	2	3		
1920	1	1		4
1920	2	1		1 1/2
1920	2	2		

Sheet1

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1921	2	2		1
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1921	2	4		
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1922	3	1		4
1922	4	1		
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1923	2	2		
1924	1	1		4
1924	2	1		1
1924	2	2		1
1924	2	3		1/2
1924	2	4		
1925	1	1		1/4
1925	2	1		3/4
1926	1	1		1
1926	1	2		3
1926	2	1		3
1926	2	2		2
1926	2	3		1/4
1926	2	4		1/4
1926	2	5		1/4
1926	2	6		1/4
1926	3	1	About	3/4
1928	1	1		1
1928	1	2		1/2
1929	1	1		1/4
1929	1	2		2 1/2
1929	1	3		1 1/2
1929	2	1		
1930	1	1		2
1930	1	2		1/4
1930	1	3		1
1930	1	4		3
1930	1	5		2
1930	1	6		6
1930	1	7		6
1930	1	8		2 1/2
1930	2	1		
1931	1	1		1/4
1931	1	2		1
1931	2	1		1
1931	2	2		1
1931	2	3		1/2



Sheet1

1931	3	1	4
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1931	3	3	1 1/2
1931	4	1	1/2
1931	4	2	
1931	4	3	1/8
1931	5	1	
1931	6	1	
1932	1	1	1/4
1932	1	2	1
1932	2	1	1
1932	2	2	2
1932	3	1	4
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Sheet1

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Sheet1

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Sheet1

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Sheet1

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Sheet1

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2434	1	5	1/2
2434	1	6	1/2
2434	2	1	2
2434	2	2	2/3
2434	2	3	2/3
2434	3	1	2
2435	1	1	
2436	1	1	1
2436	2	1	1
2436	3	1	6
2436	3	2	2
2437	1	1	1
2437	2	1	
2437	3	1	
2437	4	1	1 1/2
2437	5	1	
2437	6	1	
2437	7	1	1
2437	8	1	
2437	9	1	1/4
2438	1	1	2/3
2438	1	2	1/4
2438	1	3	1/4
2439	1	1	1/3
2440	1	1	1 1/2

Sheet1

UNIT,C,35

AMTSEPMAXAIMAXUNIT,C,25

ounces  
cups  
ounces  
ounces  
ounces  
tablespoons

cups  
ounces  
ounces  
teaspoon  
tablespoon  
Dash  
ounce  
ounce  
ounces  
tablespoon  
ounce  
ounce  
ounces  
cup  
cup  
strips

teaspoons  
cups  
cups  
cup

teaspoons  
tablespoon  
teaspoon  
cup  
teaspoon

cup

cup  
teaspoon  
cup  
cup  
cup  
teaspoon

cup  
ounces  
cup  
cup  
teaspoon

small bunch  
sprigs

or 3

cloves  
cups

ounces

cloves

cup  
cups

cups  
cup  
cup  
cup  
cup  
cup

tablespoons

pounds to 5 1/2  
cups



cups

pounds  
pound

cups  
cups

pounds  
pounds  
ounces  
cups

pounds

bulb  
cloves to 2  
cup  
cups

tablespoons  
cups

tablespoons  
cups

tablespoon  
Splash of  
5 x 4-inch piece

Sheet1

cups  
cup  
pound  
5 x 4-inch piece  
cups  
tablespoon  
cup

cups

14-1/2-ounce can

clove  
pounds  
cups

tablespoon

teaspoon

tablespoon

clove  
cup  
8-ounce bottles  
cups

cups  
teaspoons  
teaspoon  
Large pinch  
cup  
cups  
cups

Pinch  
tablespoons

tablespoons

tablespoons

tablespoons

cups

cup

cup

Pinch

cups

cup

tablespoons

cup

cup

cup

cup

cups more

cups

tablespoons

tablespoons

cup

tablespoons

to 2

tablespoons

cup

cup

cup

cup

cups

cups

cup

tablespoons

tablespoon

tablespoons

cup

cups

cup

teaspoon

tablespoons

cup

tablespoons

teaspoon

tablespoon

cups

cups  
cup  
cup

tablespoons                    to            4  
cup  
cup  
teaspoon  
cup

tablespoon  
tablespoons  
tablespoons  
cup  
cup  
tablespoons  
cup  
cup

tablespoon  
tablespoon  
tablespoons                    to            2  
cup

sprig  
sprig

cup  
cup  
cup  
teaspoons

tablespoons  
cup  
cup  
cup  
cup

tablespoon  
tablespoons  
tablespoons  
tablespoons  
cup  
tablespoon  
tablespoon  
tablespoon

tablespoons  
tablespoons to 2

tablespoons to 4  
tablespoons to 4

cup

cup  
cup

teaspoons  
teaspoons

cup  
tablespoon  
tablespoon

cup  
cup

sprig

tablespoon  
teaspoons  
cup  
cup  
cup  
cup  
2-inch strip  
teaspoon  
teaspoon  
teaspoon

tablespoon  
tablespoons  
ounces

cups  
tablespoon  
tablespoons

cup  
cup

cup  
tablespoon  
teaspoon

cup

tablespoon  
cup  
cups  
cups  
cups  
cup  
tablespoon

tablespoon  
cup  
cup  
cup  
tablespoons  
cups  
cup  
cup  
tablespoon

tablespoons  
cup  
teaspoons  
Dash

to 3

teaspoons

cup  
tablespoons  
tablespoons

sprigs

teaspoons  
cup

tablespoons  
tablespoons  
tablespoon  
teaspoon

teaspoon  
tablespoons                    to            5  
teaspoon

tablespoon  
cup

tablespoons  
tablespoons  
tablespoons

tablespoon  
tablespoons  
tablespoons  
cups  
large                                    or            4            medium  
tablespoons

tablespoon  
teaspoon                                    to            1/4  
teaspoon  
cups

pounds

cloves  
cups  
cup  
cup

tablespoon  
cup  
teaspoons  
cups  
cup

tablespoons

tablespoons  
teaspoon

teaspoon  
cup  
teaspoons  
teaspoons  
teaspoon

cups  
tablespoons to 4  
teaspoon

pounds  
cup  
tablespoons  
tablespoon  
Pinch  
tablespoons to 4

tablespoons

cup to 1/2  
to 5

medium clove  
teaspoon  
ounces

to 5

clove  
tablespoons to 4  
teaspoon  
teaspoon  
ears

cup

tablespoons  
tablespoons  
clove to 3

cup  
tablespoons  
tablespoons  
cloves  
teaspoons



teaspoon

pound

small clove  
cup

tablespoons                    to            4  
teaspoon  
teaspoon  
cup  
pound

cloves  
teaspoon

cup  
teaspoons

cup

cup  
clove  
cup

pounds  
cups  
cup  
quarts  
cups  
cups  
tablespoons  
tablespoons  
tablespoons  
pounds  
pounds  
pound  
pounds  
pound

pounds  
pounds  
pounds  
quarts  
cup  
quart

Sheet1

cups  
tablespoons  
teaspoons  
teaspoons  
teaspoons  
pound  
cups  
cup  
cup  
teaspoons  
cup  
12-ounce package

cup  
pounds  
pounds  
cup  
quarts  
pounds  
pounds  
pound  
cloves  
tablespoon  
teaspoons  
tablespoon  
tablespoon  
teaspoons

ears

cup  
cup  
tablespoon  
tablespoon

medium ears  
pound  
ounces  
ounces  
pounds  
ounces  
cups  
cup  
cup  
cup  
tablespoons  
tablespoons  
teaspoons

teaspoons  
teaspoon  
cup  
cup  
cup  
tablespoons  
tablespoon  
tablespoon

cup  
cup  
cup  
cup  
tablespoon  
tablespoon  
cup

tablespoons  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
cup

tablespoons  
tablespoons  
teaspoon

tablespoons  
teaspoon  
teaspoon  
Pinch  
ounces  
tablespoon  
cups  
tablespoon  
tablespoons

to 2

teaspoon

cup  
pounds  
cups  
cups

Sheet1

ounces  
tablespoons  
ounces  
ounces  
ounces  
tablespoons  
tablespoons  
tablespoons  
tablespoon  
teaspoons  
teaspoons  
teaspoons

cups

cup  
cloves  
cups  
cups  
teaspoons  
teaspoon

cups  
pounds  
tablespoons  
tablespoons

teaspoon  
teaspoon  
pounds  
pound  
ounces  
ounces

ounces  
large cloves  
cup  
cup  
tablespoon  
quarts  
quart  
quart  
pound  
pound  
pounds  
pounds  
quarts

cup  
tablespoons  
tablespoon  
teaspoons  
tablespoons  
small or 2 medium

tablespoons to 1/3 cup  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
cup  
cup  
cup

1/2 -inch piece  
cloves to 8

tablespoons  
teaspoons

pounds

cup  
teaspoon

tablespoon  
tablespoon  
tablespoon  
tablespoon  
tablespoon

clove  
cups

pounds  
pounds  
pound  
pound  
cups  
cups  
cup  
tablespoons  
tablespoons  
tablespoons  
tablespoons

2

cup

cup

tablespoon

teaspoon

tablespoons

cup

cup

teaspoon

pounds

tablespoons

cup

cup

clove

teaspoon

teaspoon

teaspoon

teaspoon

pounds

cups

cups

tablespoons

tablespoons

tablespoon

tablespoon

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

cup

cup

cup

cup

tablespoons

cup

cup

cup

tablespoons

to

2

teaspoon  
Pinch  
cup  
teaspoons

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

teaspoons to 3  
teaspoon to 1

tablespoons to 4 1/2  
cup  
teaspoons to 3  
teaspoon to 1

ounces  
teaspoon  
tablespoons  
tablespoons  
tablespoons  
teaspoon  
teaspoon  
tablespoons

cloves to 6

cup  
teaspoon  
teaspoon  
teaspoon  
tablespoons

tablespoon

cloves  
teaspoon

cup

teaspoons to 2  
tablespoons to 2  
cup

tablespoon  
tablespoon

cup  
tablespoon  
cup  
cups

tablespoons

tablespoons  
cup  
teaspoons  
tablespoon  
teaspoon  
teaspoons

tablespoons  
cup  
cloves  
tablespoons  
teaspoon  
teaspoon  
tablespoons  
tablespoons  
tablespoon

pound  
tablespoons  
cup

to 1/3

cup  
cup  
cup  
cup  
tablespoons  
tablespoons  
teaspoon  
Pinch  
cup  
cup  
tablespoons  
teaspoon  
teaspoon  
cup  
teaspoon  
tablespoons  
cup



cup  
cloves  
cup  
teaspoon

tablespoons  
tablespoons  
tablespoons to 2  
tablespoons

Pinch  
cup  
cup  
cup

cup  
cloves  
tablespoon

teaspoon  
teaspoon  
tablespoon  
tablespoons  
tablespoons to 10  
tablespoons

cup

tablespoon  
tablespoon  
teaspoons to 2  
Pinch

large cloves to 6  
Pinch  
cups  
cup  
cup

tablespoon  
1/2-inch thick slice  
cup  
cloves

Pinch

tablespoons  
teaspoon  
cup  
tablespoons

teaspoon  
teaspoon  
teaspoon  
cup

6-ounce can  
cup

tablespoons  
tablespoons

tablespoon  
teaspoon

tablespoons                      to              4  
cup

cups  
cup

tablespoons

tablespoon  
cup  
small cloves  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
teaspoon  
teaspoon  
teaspoon  
cloves

tablespoons  
tablespoon  
tablespoon

cup

tablespoon  
teaspoon

cup  
tablespoon  
tablespoons  
tablespoons  
pinch of

cloves  
tablespoons  
tablespoon

A little

cloves  
tablespoons                      to              8

teaspoons  
cloves

cup  
cup  
cup  
teaspoon  
tablespoons  
tablespoon

tablespoons  
cup  
tablespoons  
tablespoons  
tablespoon  
cloves                                      to              5  
tablespoons

tablespoons  
tablespoons  
cloves  
teaspoons  
teaspoons  
teaspoons

tablespoon  
tablespoon  
drops                                      to              3

cup  
cup  
tablespoons  
tablespoons  
cup  
teaspoons

clove  
teaspoon  
teaspoon  
cup  
cup  
cup  
teaspoon  
teaspoon  
teaspoon  
cup

tablespoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoon  
teaspoons  
cup  
cup  
tablespoons  
tablespoon  
cup  
cups  
cup  
tablespoon  
tablespoon  
cloves  
teaspoon  
teaspoon  
cups

to 3

cloves  
sprigs  
sprigs

cup  
cup  
cup  
teaspoons  
cups  
cup  
tablespoons  
tablespoons  
cup  
cup  
tablespoon  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup  
cup  
tablespoons  
teaspoon  
cup  
cup

to 4

cup  
cup  
cup  
tablespoon  
tablespoon

cup  
cup  
cup  
cup  
cup  
cup  
tablespoons  
tablespoons  
cup

tablespoons  
tablespoons

Sheet1

tablespoons  
tablespoons  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon

cups  
cloves  
tablespoon  
cup  
tablespoons  
cup  
cup  
tablespoons  
clove  
tablespoon  
teaspoon  
cup  
cup  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoons  
cup  
cup  
tablespoon  
cup  
cup  
cup  
tablespoons  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
cup  
1/4 -inch slices  
stalk

cloves

teaspoon  
teaspoons  
teaspoon  
cup

Sheet1

cup  
cup  
tablespoons  
tablespoons  
cloves  
teaspoon  
teaspoon

teaspoon  
Generous pinch

teaspoon

cups  
cups  
cups  
tablespoons  
tablespoons  
cup  
cup

cup  
cup  
tablespoon  
cup  
cup

tablespoons  
tablespoon  
cups  
tablespoons  
tablespoon  
cup  
cups  
tablespoon  
cup  
tablespoon  
cup  
teaspoon  
cup  
teaspoons

cup  
cup  
tablespoons  
cup  
cup

cup  
tablespoons  
cup  
cup  
teaspoon  
cups  
cup  
cup  
cup  
cup  
tablespoons  
tablespoons  
tablespoon  
cloves  
tablespoons

tablespoon  
cup  
teaspoons  
cup  
cup  
cup  
cup

or 2

cup  
tablespoons

cups  
cup  
cup  
cup  
cup  
cup  
cup  
cup  
cup  
cup  
cup  
clove  
teaspoons  
tablespoons

tablespoons

tablespoons  
cups  
cups



teaspoon

cups  
teaspoon  
teaspoon  
cup

tablespoons

teaspoons  
cups  
cups  
teaspoons

tablespoons  
tablespoons

Pinch  
tablespoons  
cups  
teaspoons  
teaspoon  
slices  
tablespoons

to 1 1/2  
to 1/2  
to 3

small clove  
cups  
teaspoons  
teaspoon  
Pinch  
cup  
cups  
tablespoons  
pound  
cup  
tablespoon

to 1/2

cloves  
teaspoon  
cups  
cups  
pounds  
cup  
teaspoon  
teaspoon

to 1/2  
to 1

cups  
pound

clove  
tablespoons  
teaspoons  
teaspoon

tablespoons  
tablespoon  
pounds  
cup  
tablespoons  
tablespoons  
teaspoon  
cups  
teaspoon                   to           1  
teaspoon

ounce  
cup  
tablespoon  
tablespoon  
ounces

cloves  
cup  
cups  
tablespoon  
teaspoon  
teaspoon  
tablespoons

pounds  
teaspoon  
teaspoon  
pounds

tablespoons

cup  
tablespoon  
clove

teaspoon  
teaspoon  
tablespoons  
teaspoon  
tablespoons  
sprigs  
thin slices

to 2

large cloves  
28-ounce can  
teaspoons

cups  
teaspoon  
ounces  
cup  
tablespoons  
tablespoons

to 1

tablespoons

or 3

clove  
large cloves  
cup  
pounds  
Pinch  
cups

Drizzle of

tablespoons  
cups  
cup  
cup  
cups  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
slices

cloves to 2

drops to 3

Sheet1

tablespoons  
cup  
cup  
cup  
cup  
cups  
cup  
ounces  
teaspoon

cup  
pounds  
cup  
cup  
tablespoons  
cloves

teaspoons  
tablespoons  
ounce

4-inch sprig  
cup  
cup  
cloves  
small head

14-ounce can  
16-ounce can  
cups  
ounces

tablespoons

cups  
teaspoons  
Pinch  
15 1/2- or 19-ounce can  
small handful

ounces  
cups  
cloves  
cup  
cup  
teaspoon  
pounds  
tablespoons

cloves  
1-inch piece  
tablespoon  
tablespoons  
cups  
teaspoon  
cup  
cup

ounces  
cups  
cups

tablespoons  
large head

tablespoons  
3-inch sprigs  
tablespoons  
large clove

teaspoons  
teaspoon  
tablespoons                   to           2  
tablespoons

cloves  
cups

teaspoons  
teaspoon  
teaspoon  
ounces  
cups  
tablespoons

cups  
tablespoons  
tablespoons  
tablespoon  
ounces  
ounces  
cups  
tablespoons  
tablespoons  
teaspoon                      to              1

tablespoon

tablespoons  
bunches  
teaspoon  
teaspoon  
tablespoons  
cups  
ounces  
cup                              to              1/2

Dollop of  
tablespoons

cups

teaspoon

pound  
tablespoons

cloves

cups

cup  
teaspoons  
tablespoons

to 1/2

tablespoons  
tablespoon

tablespoons  
cups  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
teaspoons  
tablespoons  
cup  
tablespoons

cloves  
ounces  
cups  
cups  
14 1/2-ounce can  
teaspoon  
teaspoons

to 2 teaspoons

teaspoon  
cup  
cups  
teaspoon  
cloves  
cup  
cup  
cup  
teaspoons  
teaspoons  
teaspoon  
cups  
cups

cloves  
teaspoons  
teaspoon  
tablespoons  
cups

pound

cloves

cups  
large slices  
large cloves  
tablespoon  
tablespoons  
teaspoon  
teaspoon

teaspoon

tablespoons  
cups

tablespoons  
tablespoon  
tablespoons  
small clove

cups  
cup

cup  
tablespoons

to 2

tablespoons  
head  
slices  
clove  
tablespoon  
teaspoon  
cups



teaspoon  
teaspoon

cups  
cup  
tablespoons

Pinch  
cups  
teaspoon  
tablespoons

teaspoon  
cup  
cup plus 1 tablespoon  
cup  
teaspoon  
teaspoon  
teaspoons to 2  
cups  
teaspoons  
teaspoon

tablespoons  
teaspoon  
pound

cups  
teaspoon  
cups  
teaspoon  
Splash of

2-inch piece  
tablespoons

ounces  
teaspoons  
teaspoon  
to 3

Pinch  
teaspoon  
cups  
teaspoon  
tablespoons to 3 1/2  
cup

cup  
cup  
cup  
cup  
tablespoon  
teaspoons  
cloves

pounds  
cups  
ounces  
ounces  
cups                   to       10  
ounces  
cups  
cup  
cup  
tablespoons  
tablespoons

tablespoons  
cups  
cup

pounds  
cups  
cups  
cup  
teaspoons  
tablespoon  
tablespoon  
teaspoon

Dollop of

cup  
cup  
tablespoons  
cup

slices

small ears  
cups

teaspoons  
teaspoon  
tablespoon  
tablespoon  
tablespoon

cloves

cups  
cups  
teaspoon

tablespoon

pounds  
cup  
cup

slices

tablespoon  
tablespoon

cup

tablespoon

pounds                    to            12  
cup  
cups  
tablespoon  
slices

28-ounce can  
cups  
pound  
teaspoon  
tablespoons  
cup  
tablespoon

cup  
clove  
cups

teaspoon  
ounces  
teaspoon

pounds

ounces  
tablespoons

tablespoon

cups  
cups

tablespoons  
Dollop of

tablespoons to 4  
tablespoon or more to 1 1/2  
pints

cups  
cup  
teaspoon  
teaspoon  
tablespoons  
cups  
cups  
cups  
cup

tablespoons to 4  
cup  
cup  
cup  
cups  
cup

teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons to 4  
cup

teaspoon  
teaspoon  
cup to 1

drops

tablespoons  
tablespoons  
tablespoons  
cup  
cup  
cup  
cloves  
teaspoon  
28-ounce can  
cups  
pound

teaspoons  
teaspoon  
teaspoons to 1 1/4  
cup to 3/4

tablespoons  
tablespoons  
cups  
teaspoon  
teaspoon  
pound  
tablespoons to 2  
teaspoon

pounds  
cups  
cup  
sprigs  
sprigs  
cup

Pinch  
teaspoon

slices  
ounces

clove

pound

Sheet1

cups  
teaspoon  
ounces  
ounces  
teaspoon  
ounces  
cup

pound  
cup  
tablespoon

cup  
pound  
teaspoon

cups  
cups  
tablespoons  
pound  
pound

tablespoon  
tablespoon

small bulb

teaspoon  
teaspoon  
cloves  
tablespoon  
cup  
cups  
cups  
teaspoon  
teaspoon  
tablespoons

pound

tablespoons

cup  
pounds

teaspoon  
teaspoon  
Pinch  
cups  
cup  
teaspoon

tablespoon

ounces  
pound

tablespoons  
cups  
28-ounce can  
cups

teaspoons  
tablespoons  
teaspoons  
cloves  
teaspoon  
teaspoon  
teaspoons

pounds

ounces

teaspoons

cup

pounds

tablespoon  
teaspoon  
1-inch piece  
ounces

cup  
cups  
tablespoons

quarts  
ounces  
quarts  
tablespoons  
pounds  
cups

cloves

teaspoon

cups  
pounds  
cup

teaspoon

tablespoons  
cups

teaspoon  
teaspoon



cup

cup

cup

cup

teaspoons

teaspoons

teaspoon

teaspoon

cup

tablespoons

to

4

cup

cup

cups

ounces

tablespoon

cup

cups

pounds

to

2

teaspoon

teaspoon

cups

cup

tablespoons

teaspoons

teaspoons

teaspoons

teaspoon

teaspoon

tablespoons

cup

cloves

cups

14 1/2-ounce can

teaspoons

cup

cup

cup

cup

cups  
cups

tablespoons  
teaspoon  
teaspoon  
pound  
tablespoons

quarts to 4

teaspoon  
teaspoons  
Pinch  
Pinch  
cup

tablespoon  
tablespoon  
cup

cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
Pinch  
cup  
tablespoon

tablespoons  
teaspoons  
teaspoons to 2  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
Pinch

cup

ounces

tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons

cup

tablespoon

tablespoons                      to              2

teaspoon  
Pinch  
  
   or              2

slice  
tablespoons                      to              2

slice  
slices  
tablespoons

cups  
tablespoons                      to              2  
  
   to              8

tablespoons

tablespoon

teaspoon  
Pinch

Sheet1

tablespoons  
tablespoon  
tablespoons  
tablespoons  
tablespoon

thick slices

cup

to 4

teaspoon  
teaspoon  
tablespoons  
tablespoon

to 2

to 4

tablespoons  
teaspoon  
teaspoon

inch  
Pinch  
Pinch

teaspoon to 1 tablespoon  
teaspoon

teaspoon  
Pinch  
tablespoon  
tablespoon  
cup  
cup  
cup

tablespoon  
teaspoon  
teaspoon  
cup  
teaspoon  
teaspoon

cup to 1  
tablespoons

teaspoon

teaspoon

tablespoons  
cup

teaspoon  
teaspoon

teaspoon  
Pinch  
cup  
tablespoon  
tablespoon  
tablespoons

tablespoons

cup  
tablespoon

cups  
cup  
cup  
teaspoon

tablespoons

tablespoons

Pinch  
tablespoons                    to            2

cup    to            1/2  
tablespoon  
tablespoons  
cups  
cups  
teaspoon  
teaspoon  
Pinch  
Pinch

Pinch  
cup    to            1/2  
cups  
teaspoon

Sheet1

teaspoon  
Pinch

cup  
cups

Pinch  
cup  
cup  
tablespoons  
cup  
cup  
ounces

teaspoon  
teaspoon  
teaspoon

teaspoon  
cups  
tablespoon  
cup  
tablespoons  
teaspoon  
teaspoon

cup

cup

cups

cup  
cup  
tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
Dash

ounces

cups  
teaspoon  
teaspoon  
Pinch

cups  
tablespoon  
teaspoon  
teaspoon

recipe  
pound  
ounces  
cup  
cup

tablespoon  
teaspoons  
teaspoon

recipe  
tablespoons  
pounds  
teaspoon

cup  
teaspoon

pounds  
cups  
cup

cups

cups

pound  
cups  
cups           to       4  
cups           to       12

cup  
cup

cups  
teaspoon  
cups  
cups  
cups

pound

inches

tablespoons

cups

ounces

cups

cups

4-ounce can

cups

tablespoons

cloves

teaspoon

teaspoon

cup

10-ounce package

cloves

to 2

cups

tablespoons

tablespoons

teaspoon

15 1/2-ounce can

tablespoons

tablespoons



cup  
cup  
cup  
13-3/4-ounce can  
tablespoon  
teaspoon  
tablespoons  
teaspoon

to 1/2

ounces  
cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
6-ounce can

16-ounce can

tablespoons  
cups  
envelope  
tablespoons

or 2 5 3/4-ounce cans

cups  
cups

ounces  
teaspoons  
tablespoons  
teaspoons  
teaspoon

ounces  
ounces  
tablespoons  
tablespoon

ounces  
tablespoons  
tablespoon

cup



teaspoon  
log  
tablespoons

pound  
cup

teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup

packages  
cup  
cup  
tablespoons  
tablespoons  
tablespoons  
teaspoon  
teaspoon  
cups

17-1/2-ounce package  
1-kilogram wheel  
tablespoons                    to            4

tablespoon

tablespoons  
teaspoon

cup  
slices

ounces  
tablespoons                    to            2

tablespoons

teaspoon

cup

tablespoons

tablespoons

tablespoons

to 3

ounces

teaspoons

cup

cup

tablespoons

3-inch-long pieces

to 1 1/2 cups

to 1 1/2 cups

to 1 1/2 cups

ounce

cup

tablespoons

tablespoons

teaspoon

ounces

tablespoons

tablespoons

teaspoon

teaspoon

ounces

tablespoons

sheets

tablespoons

cup

10-ounce package

ounces

teaspoon

teaspoon

pound

cup

tablespoons

ounces

cups

teaspoon

teaspoon to 1/2

teaspoon

recipe

cups to 1 1/2

slices

tablespoons

cups

cup

cup

tablespoons

teaspoons

teaspoon

drops

tablespoons

teaspoon

tablespoons

tablespoons

tablespoon

teaspoon

slices

tablespoon

teaspoon

cup

tablespoons

tablespoons

tablespoons

tablespoon

teaspoon

pounds

cup

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

cups

cups

pounds

cups

pounds  
cup  
teaspoons  
teaspoon  
teaspoon  
cup  
cup

cups

pounds  
cup  
teaspoon  
teaspoon  
cups  
tablespoons  
tablespoons  
tablespoons

tablespoons  
pounds  
cup  
tablespoons  
tablespoons  
tablespoon  
cup  
teaspoon  
teaspoon  
tablespoons  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cup

tablespoon  
tablespoon  
cup  
cup  
cup  
teaspoon  
teaspoon  
pound  
inches

to 1

medium-thin slices  
teaspoons

cup  
tablespoon  
medium-thin slices

8-ounce can

tablespoon

ounces  
tablespoons  
tablespoons  
tablespoon  
teaspoons  
thick slices  
8-ounce can  
tablespoons  
thick slices

cup  
tablespoon  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
tablespoons  
tablespoon  
racks  
cups  
teaspoon  
ounces  
cups  
teaspoons  
tablespoon  
teaspoons  
teaspoons  
teaspoons

teaspoon  
teaspoon

cups  
cup  
tablespoon  
cups  
cup  
teaspoons  
tablespoons  
cup  
cup  
teaspoon  
tablespoon  
tablespoons  
cup  
tablespoon  
tablespoon  
teaspoon

cups  
cup  
cup  
tablespoons  
quarter-sized slices

tablespoons

pounds  
tablespoon  
cup  
cup  
quarter-sized slices  
cup  
teaspoon  
cups  
pound

cups

ounces



cup  
tablespoon  
tablespoons

tablespoons  
ounces  
tablespoons  
Thin slices  
cups

tablespoons  
tablespoons  
tablespoons  
cloves  
teaspoons

6-ounce can  
tablespoons  
cup  
cup

tablespoons

ounces  
tablespoons  
tablespoon  
tablespoons  
cloves

slices  
cup  
recipe  
cup  
ounces  
pound  
tablespoons

or 3

Several grindings  
tablespoons  
tablespoons

tablespoons

cup  
cups  
teaspoons

teaspoon  
pound

ounces

slices  
cup to  $\frac{2}{3}$

8-ounce jars  
pounds

cup  
cup  
tablespoon  
teaspoon

tablespoons  
cups

cups  
teaspoons  
tablespoons  
tablespoon

cup  
cup  
tablespoons  
cloves

tablespoon  
tablespoon  
Sprinkling of

tablespoons  
cloves

teaspoon  
tablespoon  
tablespoon

pound

cup  
tablespoons  
cup  
golf-ball-sized lump

tablespoon  
teaspoons  
teaspoon  
teaspoons  
cup

tablespoons  
pounds  
tablespoon  
teaspoon  
cloves

cup

tablespoons  
teaspoons

pounds

cup  
2-1/2-inch piece  
large clove  
tablespoons

tablespoon  
teaspoon  
teaspoon

ounces

ounces  
ounces  
tablespoon

cup  
cloves

large sprigs  
teaspoon  
Pinch  
ounces

cup

sprig

cloves

tablespoons

cup

cup

teaspoon

teaspoon

thick slices

large cloves

tablespoons to 4

cup

teaspoons

small clove

ounces

ounces

tablespoons

tablespoons

cups

tablespoon

cups

cup

cup

cup

tablespoons

tablespoons

cup

pounds to 8

tablespoons

tablespoons

tablespoons

tablespoon

ounces

ounces

tablespoon

Pinch

teaspoons

tablespoons to 3

tablespoons to 2

tablespoons

pound  
cloves to 3  
tablespoon  
teaspoons  
teaspoons  
Pinch

cup

cups  
ounces

pounds  
cup  
tablespoons  
tablespoons to 2  
teaspoon  
teaspoon

cups  
cup

pounds

cup  
tablespoons  
tablespoons  
teaspoon  
teaspoon

pound  
cup  
ounces

small head

cups  
cups  
cup  
cup

cup

cups  
cups  
tablespoons  
tablespoons  
teaspoon  
teaspoon  
cup  
cup  
cup  
cup

teaspoons

cups  
teaspoon  
cups

cups  
teaspoons  
teaspoon  
tablespoons  
cup  
tablespoons  
tablespoon

to 13

cloves  
pound  
cup

cup  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon

tablespoon  
Pinch

or 2

large or 3 medium  
tablespoons  
tablespoon  
teaspoon

tablespoons  
tablespoon  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
ounces

cup  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

slices  
cup  
cups  
tablespoons  
envelope  
cup  
cup  
tablespoons

tablespoon  
teaspoon  
cups to 5  
tablespoons

pound

tablespoons  
tablespoons  
tablespoons  
tablespoon





Sheet1

thin slices

large slices  
cup

thick slices

very thin slices

pounds

teaspoon  
tablespoons

cup  
pound

teaspoon

cup  
sprigs  
cloves

teaspoon  
Pinch  
cups  
cup  
cup  
cups  
bundle

large leaves

cup  
cup  
cup

12-inch round sheets

Sheet1

stalks  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
teaspoon  
pounds  
tablespoons  
cup  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
pound  
cup  
cup  
teaspoons  
tablespoon  
tablespoon  
tablespoon  
teaspoon  
cup  
teaspoons

loaf  
clove  
cups  
pound  
Pinch  
tablespoon  
tablespoons

cup  
slices  
cup

ounces

slices

slices

Sheet1

slices  
ounces

to 1 1/3 cups

loaf

pound  
ounces

to 8  
to 12  
to 3

cup  
ounces  
cup  
tablespoons

cloves

teaspoons

tablespoon

teaspoons

pounds

tablespoon

ounces

teaspoon

pounds  
tablespoons

tablespoons  
tablespoons  
Several drops  
cup  
tablespoon  
teaspoons  
pound  
tablespoons

teaspoon  
teaspoon

1/2-inch thick slices

very thin slices  
tablespoon

cloves

teaspoon

pounds  
cup  
cup  
tablespoons

tablespoons  
pound  
cup  
tablespoons  
teaspoon  
thick (1/2-inch) slices  
slices  
pound  
tablespoons  
tablespoon

tablespoons  
thin slice  
thin slice  
paper-thin slices (about 1 ounce)

slices

ounces  
cup  
ounces

ounces  
slices

ounces

slices

tablespoons  
tablespoons  
tablespoon  
tablespoon

teaspoon

cups  
tablespoon  
cup

teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
Several grains  
slices                      to              8  
slices  
tablespoons

slices

cup  
tablespoons  
ounces  
cup  
tablespoons  
tablespoon  
teaspoons                      to              3

slices

slices  
slices  
ounces

slices

Sheet1

ounces  
slices

pounds  
ounces  
slices

slices  
tablespoons

thin slices  
ounces  
24-inch-long loaf

ounces  
ounces  
ounces

ounces

cup

tablespoons

cup

cup  
teaspoon  
teaspoon

15-inch loaves

cup

pound  
tablespoons

cup  
pound  
cup  
cup

12-inch loaf

cup  
cup  
cup  
cup  
teaspoons  
clove

large round loaf (8 to 9 inches)  
cups  
ounces  
ounces  
ounces  
cup  
pounds  
cups  
cups  
cup

cups  
tablespoon  
teaspoon  
cups  
cup

tablespoon

tablespoons  
cloves to 3

tablespoons  
4-inch squares

ounces

pieces

ounces  
ounces

cloves  
tablespoons  
tablespoon to 1  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cups  
cups  
cup  
cup

cup  
ounces

teaspoon  
tablespoons  
cup  
cups  
teaspoons



Sheet1

tablespoon  
teaspoons  
cup  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
to 2 tablespoons

large heads  
tablespoon  
tablespoon  
cup  
bunches  
to 3/4

head  
cup  
cup  
cups  
cup  
cup  
tablespoon  
cups  
cup  
to 1/2

cup  
cup  
tablespoon  
cups  
cup  
to 1/2  
tablespoons  
tablespoons  
cloves

cups  
cloves  
teaspoon  
teaspoons  
teaspoon  
to 4

cup  
small heads

cup  
cups  
spritizes  
cloves

clove





tablespoons  
pound

slices  
cup

tablespoon  
tablespoon  
teaspoon

teaspoon                    to            1  
cup

cups  
tablespoons  
cups

pinches                    to            3  
tablespoons                to            4

thick slices  
tablespoons

cups  
cups  
cups  
ounces

to            12

slices  
tablespoons

to            3

ounces  
tablespoon

tablespoons  
tablespoon  
cloves  
teaspoon

large heads

cups  
cup  
teaspoon  
cup

rounds

cups  
bunch  
cup

to 1/2

pound

cup  
tablespoon  
tablespoon  
tablespoon  
tablespoon  
teaspoon

cup  
cups

cup  
tablespoons  
tablespoons  
tablespoons  
tablespoon  
teaspoons  
teaspoons

teaspoons

head

cup  
Splash of  
cup

ounces



cup

cup

cup

cup

cup

cup

cup

teaspoons

teaspoons

to 3/4

cups

teaspoon

cloves

pinches

to 3

teaspoons

to 3

teaspoons

teaspoons

tablespoon

tablespoons

teaspoons

teaspoons

tablespoons

teaspoons

pounds

teaspoons

tablespoons

tablespoon

tablespoons

tablespoon

tablespoons

clove

tablespoon

to 1

cup

ounces

cup

teaspoons  
cup

cup

tablespoons  
pounds

tablespoons  
cup  
cup  
tablespoons

to 1

pounds  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoon  
tablespoon

tablespoons  
pounds  
slices

cup

cup  
cup  
teaspoon  
teaspoon  
teaspoon

cups

teaspoon  
tablespoons  
tablespoon  
tablespoon  
tablespoon



cloves  
teaspoon  
pounds

tablespoon

clove  
cup  
cup  
cup  
tablespoons

teaspoon  
teaspoon  
pounds

cup  
cup  
tablespoon  
cup  
small head

to 1

cup  
tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon

cups  
cup  
head  
tablespoon  
cup



tablespoons  
cup  
cups  
ounces  
cup

ounces  
cup  
cup  
cups  
cup  
tablespoons  
clove  
teaspoon  
teaspoon  
cups  
cup  
cup  
cup  
cups  
cup  
tablespoons  
tablespoon  
cup

pound  
cups  
cups

ounces  
cups

cup  
cup  
cup  
tablespoons  
teaspoon  
teaspoon  
Pinch

ounces  
tablespoons  
tablespoons  
tablespoons

cup

cup

cup

tablespoons

teaspoon

tablespoons

clove

teaspoons

teaspoon

ounces

cup

cup

tablespoons

tablespoons

cup

tablespoons

tablespoon

cloves

cup

ounces

to 6

pound

pound

cloves

cup

cup

cup

pound

cup

clove

pound

cup

cup

cup

Pinch

pound

pounds  
16-ounce jar  
cup  
tablespoons

drops to 3

ounces  
cups  
cup  
cup

tablespoons  
tablespoons  
tablespoons

cup  
cups

cups  
cup  
cup  
bunch

teaspoon  
teaspoon  
teaspoon  
cup  
cup  
head  
cups

cup  
ounces  
ounces

or 3

cup

cup

tablespoons  
tablespoons  
tablespoon

tablespoon

cups  
ounces  
ounces  
ounces

clove  
teaspoon  
cup  
tablespoon  
cup

cup  
head

cups	to	6
slices	to	8

cup  
cup  
cup  
cup

tablespoons  
teaspoon

small head  
cup

cup  
slices  
tablespoons

pound  
tablespoons  
teaspoons

tablespoons  
head

6-ounce can  
cup  
cup

tablespoons  
to 4

cups  
cup  
cup to 1

tablespoon

cup  
cup  
teaspoon  
cup  
teaspoon  
teaspoon

cups  
cups  
cup  
cups  
cup  
cup  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
cups  
cup  
cup  
cup  
cup  
tablespoons  
teaspoons

cups

cup  
cup

cup  
tablespoons                      to              1/3  
tablespoons

Pinch  
6-ounce can  
cup  
cup  
tablespoon  
tablespoon  
teaspoon

cups  
cup  
cup

tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons  
tablespoon  
tablespoon

cup  
pound  
ounces  
ounces

cup  
cups  
cup

tablespoon  
cup



cup  
cups  
tablespoons

cups to 2

cups  
cup  
cup

tablespoons  
tablespoon  
teaspoons  
teaspoons  
teaspoon  
teaspoon

teaspoons  
cup

cup

cup  
tablespoon

cups  
teaspoons  
tablespoon  
teaspoons  
tablespoons  
cup  
teaspoon  
teaspoon  
cup  
pound  
tablespoons  
cup  
20-ounce can  
3-ounce package  
3-ounce package  
cups  
cups  
small clove  
pinches to 3  
cup to 1/2

teaspoon

cup  
tablespoons  
tablespoon  
clove

cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon

tablespoons

cup

tablespoons  
tablespoons  
teaspoon  
clove

cup

tablespoons  
tablespoons  
teaspoons

cup  
cup  
cup  
cup  
dashes

cup  
cup  
cup  
tablespoons  
teaspoon

clove

cup  
clove  
pinches  
cup  
cup  
tablespoons

to 3

tablespoon  
teaspoon

cup  
cup  
tablespoons  
teaspoon

tablespoons

cup  
cup  
teaspoons

cup  
clove  
pinches                   to       3  
cup  
tablespoons

cup  
cup  
tablespoons  
tablespoons  
tablespoons  
teaspoons  
teaspoons  
teaspoon

cup  
head

tablespoons  
tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon

tablespoons

cloves                   or       2

tablespoons  
tablespoon

cup  
cup  
tablespoons  
tablespoons

teaspoons  
teaspoon

ounces  
cup  
teaspoon

tablespoons  
cup  
cup  
tablespoon  
teaspoon  
tablespoon  
teaspoon

cup  
cup

tablespoons  
tablespoon  
tablespoon  
tablespoon

cup  
cup  
cup  
cup  
tablespoon  
tablespoon

cup  
cup  
cup  
tablespoons  
teaspoon  
dashes

to 2

Pinch  
ounces  
cup  
cup  
cup

clove

tablespoon

cup

cup

cup

cup

cup

tablespoons

teaspoon

cup

cup

tablespoons

tablespoon

tablespoon

teaspoon

tablespoons

cup

cup

cup

cup

tablespoons

teaspoons

cup

cup

tablespoons

teaspoons

cup

cup

cloves

tablespoon

teaspoon

teaspoon

clove

pinches

to 3

cup

tablespoons

to 3

tablespoon

tablespoon

ounces



ounces  
cup

tablespoon  
cups  
teaspoon  
tablespoons

to 3

cups  
clove

ounces

cup  
cups  
tablespoons  
cup  
cup  
teaspoon  
cups

pounds  
cups  
cup  
tablespoon  
tablespoon  
teaspoon  
cups  
cup  
teaspoons  
teaspoons  
cup  
cups

ounces  
cup  
tablespoons  
cup  
cups  
cup  
cup  
tablespoons  
teaspoon  
tablespoons  
cup  
cups  
cups

to 8

cups  
ounces  
ounces  
cup  
cup

cups  
tablespoons  
cup  
clove  
cup  
teaspoon  
cups  
cup

teaspoon  
cups  
cups  
tablespoons  
cups  
cups  
tablespoon

tablespoon  
cup  
cup  
cups  
14 1/2-ounce can  
teaspoon  
teaspoon  
cup  
cup  
tablespoon

to 8  
to 8

tablespoon  
cup  
cup  
tablespoon  
teaspoon  
cups  
cups  
cup  
tablespoon  
cup  
tablespoons  
teaspoon  
medium ears  
teaspoon



teaspoon  
teaspoon  
teaspoon

tablespoon  
cup  
cup  
cup  
tablespoon  
teaspoons  
teaspoon  
cups  
tablespoons  
tablespoons  
cup  
cups  
teaspoon  
cup  
tablespoons  
cup  
cups  
teaspoon  
cups

cup  
Pinch  
teaspoon  
teaspoon  
teaspoon  
tablespoons                   to           2  
cups  
cup  
cup  
Pinch  
teaspoon  
teaspoon  
teaspoon  
tablespoons                   to           2  
cup  
cup  
cup  
cup  
cup  
cup  
teaspoon

cup  
cups  
cup

cup  
cup  
cup  
cup  
tablespoons  
cup  
cup  
cup  
tablespoon  
clove  
cups  
teaspoon

tablespoon  
cup  
cup  
cup  
teaspoon  
teaspoon  
cup  
tablespoons  
tablespoons  
tablespoons

cups to 2  
tablespoon  
teaspoon to 1/2  
cup  
cup  
cups to 2 1/2  
tablespoon  
teaspoon to 1/2

cup  
tablespoon  
cup  
cup  
cups  
teaspoon  
tablespoons  
cups  
cup  
clove  
cup  
teaspoon  
cups  
teaspoon

teaspoon  
tablespoon  
tablespoons

cups to 4  
teaspoon  
cup  
tablespoons  
cup  
28-ounce can  
cup  
cups  
teaspoon

ounces  
cups  
cups  
tablespoon  
ounces  
teaspoon  
teaspoon

cups to 1 1/4  
tablespoons  
slices to 4  
cups  
teaspoon  
cup  
tablespoons  
cup  
cup  
cups  
teaspoon  
tablespoons  
tablespoons  
cup  
clove  
cup  
tablespoons

cups  
tablespoons  
cup  
cup  
cup

cups  
teaspoon  
tablespoon  
cup  
cup  
tablespoons

clove  
teaspoon  
cup  
cups  
teaspoon                   to           1/2  
cup  
slices  
cup  
cup  
clove  
cup  
cups  
cup  
teaspoon  
teaspoon  
cups  
tablespoon  
cups

teaspoon  
tablespoons  
cup  
teaspoon  
tablespoons  
tablespoons  
cup  
cups  
cup  
thin slice  
teaspoon  
cup

cups  
cup  
thin slice

teaspoon  
ounces  
tablespoon  
tablespoon  
tablespoons

cups  
cups  
cup  
tablespoon  
cup   to           1



teaspoon  
teaspoon

cup  
cups  
cups

cup  
cups  
cups  
cup  
clove  
teaspoon  
7 1/2-ounce jar  
tablespoons  
tablespoons  
tablespoons

tablespoon

Pinch

to 8

tablespoons

cup  
tablespoons

tablespoon  
cloves or 2  
teaspoon

cup  
cup  
cups  
tablespoons  
cup  
cup  
cups

cup  
teaspoon  
teaspoon

Sheet1

cup  
cup  
cup  
teaspoon  
cups  
cups  
cup  
  
cup

medium head  
teaspoon  
teaspoon  
tablespoon  
cups  
cups

cups  
tablespoons

cups

tablespoon  
cup  
cup  
clove  
cup  
tablespoon  
teaspoon  
tablespoon  
tablespoons

cloves  
cups  
pounds  
tablespoons  
cups  
tablespoon

box  
cups  
cup  
cup

tablespoon  
tablespoons  
tablespoons  
teaspoons

cup  
tablespoons  
teaspoon  
cups  
cup  
teaspoon

cup  
cups  
cup  
cup  
cup  
cloves  
teaspoon

cup  
tablespoons  
ounces  
cup  
cup  
cup  
clove  
teaspoon  
cups  
teaspoon                   to           1/2  
pound  
tablespoons

cups  
large sprig

cups  
cups  
ounces  
cup

cloves  
teaspoon  
teaspoon  
teaspoon  
cup  
cup



teaspoons to 2

tablespoons  
cup  
cloves

cup  
cups  
cup  
teaspoon  
cups  
tablespoons

cloves  
cups  
cup

cups  
cup

cup  
tablespoons to 2  
cup  
cup  
tablespoons  
teaspoons  
teaspoons  
teaspoons  
cups  
teaspoons  
cup  
28-ounce can  
cups

cups

clove  
cups  
head

tablespoon  
teaspoon  
teaspoon  
cup  
teaspoons  
tablespoon  
tablespoon  
teaspoons  
cups  
cups  
cups  
cup  
cup  
teaspoon                   to       1

cup  
tablespoons  
tablespoon  
tablespoons  
cup  
tablespoons  
cup  
cloves  
teaspoon  
teaspoon  
teaspoon  
teaspoon                   to       1  
cups  
cups  
cup  
cups

cup  
cups  
cup  
cup  
cloves  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
tablespoons

cup  
cup  
tablespoon  
Pinch

Sheet1

cups

cups  
cup  
cloves  
teaspoon  
cups  
clove

teaspoon  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
tablespoon  
clove  
teaspoon  
teaspoon  
pound  
cups

clove

tablespoon  
cup  
cups  
cup  
cup  
tablespoons  
cup  
tablespoon  
tablespoon  
teaspoon  
cups  
cup  
tablespoons  
teaspoons  
tablespoons  
cup  
clove  
cups  
12-ounce bunch  
tablespoon

or 1 10-ounce bag



teaspoons  
teaspoon  
cup  
cup  
cups  
cup  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cups

cup  
cup  
cup  
teaspoons

teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cups  
tablespoons  
cup  
cup  
cup  
cup  
cloves

to 2

tablespoon  
tablespoon  
28-ounce can  
16-ounce can  
16-ounce can  
16-ounce can  
cup

cups  
cups

clove

tablespoon  
pound

cups  
tablespoon  
teaspoon  
teaspoons  
ounces  
tablespoons  
cup  
cloves  
teaspoons  
cups  
28-ounce can  
teaspoon  
teaspoon  
cup  
cups

teaspoon  
teaspoon  
teaspoon  
cup  
teaspoon

tablespoons

pound

cloves  
tablespoon

teaspoon  
pounds  
cups  
cups  
cup  
tablespoon  
teaspoons  
teaspoon  
ounces  
cups

pound  
cups

ounces

Sheet1

cloves  
cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
cups  
cups  
sprig  
sprig

clove  
tablespoons  
cup  
clove  
28-ounce can  
teaspoons  
teaspoon  
cup  
tablespoons  
tablespoons  
cup  
cloves  
cups

cups  
cups  
cup  
teaspoons  
pound  
cup

cups  
quarts

tablespoon  
ounces  
tablespoon  
pound  
cloves  
teaspoons  
tablespoons

bottle  
ounces  
cup  
cup  
cups

cup  
cups  
tablespoon  
teaspoons  
teaspoon  
8-ounce can  
cups

cup  
tablespoons  
tablespoon  
tablespoon  
teaspoons  
tablespoon  
teaspoon  
teaspoon  
10 1/2-ounce package  
12-ounce package  
cup  
tablespoons  
tablespoon  
teaspoons

piece  
cloves

to 2

teaspoon  
tablespoons  
14-ounce can  
cup  
pound  
cups  
10 1/2-ounce package

tablespoons  
tablespoons  
tablespoons  
teaspoon

to 1

cups

ounce  
teaspoons  
cup  
cup  
cup  
teaspoons  
teaspoons

to 3



package  
cup  
cup

tablespoon  
cup  
teaspoons  
cup  
cup

teaspoon  
teaspoon  
cups  
10 1/2-ounce package  
cups  
cup  
cup  
cup

tablespoon  
cup  
cup

cups  
ounce  
ounce  
package  
tablespoon  
teaspoon

tablespoon  
8-ounce can  
cup  
teaspoons  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoons                   to           3

package  
tablespoons  
teaspoons                   to           3  
teaspoon  
teaspoon  
tablespoon  
cups  
cup

cup  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoons  
teaspoon  
cup  
cup  
cup

to 4

cup

cup  
15-ounce can  
15-ounce can  
cup

cup

cup  
cup  
cup  
teaspoons  
teaspoon  
ounce  
cup  
cup  
tablespoons  
tablespoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
cup  
cup  
cup  
cup

tablespoon  
cup  
cup  
teaspoons  
teaspoons  
cups  
cup

tablespoon  
tablespoon  
tablespoon  
tablespoons  
cup  
cup  
cup  
cloves  
tablespoon  
cups  
tablespoons

cups  
cup  
teaspoon  
teaspoon  
pinches  
cups  
cups  
cups  
pound

or 3

cup  
cups  
cups  
cups  
cup  
cloves

cup  
teaspoons  
teaspoon  
teaspoon  
ounces  
teaspoon  
cup  
cups

teaspoon  
teaspoon  
tablespoons  
cup

to 3

cloves

cup  
pounds  
tablespoon

pounds  
cup  
cloves  
sprigs  
sprigs

tablespoons

cloves  
28-ounce can  
tablespoon  
teaspoons  
teaspoons  
teaspoon

to 2  
to 2  
to 1

cup  
tablespoons  
cloves

teaspoons  
cup  
cloves

to 2

cup

teaspoon  
pounds  
tablespoons  
tablespoons

tablespoons  
pounds  
cups  
ounces  
cloves  
cup  
pounds  
cup  
cup  
sprig

pound

cup  
cup  
cup  
teaspoon

tablespoons  
clove  
cup  
ounces

pound  
cup

tablespoons  
tablespoons  
teaspoon  
teaspoon

tablespoons                      to              3

clove  
teaspoon  
28-ounce can  
tablespoons  
ounce

pounds  
cup  
cup  
tablespoons  
cups  
tablespoons  
ounces

pound

cup  
cup  
28-ounce can

tablespoons  
ounces

cups

Sheet1

cup  
cloves  
cup  
cup

cup  
clove

clove  
cup  
cup  
cup

cup  
ounces  
tablespoons  
ounces

ounces  
clove  
cup  
cup

cup  
tablespoons

cup  
cup  
teaspoon

6-ounce can  
tablespoon  
tablespoon

quarts  
tablespoons  
pound  
tablespoons

quarts  
tablespoons  
pounds  
tablespoons  
cups

tablespoons

28-ounce can  
cup  
teaspoon  
cup

quarts  
tablespoons  
pound  
quarts  
tablespoons  
pounds  
clove  
tablespoons                    to            4  
cup  
cup  
cup  
cup

quarts  
tablespoons

tablespoons  
tablespoons

cup

pound  
cup

cup  
tablespoons

tablespoons  
large cloves  
14-ounce can  
15 to 19-ounce can  
cups  
cup  
cup  
cups

cup

cup

quarts  
tablespoons  
pounds  
tablespoons  
cup  
cup

cups  
cup  
teaspoon

Pinch  
pounds  
tablespoons  
large clove  
tablespoons  
quarts  
tablespoons  
pound  
tablespoons  
quarts  
tablespoons  
pound  
cup  
cloves

to 2

pound

quarts  
tablespoons  
pound  
pounds  
tablespoons  
cup

ounces  
cup  
cup

tablespoon  
ounces





tablespoon  
cup  
ounces  
tablespoon  
cup  
ounce  
small clove  
cup  
cup  
tablespoons

cups  
tablespoons                   to       2  
ounces                         to       5

tablespoons

cup  
ounces  
ounces  
Pinch

pound  
pound  
quarts  
tablespoons  
pound

cup

cup  
tablespoons  
tablespoons  
cups

quarts  
tablespoons  
pounds  
recipes

cup  
clove

cup  
logs  
cup

cup  
quarts  
tablespoons  
pound

cup  
teaspoon  
teaspoon  
pounds  
tablespoons

quarts  
tablespoons  
pound

cup  
teaspoon

pound  
pound  
tablespoons

tablespoons  
cup  
tablespoon  
recipes  
pounds  
tablespoons  
cup  
1/8-inch-thick slices  
tablespoons  
small clove  
pound  
cups

quarts  
tablespoons

pound

cup  
cups  
cup  
cup  
tablespoons  
teaspoon  
quarts  
tablespoons  
pound  
tablespoons

quarts  
tablespoons  
pound

cup  
tablespoons

cups  
teaspoons  
teaspoon

cups  
tablespoon  
pound  
tablespoons

tablespoons to 8

cup to 2  
cloves

tablespoon  
pound  
pound  
cup  
tablespoons  
teaspoon  
pound  
tablespoons  
pound

tablespoons

Sheet1

ounces  
cup  
tablespoons  
tablespoons  
clove  
pound  
14 1/2-ounce cans  
cups  
ounces  
cup

ounces

cup  
quarts  
tablespoons  
pound  
cups  
pound  
pound

cup  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
teaspoons  
tablespoons  
cups  
teaspoons  
cups  
cups  
tablespoons  
tablespoons  
cups

teaspoon

tablespoon  
cup  
cups  
tablespoon  
cups  
tablespoons

12-ounce can  
ounces

teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup  
cup  
cup  
cup  
cups  
cup  
6-ounce cans  
cups  
cup

to 1

cup  
tablespoons  
cups  
tablespoon  
teaspoon  
tablespoons  
cup

cup  
teaspoons  
quarts  
tablespoons  
tablespoons  
cup  
cups  
cup  
cup  
teaspoons  
teaspoon  
tablespoon

to 6

cup  
cups  
teaspoon  
teaspoon  
Pinch

cup  
cups

tablespoon

cup  
tablespoons

cup  
teaspoon  
tablespoons  
teaspoon  
teaspoon  
teaspoon

ounces  
cup

cup  
teaspoon  
cup  
tablespoons  
tablespoon  
teaspoons  
cup  
cups  
ounces  
teaspoon  
cup  
tablespoons  
teaspoon  
ounces  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
ounces  
teaspoons  
teaspoons  
teaspoons  
ounces

cup  
cup  
cup  
tablespoons  
tablespoons  
teaspoons  
teaspoons  
tablespoons  
teaspoon  
cup  
cup  
cup

ounces  
ounces  
teaspoons  
cup  
teaspoon  
tablespoons  
cup  
teaspoon  
teaspoon  
cup  
tablespoon  
teaspoon  
cup  
teaspoon  
tablespoons  
cup  
tablespoons

cup  
tablespoon  
cups  
cup  
cup  
teaspoons  
tablespoons

to 6

tablespoons  
teaspoons  
cup  
tablespoons  
cup  
quarts  
pound  
teaspoons

to 4 1/2

ounces  
teaspoon  
teaspoon  
ounces

cup

to 3

tablespoons  
ounces  
cup  
cup  
tablespoons  
cup



cup  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cup  
tablespoons  
tablespoons  
cup  
tablespoons  
cup  
tablespoon  
tablespoons  
pound  
quarts to 4 1/2  
pound  
cup  
teaspoon  
tablespoons  
tablespoon to 2  
tablespoons  
cup  
cup  
tablespoon  
tablespoons  
teaspoons  
cup  
cup  
pound  
quarts to 4 1/2  
pound  
teaspoon  
quarts to 4 1/2  
pound  
teaspoon  
teaspoon  
teaspoon  
ounces  
teaspoon  
teaspoon  
ounces  
cup  
cup  
cup  
cup  
teaspoons  
teaspoon  
teaspoon

teaspoons  
tablespoons  
teaspoon  
cup  
tablespoons  
tablespoons  
cup  
teaspoon

cups

cup  
ounces

cup

cup  
tablespoons  
tablespoon  
teaspoons  
teaspoon  
cup  
cups  
ounces  
teaspoons  
tablespoons  
teaspoon  
cups

quarts to 4

pound  
cups  
cup  
tablespoons  
tablespoon  
cups  
tablespoons  
cup  
teaspoon  
cups  
sheet  
tablespoons  
cup  
cup  
cups to 12  
ounces  
cups

cups



cups  
tablespoons  
tablespoons

teaspoons  
tablespoons

tablespoons  
plump head  
small bunch

pounds

cups  
pounds

tablespoons  
pound

tablespoons

pounds  
tablespoons  
tablespoon  
cloves  
teaspoon  
cup  
tablespoons  
teaspoon  
pound  
tablespoons  
tablespoons  
cup

cups  
tablespoons  
pounds  
teaspoon  
teaspoon  
tablespoon  
tablespoons  
tablespoon  
tablespoon  
teaspoons  
pound

tablespoon  
ounces  
tablespoon

tablespoons

large clove  
teaspoon  
pound

cup  
tablespoon  
tablespoon  
teaspoon  
tablespoons  
pound  
tablespoon  
teaspoons  
teaspoon  
tablespoons

to 4

cups  
cup  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
pounds  
cup  
cup  
tablespoon  
slices  
cup  
teaspoon

pound

teaspoons  
teaspoon  
teaspoons  
cup  
pound

tablespoons  
tablespoon

cloves  
tablespoons

ounces  
tablespoon

ounces  
tablespoon

cup  
cups  
cups  
cup  
tablespoons  
teaspoon  
Generous grating  
tablespoon  
tablespoons  
pounds  
tablespoons

cup  
pounds                    to            2  
cup  
teaspoon  
teaspoon  
tablespoons  
tablespoon  
teaspoons  
teaspoon  
tablespoons  
teaspoons

cup  
cup  
tablespoons  
tablespoon

tablespoon  
tablespoon  
teaspoon  
teaspoon  
tablespoon

pounds  
tablespoons  
cloves  
good pinches

cups  
tablespoon  
large head  
teaspoons  
tablespoons  
tablespoons  
slices  
large cloves  
cup  
tablespoons  
tablespoons  
teaspoon  
tablespoons  
pounds

tablespoons  
cup  
large bunch  
tablespoon  
cloves  
tablespoon  
teaspoon  
cup  
cup  
drops  
cups  
tablespoons  
bunch  
tablespoons  
clove

or 4

tablespoons  
cup  
pound

tablespoons

pound  
cup

sprig  
sprigs

tablespoons  
teaspoon  
teaspoon  
pound

tablespoons  
cloves to 2

cups  
tablespoons  
pound  
tablespoons  
cup  
tablespoon  
teaspoon

drops

ounces  
cup  
tablespoon  
pound  
tablespoons  
tablespoon  
cup

cup  
cups  
tablespoons  
cups

cup  
cup  
cup  
teaspoon  
teaspoon  
teaspoon  
cup  
cups

teaspoons  
small head  
ounces  
tablespoons

pound



cup  
cup  
cup

clove

cups  
tablespoons  
head  
tablespoons

cup  
28-ounce can  
cup  
cup  
cup

to 1/2

chunks

cup  
cup  
tablespoons  
ounces  
cup

teaspoons  
teaspoons

small head  
slices  
tablespoons

tablespoons  
tablespoons  
teaspoon  
teaspoon  
tablespoons  
cup  
cups

teaspoons to 2

cup  
tablespoons to 2

tablespoon

cups  
tablespoon  
teaspoon

tablespoons  
pounds

teaspoon

tablespoons  
tablespoons  
teaspoon

tablespoons  
pound  
cup  
tablespoons  
teaspoon  
teaspoon  
tablespoon

pound  
ounces  
cup  
tablespoons  
teaspoon

ounces  
pound  
cup  
tablespoons  
teaspoon  
teaspoon

medium head  
tablespoons                   to       4  
small cloves  
tablespoons                   to       4

small head  
tablespoons  
cloves  
teaspoon

tablespoons  
teaspoon

large head

tablespoons

teaspoons  
tablespoon

pounds  
cup  
cups  
cup

head

large cloves  
2-inch piece

cup  
tablespoons  
tablespoon  
14-ounce can  
cup  
teaspoon  
16-ounce can  
ounces

pounds  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
tablespoon

tablespoons

medium bunches  
tablespoons

cloves  
teaspoon

tablespoon

clove  
cup  
cup  
cup  
teaspoon

Pinch  
tablespoons  
pounds

tablespoons  
Pinch

tablespoon  
cloves  
tablespoon  
ounces  
medium-large head  
tablespoons  
teaspoon  
teaspoon

cups  
ounces  
pounds

tablespoons

bunch  
cup  
cups  
tablespoons  
teaspoon  
teaspoon

ears  
tablespoons

Pinch

slices                      or              2  
ears  
tablespoon  
cup  
cup

tablespoon  
ears

tablespoons  
tablespoon  
teaspoon  
teaspoon

tablespoons  
ears  
cup                      to              3/4  
teaspoon

tablespoon

ears  
tablespoons

teaspoons  
teaspoon

cup  
cup

ears  
pound

tablespoons

ears  
cloves  
tablespoon

tablespoons  
teaspoon  
cups  
cup  
tablespoons  
tablespoons  
teaspoon  
cup  
cups  
tablespoons  
ears

tablespoons                      to              2

tablespoons

tablespoons                      to              3  
teaspoons

cup

ounces  
teaspoons

teaspoon  
cup  
cup  
tablespoons  
tablespoons  
small clove

recipe

cup

tablespoon

cup

cup

teaspoons

teaspoon

cups

cup

teaspoons

tablespoons

cup

clove

tablespoons

cups

tablespoons

tablespoons

tablespoon

teaspoons

teaspoon

teaspoon

tablespoons

cup

pound

tablespoons

cups

cloves

cups

sprigs

to 3

cup

tablespoons

to 4

tablespoons

to 3

1/2 -inch-thick slices





cup  
cup  
cup

tablespoon

to 4

tablespoon

tablespoon  
pounds

large heads

tablespoons  
sprig

pound

pound  
tablespoons  
teaspoon  
teaspoon  
A few sprigs

large bunch  
slices  
tablespoon

or 2

clove

tablespoon

large bunch  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cups

tablespoons  
ounces

to 2

cups

cups  
tablespoon  
tablespoons

tablespoons  
cups  
cup  
sprig  
cup  
tablespoons  
teaspoon

cup

cup  
cup  
cup  
teaspoons  
teaspoons  
teaspoon

thick slice  
cup  
cup  
large heads

tablespoons  
tablespoons

tablespoon  
tablespoon  
tablespoon  
tablespoon  
tablespoon  
tablespoons           to       3  
pound  
cup                   to       1/3  
cloves               to       3

A sprinkling  
pound  
tablespoons           to       3  
clove  
tablespoon

sprigs  
                          or       12  
cloves

tablespoon

tablespoon  
pound  
cloves  
teaspoon

tablespoon  
cups  
tablespoons



cup  
tablespoons  
tablespoons

cloves  
pound  
teaspoon

Pinch

tablespoons

Dash  
tablespoons  
tablespoons  
pounds  
teaspoon  
cup

pound  
tablespoons  
tablespoons  
cup  
cup  
teaspoon  
teaspoon  
cup  
pound  
tablespoon  
cup  
tablespoons  
tablespoon  
small sprig

tablespoons

cup  
10-ounce package  
cup  
tablespoons  
teaspoon  
teaspoon

to 4

tablespoons  
tablespoon

cup

cups  
cups

tablespoons

pounds  
cups  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
pounds  
tablespoons

tablespoon  
cup  
cup

pounds  
cup  
tablespoons  
teaspoon

cups  
tablespoons

teaspoon  
cups  
cup  
cup  
tablespoon  
teaspoon  
Pinch

pound  
tablespoon  
tablespoon  
tablespoon  
teaspoon  
tablespoons

tablespoons  
cups

cup  
Pinch

tablespoons

tablespoons  
cups  
ounces  
teaspoons                   to           2

tablespoons                   to           3

tablespoons  
tablespoons  
tablespoon  
cloves                         or           2

cup

cup  
cup  
cup  
teaspoon

tablespoons  
ounces

teaspoon

cup

clove  
teaspoon

cup  
tablespoon

to 3

tablespoons

cloves  
teaspoon  
cups  
cups  
cups  
cup  
cup  
tablespoons

cup

ounces

cups

cup  
teaspoon

cup

teaspoon  
tablespoon  
cups

tablespoons  
tablespoon

pounds  
cloves



tablespoons  
tablespoons

tablespoons                    to            2  
head  
pinches

cup  
cup  
cup  
pound  
pound  
cup                                to            2/3  
tablespoon  
teaspoon

pounds  
bunches  
small head  
cup  
tablespoons                    to            8  
scant teaspoon  
teaspoon  
pounds  
cup  
tablespoon  
cup

tablespoons  
pounds  
teaspoons

pounds  
tablespoons  
teaspoon

tablespoons  
cups

tablespoons  
tablespoon  
teaspoons  
cup

pound  
teaspoon  
tablespoons  
tablespoons

tablespoons  
pounds

tablespoons  
tablespoons  
tablespoons

cup  
cup  
slices

to 2

teaspoon  
teaspoon

to 1/2

tablespoons  
teaspoon

tablespoons  
pounds

to 3

clove  
tablespoon  
pounds  
cups  
teaspoon  
teaspoon  
Pinch  
cup

tablespoons

tablespoons  
tablespoons

large cloves  
tablespoon  
tablespoon  
tablespoon  
teaspoon

pound

bunches  
tablespoon  
bunches  
cup

cups  
pounds  
cups  
tablespoon  
tablespoons  
teaspoon  
tablespoons  
tablespoons  
tablespoons  
teaspoons

pound  
teaspoons                    to            4

cup  
teaspoon

teaspoon  
cups

Dash

pounds                    to            2  
cup  
teaspoon

tablespoons                    to            3



pounds  
cup  
tablespoon

tablespoons

pounds  
cups

cup  
teaspoon

to 2

tablespoons  
pounds

cup  
cup  
cup  
bunch  
cloves  
cup  
tablespoons

tablespoons

cup  
cup  
tablespoons  
tablespoons  
teaspoon  
cup

pounds  
teaspoons

ounces  
tablespoons  
teaspoon  
ounces

teaspoon  
Pinch  
cup

cup  
tablespoon

clove  
teaspoon  
cup  
cup  
tablespoon  
tablespoon

teaspoons  
tablespoons  
clove

cup  
cup  
tablespoons  
teaspoons  
teaspoon

pounds

tablespoons  
tablespoon  
tablespoons

pounds  
tablespoon

cup  
cup  
tablespoons  
tablespoon  
teaspoon

cup  
tablespoon  
teaspoons  
teaspoons

large cloves

cup  
cup  
cup  
tablespoon  
teaspoon  
teaspoon  
cup

tablespoons

tablespoon  
teaspoon  
teaspoon

tablespoon  
small clove  
tablespoon

clove  
cups

tablespoons  
teaspoon

cup

cup  
tablespoons

teaspoon  
teaspoon  
tablespoons  
cup  
tablespoon

tablespoon  
cup

tablespoons  
tablespoon  
teaspoon

tablespoon  
tablespoon

ounces  
tablespoons                    or        4  
tablespoons                    or        4

tablespoon  
cups  
recipe  
cup  
teaspoons  
teaspoon  
pounds  
tablespoons

cup  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
Pinch

tablespoons  
tablespoon  
pounds

cup  
teaspoon  
cup



pounds

teaspoon

tablespoons

to

3

tablespoons

cup

tablespoons

tablespoons

tablespoon

teaspoon

Pinch

cup

cloves

packed tablespoon

tablespoon

teaspoon

teaspoon

cup

teaspoon

ounces

cup

pounds

tablespoons

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

cup

tablespoons

ounces

teaspoons

teaspoon

to 5

teaspoon  
teaspoon  
teaspoon

cup  
tablespoons  
tablespoons  
tablespoons  
cloves  
teaspoons

tablespoons to 4

tablespoons

pounds  
tablespoons  
cups  
tablespoons  
cup

tablespoon  
teaspoon  
teaspoon

tablespoons

cups  
tablespoon  
tablespoon

cups  
cup  
tablespoon  
tablespoon  
teaspoon

cup  
cup

pounds  
cup  
tablespoons  
teaspoon

tablespoon

cloves  
cup  
pound  
cup  
teaspoons  
teaspoon  
teaspoon

cups to 2

tablespoon  
teaspoon

tablespoons to 2  
tablespoons  
tablespoon

large sprig

cloves  
cup  
ounces  
ounces  
pound  
tablespoon  
teaspoon  
cups  
tablespoons  
tablespoon

pounds

tablespoons to 18

tablespoon  
tablespoon  
teaspoon

ounces  
slices  
cups  
pounds  
pound  
teaspoon  
teaspoon  
dashes  
ounces  
tablespoons  
teaspoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
tablespoon

to 5

pound  
cup  
tablespoons

pounds  
teaspoon  
tablespoons

cloves  
cup  
cup  
teaspoon  
tablespoons  
teaspoon  
cups

tablespoons to 2

tablespoons to 2

cup

cups  
cup  
pints

cups  
pounds  
cup  
tablespoons

to  $\frac{3}{4}$   
to  $1 \frac{1}{2}$

cup

to 1 teaspoon

teaspoon  
teaspoon

pounds  
tablespoons  
cup  
teaspoon  
large  
cup  
cup  
cup

to 1  
or 6 small

teaspoon  
teaspoon  
tablespoons  
cup

tablespoons  
cup

cup  
cup  
tablespoons  
tablespoons  
teaspoon

teaspoon

cups

cup

cup

drops

or

4

pound

tablespoons

cup

tablespoons

tablespoons

cup

tablespoons

teaspoons

teaspoon

cup

tablespoon

cups

cups

pound

1-inch piece

cup

cup

tablespoons

tablespoons

teaspoon

teaspoon

cup

tablespoon

cup

ounces  
cup  
pound  
pound  
cups  
cup  
teaspoon  
teaspoon  
cups  
cup  
tablespoons  
cups  
teaspoon  
cups

tablespoons                    to            6  
pounds  
cup  
tablespoons  
cup  
pint  
tablespoons                    to            6  
cup  
cup  
cup  
tablespoons  
cup

pints  
ounces  
tablespoons  
tablespoons  
teaspoon  
pints  
pound  
pounds  
cup  
tablespoon  
ounces  
cup  
pounds

small bunch





tablespoon  
cup

cup

ounces

cups

tablespoons  
scoops

cup  
cup  
tablespoons  
teaspoon

teaspoon

scoop

cups

Pinch  
cups  
cup  
2-inch strip  
tablespoons

tablespoons  
tablespoons  
cup  
cup

tablespoons                    to            5  
cup

tablespoons  
cup  
cup  
teaspoon

pounds  
pound  
cup  
pounds

tablespoons  
tablespoons  
tablespoons

tablespoon  
cup

cups  
cup to 1/2

ounces to 3

pound  
tablespoons to 8

cups  
cup  
cup to 1/2

teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup to 1  
to 2

pound  
cups

tablespoons  
pound

tablespoons  
cup  
cup

Sheet1

cups  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
cups  
tablespoons  
cups  
cup

to 8

cloves  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup

to 1/2

to 1  
to 2

teaspoon  
teaspoon  
cup  
pound

sprinkling  
tablespoons  
tablespoon  
teaspoons  
tablespoons  
cups  
cups  
tablespoons

pound  
ounces  
ounces  
cup  
tablespoons  
cups  
cups  
cup  
cup  
teaspoons

to 10

to 1

to 1



Sheet1

cup  
cup  
ounce  
cup  
tablespoons  
cup  
cup  
cup  
tablespoon  
cups  
cup  
cup  
teaspoon  
teaspoon

tablespoons  
cup  
tablespoon  
pounds  
cups

cup  
cup  
teaspoon  
teaspoon  
12-ounce bunch

or

10-ounce bag

teaspoons  
cup  
teaspoon  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
Pinch  
tablespoons  
cups  
pound  
12-ounce bunches  
pounds  
cups  
cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon

tablespoons

teaspoons  
teaspoon  
teaspoon  
teaspoon  
pound  
cups

cup  
teaspoons  
tablespoon  
teaspoons

pound  
cup  
tablespoon  
teaspoon

pounds to 2  
tablespoons  
tablespoon

tablespoon  
tablespoon  
teaspoon  
tablespoon

pounds to 2

cup  
cup  
tablespoon  
teaspoon to 1/2  
cup

pounds to 2  
tablespoons  
cups  
cup  
clove

pounds to 2  
tablespoons

cup  
cup  
tablespoon  
teaspoon  
teaspoon  
pounds                   to           2

tablespoon  
pounds                   to           2  
tablespoons  
tablespoon

pounds  
tablespoons  
tablespoon  
Several drops  
tablespoons  
teaspoon

teaspoons                   to           3  
cup  
tablespoon

cups  
cup  
tablespoons  
teaspoon  
teaspoon

pounds                   to           2

3-pound  
cup  
cup

clove  
tablespoons

pounds  
quarts  
ears





cup  
tablespoons  
tablespoon

tablespoons  
teaspoons  
cup

pound  
tablespoons                      to              2

cups

bunch

tablespoon  
teaspoon  
pounds

cup  
cups  
tablespoons  
tablespoons  
teaspoon

tablespoons  
tablespoons  
tablespoons

cups  
tablespoon  
teaspoon  
teaspoon

cups  
cup

sprigs to 24

cups

cloves  
teaspoon  
teaspoon

pounds  
tablespoons  
tablespoons

tablespoon

tablespoons  
tablespoon

pounds  
ounces  
tablespoon

Several

pounds to 2  
tablespoons

tablespoon  
tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

tablespoons

cups  
cup  
cup  
cup  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon

tablespoons  
tablespoon  
cup  
cup  
cup  
cup  
tablespoon

cups to 3

tablespoons

cloves  
cups  
teaspoon

pounds to 2  
pounds

cup  
cups  
tablespoon  
cups  
cups  
pounds to 2  
pounds

tablespoons  
pounds to 2





tablespoons  
tablespoon  
teaspoon  
cup  
tablespoons  
tablespoons  
teaspoon  
cup                               to           1/2  
tablespoon

pound  
tablespoons  
tablespoon  
cup  
teaspoon

cup  
tablespoon

teaspoon  
cup  
tablespoons  
cups                               to           2  
cup

pounds                               to           2  
cup  
cups  
cup  
tablespoons  
teaspoons

pounds                               to           2  
cups

pounds                               to           2  
cups  
cups

pounds                               to           2

cups  
cups

cups  
teaspoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
12-ounce bottle  
tablespoon  
cup

cup  
tablespoons  
cup  
tablespoon  
cup

teaspoon  
teaspoons  
tablespoons  
pounds

tablespoons  
teaspoon  
teaspoons  
teaspoons

cup  
cups

cup  
cup  
tablespoon

tablespoons  
tablespoon  
tablespoon  
cups  
tablespoon

tablespoons  
tablespoon  
teaspoon  
Pinch  
tablespoons  
cup

cup

tablespoons

tablespoons  
teaspoon  
tablespoons  
cups  
cups  
teaspoon  
tablespoon  
ounces  
tablespoons

tablespoons  
tablespoons  
tablespoons

tablespoons  
cup  
tablespoons  
tablespoons  
teaspoons  
teaspoon

tablespoon

cloves  
ounces  
teaspoon  
cup  
cup  
ounces  
teaspoon  
cups  
cup  
tablespoon  
teaspoon  
teaspoon

cup



cups

cups

tablespoons

cup

teaspoons

teaspoon

teaspoon

cup

to 1

4 1/2-ounce can

tablespoon

cup

cloves

cup

tablespoons

teaspoon

tablespoon

ounces

ounces

ounces

tablespoons

teaspoons

tablespoon

teaspoons

teaspoons

cup

cup

tablespoons

cloves

tablespoons

cup

tablespoon

tablespoon

tablespoon

tablespoon

teaspoon

teaspoon

pounds

cup

pounds

to 2

tablespoons

to 2



cup  
cup  
teaspoon  
teaspoon

cup  
cup  
cup  
tablespoon

to 6

cup  
cup  
tablespoon  
teaspoon  
teaspoon

cup

tablespoons  
tablespoons  
teaspoon

cup  
cup  
cup  
cup  
cup  
dashes  
cup  
tablespoons

to 6

cup  
tablespoons

slices  
pounds  
tablespoon

or 2  
to 2

cup

teaspoon  
cup  
pounds                   to       2  
tablespoons

or       4  
or       2

tablespoons  
teaspoon

tablespoon  
pounds                   to       2

tablespoon  
teaspoon

teaspoon

tablespoons  
tablespoon  
clove

tablespoons  
tablespoons  
teaspoon  
pounds

tablespoons  
cup  
cup  
tablespoon  
tablespoon  
teaspoon

cups  
tablespoon

cup  
tablespoons  
tablespoons

tablespoon  
tablespoon

tablespoon

branches  
thin slices  
large clove

tablespoons

sprigs

cup  
teaspoons  
teaspoon  
cup

tablespoon  
cup  
cup  
sprigs

center-cut piece

tablespoon

cup  
cup

tablespoons                      to              2  
tablespoons  
ounces  
cup  
teaspoon  
teaspoon

cup

cups  
cups  
tablespoons  
teaspoon

clove  
sprigs  
pounds                      to              2

cloves  
1-inch piece

tablespoon  
tablespoon

tablespoons

tablespoon  
cup

tablespoon  
tablespoon  
tablespoon  
cup  
cup  
cup  
tablespoon  
pounds  
cups  
cups

teaspoon

ounces to 12

tablespoon

pounds to 2  
tablespoon

cup  
cup

cloves  
sprigs  
sprigs

teaspoons  
tablespoons

cups

tablespoons

cup  
tablespoon  
tablespoons or 2  
teaspoon  
teaspoon  
cup

pounds to 1 1/2  
tablespoons

cup  
tablespoon  
tablespoons

tablespoons  
cup

cup  
cup  
cup  
tablespoon  
pounds  
cup

to 2

pounds  
cup  
cup

to 2

cup

tablespoon  
teaspoon  
cup  
tablespoon  
cup  
teaspoon

or 3

cups  
tablespoons

tablespoons  
large cloves  
cup  
pounds  
tablespoon  
tablespoon  
teaspoon

to 1 1/2

cup  
cup  
tablespoon  
pinch

tablespoon

sprigs  
cup

tablespoon  
tablespoons  
tablespoons  
tablespoons



tablespoon

cups

cups

tablespoon or more

pounds

tablespoon

tablespoon

tablespoon

teaspoon

teaspoon

teaspoon

cup

cup

tablespoon

pounds

to

2

cup

teaspoon

teaspoon

teaspoon

teaspoon

cup

pounds

cloves

1/2 -inch piece

tablespoons

teaspoon

teaspoon

teaspoon

pound

tablespoons

pound  
cup  
cup  
cup  
tablespoons

cup  
tablespoons

to 2

teaspoon  
teaspoon  
teaspoon

to 1

cups  
cups  
tablespoon  
cups  
tablespoons

cup  
cup  
tablespoon  
tablespoon  
teaspoon

cup  
teaspoon  
teaspoon  
pound  
cup  
cup

tablespoons

teaspoon  
cup

tablespoons

tablespoons  
tablespoons  
tablespoons  
teaspoon

pounds  
pounds to 3

teaspoons  
pounds to 3 1/2

cup  
cup  
tablespoon  
tablespoons  
tablespoon

pound  
cups  
cup  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups  
cups

tablespoons  
pound  
cup  
cup  
cloves to 6  
cup  
cup

cups  
tablespoons

teaspoon  
tablespoons

pounds

tablespoons

tablespoons

tablespoon  
teaspoons  
teaspoon  
teaspoon

cups  
tablespoons  
tablespoon  
cup  
teaspoon  
teaspoon  
teaspoon  
cups

tablespoons  
pair

tablespoons  
tablespoon

tablespoons                      to              3

cup  
cup  
tablespoon  
tablespoon  
drops

tablespoons                      to              3

teaspoons  
teaspoon  
medium cloves                      to              3  
teaspoon  
teaspoon

	to	3
	to	3
	to	3
	to	3
tablespoons	to	3
teaspoon	to	3/4
teaspoon	to	3/4

cup	to	1/2
-----	----	-----

recipe

teaspoons		
teaspoon		
teaspoon		
tablespoons	to	3
small sprig		

cup  
tablespoons

tablespoons	to	2
-------------	----	---

teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

heads  
cups  
cup  
tablespoons

tablespoons

tablespoons	to	2
-------------	----	---

cup  
cup  
tablespoons to 2  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cup  
tablespoons  
pounds to 4 1/2

cloves to 12  
tablespoons  
teaspoons  
tablespoons  
  
teaspoon

tablespoon  
  
cups

cup to 1  
tablespoons

teaspoons  
cup  
tablespoons

cups  
cup  
pounds to 4

ounces

cup  
cloves  
tablespoon  
cup  
cup  
tablespoon  
teaspoon  
teaspoon

teaspoon

pounds to 4 1/2

cup  
pounds to 4 1/2

cup  
cups  
cup  
tablespoons  
cloves  
teaspoon  
teaspoon  
pounds to 4 1/2  
cup

cup  
tablespoons  
tablespoons

tablespoons to 3

cup  
tablespoons to 4

tablespoons to 3

tablespoons to 3

ounces  
cup  
cup  
cup  
tablespoons  
Pinch

Several drops

cup  
cup  
pound  
tablespoons  
tablespoon  
tablespoons

tablespoons to 4  
heaping tablespoon

Pinch  
cup  
tablespoon  
cup  
tablespoon

cup  
cup  
tablespoon  
teaspoon  
teaspoon

teaspoon  
cup  
cup

cup  
tablespoons  
teaspoon

cup  
tablespoons                      to              4  
cup  
ounces  
cup

thin slices  
thin slices  
cup  
cup  
teaspoon  
teaspoon

teaspoon  
cup  
tablespoons  
tablespoons  
tablespoons

cup  
cup

cup  
cup



tablespoons  
tablespoons  
tablespoon  
pound  
tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups  
teaspoon  
teaspoon

teaspoons  
cup  
cup

tablespoons                    to            3  
cup  
teaspoon  
cups  
cup  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup                                to            2/3

tablespoons  
tablespoons

ounces

cups

cup

tablespoons  
teaspoon  
teaspoon  
Pinch

tablespoon  
tablespoon  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
pounds  
teaspoons  
tablespoon

tablespoon  
tablespoon  
tablespoon  
teaspoons  
teaspoon  
cup

tablespoons

tablespoons  
teaspoon

tablespoons  
teaspoons  
teaspoon  
tablespoons  
teaspoons  
teaspoons  
teaspoons  
teaspoons  
teaspoons  
cup  
pounds

to 4 1/2

tablespoons  
cups  
cup  
cups  
cups  
ounces

large or 3 medium

teaspoon

teaspoon

teaspoon

cup

to 1/2

pounds

to 5

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

cup

tablespoons

cup

cup

cup

cup

cup

tablespoons

teaspoon

teaspoon

cups

tablespoons

tablespoon

teaspoon

cup

cup

pounds to 4 1/2

cup

tablespoons

cups

tablespoon

teaspoon

teaspoon

teaspoon

teaspoon

14- to 16-ounce can

cup

cup

tablespoons

tablespoon

cloves

to 3

teaspoon  
teaspoon  
teaspoon

pounds

teaspoon  
tablespoons  
cup  
cup  
cups  
cups  
cups  
cup  
cup  
cup  
tablespoon

to 2

cups

Several drops  
Several drops

pounds to 4 1/2

tablespoons  
cup

teaspoons  
teaspoon  
clove  
cup  
ounces  
cup  
cup  
ounces  
pounds

to 4 1/2

ounces  
cup  
cup  
tablespoons  
cups  
cup  
tablespoons

Sheet1

teaspoon		
teaspoon		
cups	to	2
tablespoons	to	3
ounces		
tablespoons	to	3
pounds	to	4
tablespoons		
pounds		
2-ounce slices		
cup		
teaspoon		
teaspoon		
tablespoons		
cups	to	3
pounds		
teaspoon		
teaspoon		
cups	to	6
pounds	to	4 1/2
tablespoons		
cups		
cup		
tablespoons		
cups		
tablespoon		
teaspoon		
teaspoon		
cups	to	1 1/2
Several drops		
pounds	to	4 1/2
tablespoons		
cups		
ounces		
cups		
tablespoon		
tablespoon		
teaspoon		
teaspoon		

cups  
teaspoon  
teaspoon  
cup  
cup  
cup  
pounds  
cups  
tablespoons  
cup  
cup  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
cup  
large bunch

tablespoons

pounds to 4

tablespoons  
cups  
cup  
19-ounce can  
cup  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup

to 1/4

pounds  
tablespoons

teaspoons  
teaspoons  
teaspoons  
teaspoon  
cup  
cup  
tablespoons

teaspoon

tablespoons  
tablespoons  
tablespoon  
tablespoon  
1-inch piece  
teaspoon  
teaspoon  
teaspoon

pounds to 4 1/2

cups to 4

cup  
cup  
teaspoons to 3

teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
tablespoon  
tablespoon  
teaspoon  
teaspoons  
cups  
teaspoon

to 6

cups  
cup  
cup  
cup  
cup  
cloves

teaspoon

cups to 8

pounds to 4

tablespoon

tablespoon

pounds to 4

cups

teaspoon

teaspoon

cups

teaspoons

teaspoon

Pinch

cups

pounds

tablespoons

teaspoon

cups

teaspoons

teaspoons

pounds

cup

cup

cup

tablespoon

cups

cup

teaspoon

teaspoon

teaspoon

teaspoon

pounds

cup

cup

cup

tablespoons

tablespoon

teaspoons

teaspoons

teaspoon

cup

cup

cup

tablespoons

teaspoon

teaspoon

teaspoon



tablespoons  
tablespoons                   to       3  
pounds

cup  
cups  
teaspoons  
teaspoon  
tablespoons                   to       3  
pounds

cups                           to       2  
tablespoons

cup  
cups  
tablespoons                   to       3  
Several drops

pinches                       to       3

tablespoons  
ounces

cup

cup  
tablespoons

tablespoons

cup  
tablespoons  
tablespoons

tablespoons  
ounces  
ounces  
cup  
cup  
cups

cup  
tablespoons                   to       3  
tablespoons

tablespoon  
tablespoon                   to           1  
teaspoon  
teaspoons

cups  
cup

4 1/2-ounce cans                   to           2  
teaspoon  
ounces  
cups

tablespoons  
ounces  
cups  
cup  
cup  
tablespoons  
tablespoon  
recipe  
tablespoon  
cup  
cups  
cup  
teaspoon  
teaspoon  
teaspoon

cups  
cup

cups

tablespoons  
cup                                   to           1

pounds  
gallons  
tablespoons  
cup  
tablespoons

cup  
cup

tablespoons  
cloves to 3  
teaspoon  
teaspoon

cup  
cloves

pounds to 4 1/2  
cup  
cup  
tablespoons  
cloves to 3  
teaspoon  
teaspoon

cup  
teaspoon  
cup

teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons  
small clove  
teaspoon  
cup

tablespoons  
tablespoons

tablespoons  
tablespoons  
tablespoons

teaspoons  
teaspoon  
teaspoon  
teaspoon

pounds

tablespoons                      to              6

cups  
cup  
tablespoons

tablespoons                      to              1

cup  
cups  
cup  
cup  
cup  
small sprigs

teaspoon

tablespoons  
cup  
cup

pounds  
gallons

teaspoon  
tablespoons                      to              6

cup  
tablespoons                      to              3

tablespoons                      to              5

tablespoons

pounds

cup

cloves

cup

cup

tablespoon

cups

cups

cup

teaspoon

tablespoons

to 3

large cloves

cup

teaspoons

teaspoon

teaspoon

tablespoons

cup

cup

slices

cup

cup

cup

teaspoon

tablespoon

cups

teaspoons

to 2 1/2

tablespoon

tablespoon

tablespoon

cup

clove

pound

cup

tablespoons

tablespoons

tablespoon

tablespoon  
tablespoon  
teaspoons  
teaspoon

pounds  
tablespoons  
cups  
tablespoons  
cups  
cups  
cup

large sprigs  
teaspoon  
teaspoon  
teaspoon  
cups  
cup

cups  
cup  
cup  
cups  
cup  
cup  
tablespoons  
tablespoons  
teaspoon

tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cups  
cup  
tablespoons  
teaspoon  
2-inch strip

large clove

Pinch

cup

cup  
tablespoons  
teaspoons  
teaspoon

cloves  
sprigs  
pounds  
pounds

to 3

cup

to 1/2

tablespoons

cup  
cup  
tablespoons  
tablespoons  
cloves  
teaspoon

recipe  
cup

ounces  
tablespoons  
cup  
cup

cup  
cup  
teaspoon

tablespoons  
tablespoons

tablespoons

cup  
cup  
cup  
tablespoons  
cup  
cloves

teaspoon

tablespoons

tablespoons  
pound  
tablespoon  
cup  
tablespoon  
tablespoons  
cups  
cups  
tablespoons

tablespoons



cup  
cup  
tablespoons  
tablespoon  
teaspoon  
cloves

teaspoon

tablespoons  
tablespoons

cups  
tablespoons  
cup  
cup  
teaspoons

tablespoons  
cup  
ounces  
ounces

tablespoon  
ounces  
tablespoons  
teaspoons

tablespoons  
cups  
cup  
tablespoons

teaspoon  
teaspoon  
teaspoon  
teaspoon

tablespoons  
cup  
cup

cup

tablespoons  
cup  
tablespoon

tablespoons  
tablespoons  
cups  
cup  
cup  
tablespoon  
teaspoons  
drops

to 3

tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon

cups  
cups  
cups  
cup  
cup

cup  
cup  
tablespoons  
tablespoons  
teaspoons  
teaspoon

tablespoon

tablespoons  
cloves

pounds  
tablespoons  
Pinch  
cup

to 2

cup

cups  
cup

tablespoons

tablespoons

3-pound

tablespoons  
teaspoons  
teaspoon

cup  
tablespoons  
tablespoons  
teaspoons  
teaspoons  
cup

tablespoons  
tablespoons  
pounds  
tablespoons  
tablespoons  
tablespoons

tablespoon  
teaspoons

tablespoons

ounces  
cup  
cup  
cloves  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
cup

teaspoon  
teaspoon  
teaspoon  
tablespoons

ounces  
cups  
tablespoons

tablespoon  
tablespoon

cups

sprigs  
clove  
pounds

pounds

cup  
cup  
cup  
cup

to 12

clove  
cup  
tablespoons  
tablespoons  
tablespoons

tablespoons  
tablespoons  
tablespoons  
tablespoons

cup  
slices

cup  
cup  
tablespoon  
teaspoon  
teaspoon

teaspoons  
teaspoons

cup  
tablespoon  
teaspoon  
teaspoon  
cups

teaspoons  
teaspoons  
tablespoons

to 4

tablespoons  
tablespoon  
cup  
cup  
cup  
cup

tablespoons

large clove  
teaspoon

tablespoons  
tablespoon

cups  
tablespoons  
cup

tablespoon  
tablespoons  
cup  
cup  
cup  
tablespoon  
teaspoons  
teaspoon

tablespoons  
tablespoons  
tablespoons  
cup  
tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoon  
teaspoon  
teaspoon

cup  
cup  
cup  
tablespoons  
tablespoon  
pounds

to 2

tablespoons  
pounds

to 2

tablespoon

tablespoon  
teaspoon  
15-ounce can  
cup  
cup  
cup

cup  
teaspoons  
teaspoons  
teaspoon  
cup

tablespoons  
cup

Dash

tablespoons  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
cup  
tablespoon  
teaspoon  
teaspoon  
pounds  
cup

to 2

ounce  
cup  
pound  
teaspoon

to 1

teaspoon  
teaspoon  
teaspoon  
ounces  
teaspoon  
Pinch

cup  
tablespoons  
ounces

cup  
tablespoons  
tablespoon  
tablespoon  
tablespoon  
teaspoons  
pound

cup

cup  
tablespoons  
tablespoon  
teaspoon  
tablespoons  
tablespoon  
teaspoons  
cup  
tablespoons  
tablespoon

to 1  
to 4

tablespoons  
tablespoons  
tablespoon  
teaspoons  
teaspoons  
teaspoons  
pound  
pounds  
tablespoons  
tablespoon  
teaspoon  
cup  
teaspoon  
teaspoon  
tablespoons  
tablespoons



tablespoon  
tablespoons  
tablespoons  
pounds

tablespoons  
tablespoon  
cup  
tablespoons

tablespoons  
teaspoon

tablespoons                      to              3  
cups  
cup  
cup  
cup

teaspoons  
tablespoon  
tablespoon

large cloves  
cup

tablespoon  
tablespoon  
teaspoon

tablespoons  
teaspoon

ounces

cup  
tablespoons  
cup  
cup  
28-ounce can  
cup  
cup

cup  
cup

teaspoon  
teaspoon

tablespoons  
cup  
cup  
cup  
pinch  
tablespoons  
cup

cup  
cup  
tablespoon

pounds  
teaspoon                   to       1  
teaspoon  
teaspoon  
cup  
tablespoons  
cup  
cup  
cup  
cup  
tablespoons

teaspoon                   to       1  
teaspoon  
teaspoon  
cups                       to       3  
                              to       3  
                              or       4

tablespoons               to       1 1/2

ounces  
pounds

cup

cups  
cloves  
cup

cup  
tablespoon  
teaspoon  
teaspoon

cups  
cup  
pound  
cup  
cup to 1

pounds  
cups  
cup

clove

tablespoons  
teaspoon  
teaspoon  
teaspoon  
ounces  
tablespoons  
ounces  
ounces  
cup

tablespoons to 1 1/2

pounds

tablespoons  
750-ml bottle  
tablespoons  
16-ounce can

cloves

recipe  
pounds  
teaspoons to 2  
tablespoon

tablespoon

cloves

teaspoon

28-ounce can

tablespoon

cups

pound

pounds

large cloves

to 12

12-ounce bottle

32-ounce can

16-ounce can

16-ounce can

16-ounce can

tablespoons

tablespoons

tablespoon

cups

quart

pounds

cloves

to 6

15-ounce can

tablespoons

tablespoon

teaspoons

teaspoons

teaspoons

teaspoon

ounce

cup

pound

28-ounce can

cups

tablespoons

to 2

teaspoons

teaspoons

teaspoon

cups

to 4

pounds

cup

cup

cups

cloves

pounds

teaspoon

teaspoon

teaspoon

cup

tablespoons

cup

cup

cup

cup

cup

tablespoons

teaspoons

pounds

teaspoon

teaspoon

cup

tablespoons

tablespoons

pound

tablespoons

cups

Pinch

Pinch  
Pinch  
tablespoons  
cups  
cup  
cup  
tablespoons  
recipe

tablespoons  
pounds  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cups  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
Pinch  
cups

or 3

pounds  
cloves

tablespoon

cup  
cup  
cup  
cup  
cup

tablespoons

cloves  
teaspoons  
teaspoon

teaspoon  
pounds

cup

tablespoons                      to              3

tablespoon  
tablespoon

head

tablespoons  
tablespoons  
teaspoons  
teaspoon

to              12

head

tablespoons  
cup  
cups  
cups                      to              3

1/4-inch-thick slices

cup  
ounces  
cup  
cup  
cup  
cup

teaspoon

teaspoon  
cup  
tablespoons  
cup  
cup  
teaspoons  
cup  
cup  
cup

teaspoon

tablespoons

cup  
cup

tablespoons

cup  
cup

cups  
tablespoons  
cloves

6-rib  
cup  
cup  
cup  
cup

tablespoons  
tablespoons

clove  
ounces  
cups  
tablespoons  
tablespoon

tablespoons  
tablespoon  
tablespoon



ounces  
cups  
pounds                    to            1 1/2

pound

cup  
tablespoon  
tablespoon

pound

ounces    to            12

ounces  
tablespoon  
tablespoon  
tablespoons  
cup  
cup  
tablespoon  
tablespoons

pound  
cup

tablespoons  
tablespoons  
teaspoon  
teaspoon  
tablespoons  
tablespoons

pound

cup

tablespoon  
cups  
tablespoons



Sheet1

to 2 tablespoons

cup  
cloves  
tablespoons  
tablespoon  
teaspoon  
teaspoon

cup  
cup  
teaspoon  
tablespoons  
cups  
ounces

to 1 1/2

cup  
cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon

to 3/4

to 3

very thin slivers  
teaspoons  
teaspoon  
teaspoon  
very large

or 2 medium

cups  
tablespoons  
cup  
tablespoons

tablespoon  
teaspoons  
teaspoons  
teaspoon  
teaspoon

tablespoon  
pounds  
cup  
cups

tablespoons  
teaspoons  
teaspoons

teaspoons  
teaspoon  
cup  
cups  
tablespoons  
tablespoons  
cup  
cup

cloves  
tablespoons  
tablespoons  
tablespoon  
tablespoons                   to           2

cup

tablespoons  
cups                               to           2

tablespoons  
tablespoon  
teaspoons  
teaspoons

cups  
cups  
tablespoons  
tablespoons  
recipes

cup  
tablespoons  
tablespoon  
cups  
cup  
cups  
cup  
tablespoons

A bed of  
pound

teaspoons  
teaspoons

pound

tablespoons

teaspoons

tablespoons

to 4

tablespoon

Pinch

cup

tablespoon

cup

tablespoon

tablespoon

teaspoons

teaspoons

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

cup

cup

teaspoons

teaspoons

teaspoons

teaspoons

tablespoon

cup  
cup  
cup  
tablespoons  
tablespoon  
tablespoon  
teaspoon

cup

teaspoons  
teaspoons  
tablespoon

clove

cup  
tablespoon  
slice  
tablespoons

tablespoon  
tablespoon

teaspoons  
teaspoons

pound

cup  
teaspoon  
cup

tablespoon  
tablespoon

tablespoons

sides  
teaspoons  
teaspoons  
teaspoons  
teaspoon

to 2

pounds  
cups  
cup  
sides  
cup

teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pounds  
tablespoons  
cups  
cups  
cup  
cup  
tablespoon  
pound  
cup  
ounces  
teaspoon  
teaspoon

tablespoon

cloves  
1-inch piece  
cups  
cup  
cup  
cup  
teaspoons

cup  
cloves  
teaspoon  
teaspoon  
teaspoon

teaspoon  
teaspoon  
Pinch  
pounds  
tablespoons  
cup  
cups

cup  
tablespoons  
cloves  
tablespoons  
tablespoons  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
pounds  
tablespoons  
cups  
14 1/2- to 16-ounce can

teaspoons  
cup

5- to 15-pound

cup  
Several

cup

cup

teaspoons

slices	or	3
slices	or	3
slices	or	3
teaspoons		
slices	or	3



cloves  
bunch

tablespoon  
teaspoons  
teaspoon

pounds

tablespoon  
teaspoons  
teaspoon  
large cloves  
tablespoons

tablespoons  
teaspoons  
teaspoon  
cups  
cloves  
tablespoons  
teaspoon  
teaspoon

cup  
tablespoons  
tablespoons  
teaspoon  
teaspoon

teaspoon  
teaspoon

teaspoon  
teaspoon

teaspoon

teaspoon  
tablespoon  
tablespoon

cup  
cup  
tablespoons  
tablespoons  
tablespoon  
tablespoon

to 3

tablespoons  
teaspoon  
teaspoon

cup  
cup  
teaspoon  
teaspoon  
pounds

to 12

teaspoon  
teaspoon  
tablespoon  
tablespoon  
cloves  
teaspoon  
cup  
cup  
cup  
cup

tablespoons

pounds  
teaspoons

cups  
teaspoon

cup  
cup

28-ounce can  
cup

teaspoons  
teaspoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
pounds  
teaspoon  
tablespoons

teaspoon  
teaspoon  
tablespoons

teaspoons  
teaspoon  
teaspoon                    to            1  
cups  
cup

pounds  
tablespoons  
cups

teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons

tablespoons  
tablespoon  
teaspoon

teaspoon  
teaspoon  
teaspoon  
teaspoon  
Pinch  
Pinch  
cups  
cup  
cup  
cups  
cups  
tablespoons  
tablespoons  
teaspoons

to 3

pounds  
tablespoon

tablespoons

pound  
tablespoon  
cup  
tablespoon  
tablespoon  
Pinch

tablespoons  
pounds  
tablespoons

cloves  
teaspoon  
teaspoon  
tablespoons

cups

to 4

tablespoons

teaspoons  
teaspoons  
teaspoons  
teaspoons

Sheet1

teaspoon  
teaspoon  
pound  
cup  
teaspoon  
ounces  
cup  
tablespoons

pound  
cup

clove  
cup  
tablespoon  
teaspoon  
teaspoon  
Pinch  
Pinch

cup  
cup  
cup  
pound

teaspoons  
teaspoons  
cloves  
teaspoon  
teaspoon  
teaspoon  
dashes  
tablespoons

ounces  
ounces  
cups  
cup  
cup  
cup

teaspoon  
teaspoon  
teaspoon

pound  
pound

cup  
cup

teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
tablespoons  
cup  
pound  
pound  
tablespoon

tablespoon  
teaspoon  
teaspoon  
teaspoon  
Pinch

cups  
tablespoons  
tablespoon  
tablespoons

tablespoon  
Several drops

tablespoon  
tablespoon  
cup  
cup  
pound  
pound

teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
tablespoons  
cups  
slices

to 16

pound  
pound

cup  
tablespoon  
teaspoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
cup  
slices

or 6

tablespoons  
tablespoons

pound  
tablespoon

tablespoons  
tablespoons

cup

teaspoon

cups to 12

pounds  
ounces  
teaspoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
Pinch  
Pinch  
cup  
cup  
pounds

ounces  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound

tablespoons  
tablespoons

to 4

generous sprinkling  
pounds

cup  
pound

tablespoons  
cup  
cup  
cup  
tablespoons

pounds  
ounces  
teaspoon  
teaspoon

cups  
cups  
cup  
tablespoon

cup  
cup  
tablespoons  
tablespoon

pound



teaspoons                      to              3  
cup  
cup

sets

cup  
tablespoons

teaspoons                      to              2

tablespoons  
tablespoons  
cup  
teaspoon  
cup  
cup  
teaspoon  
tablespoons  
tablespoon  
teaspoons

or more

pounds

tablespoons

cups  
tablespoon  
package  
teaspoon  
cup

tablespoons		
cup	to	1
package		
cup		
cups		
cups		
tablespoon		
tablespoons		
tablespoon		
cups	to	3 1/2
teaspoons		
cup		
cup		
cup		
tablespoons		
tablespoons		
tablespoon		
cups	to	5
package		
tablespoons		
cup		
tablespoons		
tablespoons		
teaspoon		
cups		
cups	to	2
cup		
tablespoons		
teaspoons		
teaspoons		
Pinch		
teaspoons		
package		
cup		
cup		
tablespoons		
tablespoons		
teaspoons		
cups		
package		
cup		
cups		
cup		
tablespoons		

tablespoons  
tablespoon  
teaspoon  
cup

teaspoon  
cups  
cup  
tablespoon  
teaspoon  
package  
cup  
cup  
cup  
cups  
cup  
tablespoons  
teaspoons  
cups

to 4

tablespoons  
teaspoons  
cups

to 6 1/2

tablespoon  
cups  
packages  
tablespoons  
tablespoons  
tablespoon  
cups  
tablespoons  
cup  
cups  
cups  
cup  
tablespoons  
teaspoons  
tablespoon  
teaspoons  
cup  
cup  
cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon

cup  
tablespoon  
package  
cup  
cup  
cups  
tablespoons  
tablespoon  
teaspoons

cups to 2  
package

cups  
cups to 3 3/4  
tablespoons  
tablespoon  
tablespoon

cups  
tablespoons  
teaspoons  
teaspoons  
tablespoons  
cups  
cups  
teaspoon  
teaspoons  
tablespoons

cup  
teaspoons to 3  
tablespoons to 2

tablespoons  
tablespoon  
cups  
teaspoon  
cup  
cup  
cups  
cups to 1 1/3  
teaspoon

cup  
cup  
tablespoons  
teaspoon  
cup  
cups  
cup  
cup  
cup

cup  
cup  
cup  
cup  
cup  
cup  
cup  
cup  
cup  
cups  
cup  
cups  
cups  
tablespoon  
cups  
cups  
cups  
cup  
teaspoons  
cup  
cups  
cups  
cups  
teaspoons

cups  
cup  
cup  
teaspoons  
cups  
tablespoon

to 3 1/2

(3) cups  
(3/4) teaspoon  
(3) tablespoons  
(3) teaspoons  
(1 1/2) teaspoon  
(1 1/2) tablespoon  
(1 1/4) cup  
(3 3/4) cups  
(3/4) teaspoon  
(1 1/2) teaspoons  
(3) tablespoons  
(1 1/2) cups  
(9) tablespoons  
(3) cups  
(3) tablespoons  
(3/4) teaspoon  
(2)

(1)  
(1 1/2) teaspoons  
(3/4) cup  
(3/4) cup  
(2 1/4) cups  
(1/3) cup  
(3) tablespoons  
(3) tablespoons  
(3) tablespoons  
(1 1/4) teaspoons  
(3) teaspoons  
(2) tablespoons  
(3) tablespoons  
(2) tablespoons  
cup  
(3/4) cup  
cups  
cup  
cup  
cup  
cup  
tablespoons  
teaspoons  
tablespoon  
teaspoons  
teaspoons  
teaspoon

plus 2 tablespoons (1 1/4 cups)

cups  
tablespoons  
cup  
cup  
cups  
cup  
tablespoon  
tablespoon  
teaspoon  
tablespoons  
cup  
tablespoons  
teaspoons

cup  
tablespoons  
cup  
cup  
cup

Sheet1

tablespoon  
teaspoon  
teaspoon  
ounces  
cup

teaspoon  
tablespoons  
cup  
cup  
teaspoon  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup

teaspoon

tablespoon  
teaspoon  
cup  
cup  
cup  
tablespoons  
tablespoon  
cup  
cups  
cup

tablespoon

teaspoon  
cups  
tablespoons  
cup  
tablespoon  
tablespoon

cup  
tablespoons  
tablespoons

Sheet1

tablespoons  
package  
cup  
cup  
cup  
tablespoon  
cup

teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
tablespoons  
teaspoons  
package  
cup  
cup

tablespoons  
tablespoons  
teaspoon  
cups  
tablespoons  
cup  
tablespoons  
package  
cup  
cup

cup  
teaspoon  
cups  
tablespoons  
cup

package  
cup  
cup  
cup  
tablespoon  
teaspoon

cups  
cup  
cup



cups

teaspoon  
cup

cup  
cup

package  
cup  
cup  
cup  
teaspoon

cup  
teaspoon  
cups  
tablespoons

cup  
tablespoons  
cup  
cup  
tablespoon  
cup  
teaspoons  
cups  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
cup  
teaspoons

cup  
tablespoons  
cups  
teaspoons  
teaspoon  
teaspoon  
teaspoon

cup  
cup

Sheet1

cup  
teaspoon  
cup  
cup  
cup  
cup  
teaspoons  
teaspoon  
cups  
cup  
cup  
cups  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup

cup  
cup  
cups  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
teaspoon  
tablespoons  
cups

cup  
cup  
cup  
cups  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
cup  
tablespoons  
tablespoon

cup  
tablespoons  
cups

teaspoon  
teaspoon  
cup  
cup

tablespoons  
cup

cup  
cup  
cups  
teaspoon  
cup  
cups  
teaspoon  
teaspoon

cup  
cup  
teaspoon  
cups  
cups  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cup  
teaspoon  
teaspoon  
tablespoon  
cups  
cup  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
cups  
cups  
cup  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
cup  
cup  
tablespoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups

cups  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon

to 4

cup  
cup  
tablespoons  
ounces  
cup  
cup  
tablespoons  
tablespoon  
teaspoon  
teaspoon

to 3

cups

cups  
tablespoons  
teaspoon  
cup

cup

teaspoon  
cup  
cup  
teaspoon  
teaspoon

cups  
tablespoons  
tablespoons

tablespoons  
teaspoon  
teaspoons  
cup  
cups  
teaspoon  
teaspoon  
cups  
tablespoon  
tablespoons  
cups  
cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

to 1 1/2

cup  
cup

cups  
teaspoon  
teaspoon  
teaspoon  
cups  
teaspoon  
tablespoons  
cup

cup  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
cup  
cup  
cups  
cup  
tablespoon

Sheet1

teaspoon  
teaspoon  
tablespoons

cup  
teaspoon  
cup

cups  
cup plus 2 tablespoons  
teaspoon  
tablespoons  
teaspoon  
teaspoon  
cup

teaspoon  
cup  
cup  
teaspoon  
cups  
tablespoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons to 8  
teaspoon  
cups  
cup to 2/3  
teaspoons  
teaspoon  
teaspoon  
teaspoon

tablespoons  
teaspoon  
cup

cups  
teaspoons  
teaspoons  
teaspoon  
teaspoon

cup  
cups  
tablespoons

cup  
cups  
cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup

cup  
cups  
tablespoons  
teaspoon  
cups  
cup  
teaspoon  
teaspoon

cups  
tablespoon  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cup  
cups  
cup  
tablespoons  
cup  
cup  
cups  
cups  
teaspoons  
teaspoon  
teaspoon

cup  
cups  
tablespoons  
tablespoon  
teaspoons  
cup  
cup

cups  
cup  
cups  
cup  
teaspoons  
teaspoon  
cup  
cup  
tablespoons  
cup  
teaspoon

cups  
cup  
ounces  
cups  
teaspoon  
teaspoon  
cup  
teaspoon  
tablespoons  
cup

cup  
cup  
teaspoon

cups  
tablespoon  
tablespoons  
teaspoon

cup  
cup  
cups  
teaspoons  
teaspoon                   to       3/4  
tablespoons               to       6  
cup

cups  
teaspoons  
teaspoon                   to       3/4  
cups  
cups  
tablespoon  
teaspoon  
cup  
cup



tablespoons  
cup  
cup  
cup  
cups  
teaspoons  
teaspoon  
teaspoon  
tablespoons  
cup  
cups  
cup  
tablespoon  
teaspoon  
tablespoons  
cup

cup  
teaspoon  
teaspoons

to 3

cups  
cup  
tablespoon  
teaspoon  
cups  
cup

tablespoons  
cup  
cups  
cup  
teaspoons  
teaspoon  
teaspoon

cup  
tablespoons  
cup

cups  
tablespoons  
teaspoons  
teaspoon  
cups  
tablespoons

teaspoon  
cup

cup  
cup  
cup  
cup  
cup  
cup  
cup

Pats of  
cups  
cup  
teaspoons  
teaspoon  
cups  
tablespoons  
cup

cup

cup  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
Pinch  
cups  
tablespoons  
cup

cups  
cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
tablespoons

teaspoon  
cup  
cup

cup  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cups  
tablespoons

teaspoons

cup

cups  
tablespoons  
teaspoons  
cup  
cup  
tablespoons  
teaspoon

teaspoons  
cup  
cups  
tablespoons  
cups  
tablespoons

teaspoon

Pats of  
cup  
cup  
tablespoons  
teaspoon  
teaspoon  
cup  
cup  
cup  
tablespoons

teaspoons

cup  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cups  
tablespoons

teaspoons  
cup

cup  
cup  
tablespoons  
teaspoon  
teaspoon

cup  
cup  
cup

tablespoons  
cups  
tablespoon  
tablespoon  
teaspoon

tablespoons                      to              16  
cups  
cup  
cup  
cup

cup  
cup  
cup  
cup

Pats of  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cups

cup  
tablespoons

envelope  
cup

cup  
tablespoons  
cup  
teaspoons  
teaspoons  
cups  
cups

Pats of

cup  
tablespoons  
teaspoon  
slices

Pats of  
cup  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cups  
cup  
tablespoons

teaspoon

Pats of  
cup  
cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cups

tablespoons  
teaspoon  
cup

cup

cup

cup

cup

tablespoons

tablespoons

Pinch

cup

cup

cup

cup

tablespoons

teaspoon

tablespoons

cup

cup

teaspoon

tablespoons

tablespoons

cup

cup

tablespoons

tablespoon

tablespoon

tablespoons

tablespoons

tablespoons

cup

cup

cup

tablespoons

teaspoons

Pinch

Sheet1

cups  
ounces

tablespoon  
teaspoon  
teaspoon

cup

tablespoons  
tablespoon

cup

tablespoons  
teaspoon  
teaspoon  
cup

tablespoons  
tablespoon  
cup  
tablespoons  
Pinch  
cup

teaspoon  
cup  
tablespoon

cup

tablespoons  
teaspoon  
teaspoon  
slices  
tablespoons

tablespoons  
tablespoons  
cup  
cup

teaspoon

Sheet1

teaspoon  
Pinch  
thick slices

ounces  
cup  
cup  
teaspoon

Pinch  
Pinch  
cup

cup

cup  
tablespoons  
teaspoons  
teaspoons  
teaspoon  
tablespoon  
tablespoon

cup

cup  
tablespoons  
teaspoon  
teaspoon  
slices

slices  
cup  
tablespoons  
Pats of  
cup  
envelopes  
cup  
tablespoons  
cup

teaspoons  
teaspoon

cups



Sheet1

cups  
teaspoons  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons  
teaspoon

cups  
teaspoons  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
teaspoon

cup  
tablespoons  
tablespoon  
teaspoon  
cup

teaspoons

ounces  
tablespoons  
cups  
teaspoons

cup  
cup  
cup  
teaspoon  
teaspoon  
ounces  
tablespoons  
cup  
teaspoons

tablespoons  
ounces  
cup

tablespoons

teaspoon

teaspoon

cup

tablespoons

teaspoon

teaspoon

ounces

teaspoons

cup

cup

tablespoons

tablespoon

teaspoons

cup

cup

teaspoon

teaspoon

teaspoon

tablespoons

cup

cup

tablespoon

teaspoons

tablespoons

tablespoons

teaspoon

cup

cups

cup

cup

tablespoons

teaspoon

teaspoon

teaspoons

tablespoons

cup

teaspoons

teaspoon

cup

tablespoons

teaspoon

tablespoons

teaspoons  
cups  
tablespoons  
cup  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
cup  
tablespoons  
cups  
cup  
tablespoons

cups

cups  
cup  
cups  
cup  
teaspoon  
tablespoons  
tablespoons  
teaspoon  
cup  
cups  
cup  
teaspoon  
teaspoon  
tablespoons  
cup  
cup

tablespoons  
tablespoons  
cup  
tablespoons  
teaspoon  
cups  
teaspoons  
pound  
cup  
ounces  
cups  
cup  
cup

tablespoon  
teaspoon

to 2

Sheet1

cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup  
tablespoons  
teaspoon

tablespoons  
teaspoon  
tablespoons  
cup  
cup

teaspoon  
teaspoons  
cup  
cup  
cups  
teaspoon  
teaspoon  
teaspoon  
cup  
tablespoons  
cup

cup  
tablespoon  
teaspoons  
cups  
cup  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cups  
cup

teaspoons  
cup

tablespoons		cups	
teaspoon			
tablespoons			
teaspoon			
teaspoon			
cup			
cup	to	2/3	
cup			
tablespoons			
cup			
cup			
tablespoon			
teaspoon			
cups			
tablespoons			
teaspoons			
ounces			
cup			
teaspoon			
cup			
teaspoons			
teaspoon			
		cups	
teaspoon			
teaspoon			
cup			
teaspoons			
teaspoon			
cup			
tablespoons			
cups			
cup			
teaspoon			
cups			
teaspoon			
teaspoon			
cup			
cup			
		cups	
tablespoons			
teaspoon			
tablespoons			
cup			

tablespoon  
teaspoons  
teaspoon

pound  
cup  
teaspoon

teaspoons  
cups  
pound  
cup

teaspoon  
teaspoon  
teaspoons  
cups

pound  
cups

cup  
tablespoons  
teaspoon  
teaspoons  
drops  
cups  
tablespoons  
teaspoon  
teaspoon  
tablespoon  
teaspoons  
teaspoon  
tablespoons  
cup

or 3

cup  
teaspoons  
teaspoon

cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon

Sheet1

cup  
cup  
cup  
teaspoon  
cups  
teaspoons  
teaspoon  
teaspoon  
pound  
cups

cup  
teaspoons  
cups  
teaspoons  
teaspoon  
teaspoon  
pound  
cup  
cup

tablespoons  
teaspoons  
cups  
cup  
3-ounce bar  
cup  
cups  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
cup  
cup

teaspoons  
cup  
teaspoon  
tablespoons  
tablespoons  
teaspoon  
ounces  
cup  
cup  
cups  
teaspoons

teaspoon  
teaspoon  
tablespoons  
cup

teaspoons  
cup  
pound  
teaspoon  
cup  
teaspoons  
cups  
cup  
pound  
cup  
teaspoons  
cup  
cups  
cup  
pound  
teaspoon  
cup

tablespoons  
teaspoon  
cups

cup  
cup plus 1 tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup

cup  
cup  
teaspoon  
tablespoons  
tablespoons to 2/3  
cup  
cups  
teaspoons  
teaspoon



Sheet1

teaspoons  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cups

cup  
teaspoons  
teaspoon  
cups  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
teaspoons  
teaspoon  
tablespoons  
tablespoons

cup  
teaspoons  
tablespoons  
cups  
teaspoons  
teaspoon  
cup  
cups

teaspoon  
teaspoon  
teaspoon  
teaspoon  
cups  
cups  
ounces  
cups  
cup  
teaspoons  
teaspoon  
tablespoons  
cup

tablespoons  
tablespoon

teaspoons  
teaspoons  
ounces  
tablespoon  
ounces  
pound  
cups

cup  
teaspoon  
teaspoon

cups  
cup  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
tablespoons  
tablespoon  
cup

teaspoon  
teaspoons  
teaspoon  
cup  
tablespoons  
tablespoons  
cup  
cups  
cup  
teaspoon  
cup  
cup  
pound  
ounces  
cups  
cup  
teaspoon

to 3

cup  
cup  
tablespoons  
cups  
teaspoons  
teaspoon  
tablespoons  
cup

teaspoons  
teaspoon  
cups  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup

ounces  
teaspoon  
teaspoon

teaspoons  
teaspoons  
cups  
teaspoon  
teaspoon  
pound  
cups  
pound  
cup

teaspoon  
teaspoons  
teaspoon  
cups  
tablespoons           to       2 1/2  
tablespoons           to       2

cups  
teaspoon

cups  
teaspoon  
teaspoon  
cup  
tablespoons           to       3  
cups  
tablespoon  
teaspoons  
teaspoon  
tablespoons  
cups

tablespoon  
teaspoons  
teaspoon  
teaspoon

cup  
tablespoons  
cup  
tablespoons  
cups  
cup  
cup  
cups  
teaspoon  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
tablespoons  
cups

cup  
tablespoon  
piece  
piece  
piece  
piece  
piece  
piece  
ounces  
cup  
pound  
cups  
cup  
cup  
cup  
teaspoon  
ounces  
tablespoons  
teaspoon

to 1 1/2

cups  
cup  
tablespoons  
cups  
tablespoons  
cups  
cup  
teaspoon  
tablespoons  
cups  
cup  
cups  
teaspoon

Sheet1

teaspoons to 2  
drops to 5  
tablespoon  
teaspoons  
cup  
ounces to 4  
cup  
cup  
cup

tablespoons  
teaspoon  
teaspoon  
teaspoon  
cup  
cups  
cup  
cups  
cups  
cup  
cup  
teaspoon  
Pinch  
tablespoons  
teaspoon  
cup  
cup  
teaspoon  
cup  
cups  
cups  
cup  
cup  
teaspoon  
tablespoon

cups  
cups  
cups  
cup  
cup  
teaspoons  
cup  
cup  
cups  
teaspoon  
teaspoon  
cup  
cup plus 1 tablespoon

Sheet1

tablespoons	to	2	
cups			
teaspoon			
teaspoon			
pound			
cup			
cup	plus	1	tablespoon
tablespoons	to	2	
cup	plus	2	tablespoons
tablespoon			
teaspoon			
tablespoons			
ounces			
tablespoons	to	3	
recipe			
Pinch			
cups			
teaspoon			
tablespoons			
tablespoons	to	3	
Pinch			
cups			
teaspoon			
cup	plus	1	tablespoon
cup			
Pinch			
cups			
cup			
teaspoon			
teaspoon			
tablespoons			
Pinch			
cups			
tablespoons			
cup			
teaspoon			
cups			
tablespoons			
tablespoons			
teaspoon			
pounds			

Sheet1

cup  
tablespoons to 3  
tablespoon  
teaspoon  
teaspoon  
tablespoons  
teaspoons  
teaspoon

pounds  
tablespoons  
cup  
teaspoon  
teaspoon

cups  
cup to 1  
tablespoons to 4  
tablespoon  
teaspoon  
teaspoon  
tablespoons to 2

cups  
cups  
tablespoons to 3 1/2  
tablespoons  
tablespoon  
teaspoon  
drops to 2  
tablespoons to 3

pounds  
cup  
tablespoons  
tablespoon  
teaspoon  
tablespoons to 3

pounds  
cup to 3/4  
tablespoons to 3 1/2  
tablespoons  
teaspoon  
teaspoon  
tablespoons to 3

teaspoons

pounds  
cup  
cup  
tablespoons  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons

to 3

teaspoon

pounds  
cups  
cup

to 2  
to 1 1/2

teaspoon  
tablespoons

teaspoons

cups  
cup  
cup  
cup  
cup  
tablespoons

tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

teaspoon

recipe  
pounds  
pounds  
cups  
cups  
cup  
tablespoon  
teaspoon  
tablespoons  
tablespoons

to 4



cup  
cup  
tablespoons  
tablespoons  
pounds  
cup  
cup  
cup

cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cups  
cup  
cup  
teaspoon  
cup  
tablespoons  
tablespoons

cup  
tablespoons  
cup  
teaspoon  
teaspoon

to 4

cup  
tablespoons  
cup  
teaspoon

tablespoons to 3

cups  
cup  
tablespoons  
tablespoon

pounds  
cup  
tablespoons

tablespoons  
cup  
cups  
tablespoons                   to           3

recipe

tablespoons  
cup

cup  
cups  
cup  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons

cups

cup

cup  
tablespoons  
tablespoon                   plus       1       teaspoon  
recipe  
cups  
tablespoons  
tablespoon

teaspoons                   to       2  
recipe  
tablespoons  
tablespoon

tablespoons  
teaspoon

cup  
cup

teaspoon  
cups

tablespoons                      to              3  
tablespoon

cup  
envelope  
cup  
cup  
teaspoon  
tablespoons

teaspoon  
cup

cup  
teaspoons  
ounces  
cup  
teaspoons  
cups

tablespoons  
teaspoons

teaspoon  
tablespoons  
cup  
cup  
teaspoon  
ounce

cup  
cup  
teaspoon  
ounce

tablespoons

pound  
cup  
cup  
cup  
teaspoon

ounces  
cup  
cup  
teaspoons  
cup  
cup  
tablespoons  
ounces  
cup

to 3

cup  
teaspoon  
teaspoon  
cups  
teaspoon

to 1

to 3

cups  
cups  
cup  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cups  
ounces  
cup

teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

teaspoon  
cup

pounds

cup



cups  
teaspoon

tablespoons  
tablespoons

cup  
tablespoons

cup  
tablespoon

15-ounce can

cup  
teaspoons                      to              4  
cup  
cup

cup  
ounces

cup  
cups  
cup  
cups

teaspoon  
teaspoon  
ounces  
cup

quarts                      to              2  
cups                        to              1 1/2

recipe

cup  
tablespoons  
teaspoon  
teaspoon

teaspoon  
teaspoon  
tablespoons

cups  
tablespoons  
teaspoons  
teaspoon  
tablespoons  
cup  
tablespoons  
tablespoon  
pounds  
pint  
cup  
tablespoon

to 2

pints  
cup  
tablespoons  
teaspoon

cups  
cup  
cup  
teaspoon  
teaspoon  
tablespoons  
cup

cup

pints  
cup  
recipes  
cups  
teaspoons  
teaspoon  
cup  
tablespoons  
cup  
cup

pint

Sheet1

cup  
cup  
tablespoons  
teaspoon  
teaspoon  
cup

cup  
cup  
cup

pint  
pint  
cup  
cups  
tablespoons  
teaspoons  
teaspoon  
tablespoons  
cup

cup  
teaspoon  
teaspoon  
tablespoons

cup  
cup  
tablespoons  
teaspoon  
teaspoon

cup  
cup  
teaspoon  
teaspoon  
teaspoon  
tablespoons

cup  
cup  
teaspoon



tablespoons  
cup  
cup  
cup  
cup  
teaspoon  
tablespoons  
cups  
cup

cups  
tablespoons  
cups  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
tablespoons

cups  
cup  
tablespoons

cups

cup  
tablespoon  
tablespoon  
teaspoon

cup  
tablespoon  
teaspoon  
tablespoons  
cup

cups  
cup  
tablespoon  
teaspoon  
cup  
tablespoons  
teaspoon  
teaspoon  
tablespoons

Sheet1

cups  
cups  
teaspoons  
teaspoon  
tablespoons  
cup

teaspoon  
cup

cup  
cup  
cup  
teaspoon  
teaspoon  
tablespoons

tablespoon  
cups  
teaspoons  
teaspoon  
tablespoons  
cup

teaspoon  
teaspoon  
cup

cup  
cup  
tablespoon  
teaspoons  
cup  
Pinch  
pound

slices  
tablespoons  
cup

tablespoons  
teaspoon  
cup  
cup  
teaspoon  
teaspoon  
teaspoon



Sheet1

teaspoon  
tablespoons

ounces

pound  
tablespoons  
cup  
teaspoons  
tablespoon  
cups  
tablespoons  
teaspoon  
tablespoon

plus 2 tablespoons

recipe

teaspoon

ounces  
cup  
cup  
Pinch  
tablespoons  
tablespoons

ounces  
cup  
teaspoons  
tablespoons  
recipe

tablespoons  
teaspoon  
tablespoons  
cups  
teaspoon

cup  
tablespoon of the  
teaspoon

cup  
cup  
cup  
cup  
tablespoon

teaspoons

cups

cup

teaspoon

teaspoon

pound

pound

cups

cups

cup

tablespoon

tablespoons

cup

sheets

cup

cup

tablespoons

teaspoon

cup

cups

cup

cup

cup

tablespoons

teaspoon

recipe

cups

recipe

cups

recipe

cup

teaspoon

teaspoon

tablespoons

cup

teaspoon

tablespoons

cup

heaping tablespoon

tablespoons

cup  
teaspoon  
teaspoon  
cup

teaspoon  
teaspoon  
cups  
cup

ounces  
cups  
cups  
teaspoon  
teaspoon  
cup  
tablespoons

teaspoon  
cup

cups  
cups  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
cup

cup  
teaspoon  
cups  
cup  
cup  
cups  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
teaspoon  
cup  
cup

to 2

Sheet1

teaspoon  
cups  
cups  
cup plus 2 tablespoons  
tablespoons  
teaspoon  
teaspoon  
cup  
cup  
tablespoon  
teaspoons

cups  
cup  
teaspoon  
teaspoon  
cup  
cup  
tablespoon  
tablespoon  
teaspoon  
tablespoons  
cup  
teaspoon

cups  
teaspoons  
cup  
tablespoons

cups  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
teaspoon  
cup  
cup

cups

cup  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup

cups  
cup  
cup  
cup

cups  
teaspoon  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
tablespoons

cup  
cup  
cup  
tablespoons  
cup  
cup  
teaspoon  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
cups  
teaspoon  
teaspoon  
cup  
cup  
cup

cup  
tablespoons  
cup  
cups



cup  
cup  
teaspoons  
cups  
teaspoons  
teaspoon  
teaspoons  
teaspoon  
cup  
cup

cup  
cup  
cups  
teaspoons  
teaspoon  
cup  
teaspoon  
teaspoon  
pound  
cups

teaspoon  
cup  
cups  
teaspoons  
teaspoon  
tablespoons  
cups

teaspoon  
teaspoon  
cup

cups  
teaspoons  
teaspoon  
cup  
teaspoons  
pound  
cups

teaspoon  
cup  
cups  
teaspoons

teaspoon  
teaspoon  
tablespoons  
cups

teaspoon  
cup  
cups

teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cups  
teaspoon

tablespoons  
teaspoons  
cups  
cup  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
tablespoons  
cup  
tablespoons  
cups  
tablespoons  
cups

teaspoon  
cup  
cup  
cup  
cup  
cups  
teaspoon  
teaspoon  
cup  
teaspoons  
pound  
cups

teaspoon  
cup

cups  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup

teaspoon  
cup

cup  
cup  
cup  
ounces  
tablespoons  
cup

to 8

tablespoon  
teaspoon  
teaspoon  
cup

cups  
cup  
teaspoon  
teaspoon  
tablespoons  
cups

cup  
cup

teaspoon  
cup  
cups  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cups

cup plus 2 tablespoons

teaspoon

Sheet1

cup  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup

plus 2 tablespoons

cup  
cup  
cup

tablespoons

teaspoons  
teaspoons  
cups  
cup  
teaspoon  
teaspoon  
teaspoon  
tablespoons

plus 2 tablespoons

cup  
cup  
cup  
cups  
teaspoon  
teaspoon  
cup  
teaspoon  
tablespoons  
cup

cups  
teaspoon  
teaspoon  
ounces  
cup  
cup  
teaspoon  
pound

cups

teaspoon  
cup

cup  
teaspoon  
cup

teaspoon  
teaspoon  
teaspoon  
tablespoons

teaspoon  
cup  
cup  
cup  
teaspoon

cup  
teaspoon  
teaspoon  
cup  
tablespoon

teaspoon  
cup  
cup  
teaspoon  
cup  
tablespoons  
cup

cup  
cup  
teaspoon

teaspoons  
teaspoons  
cup

cup plus 2 tablespoons

cup  
teaspoon

teaspoon

Sheet1

cup

cups

cup

cup

cup

teaspoon

cup

plus 1 tablespoon

cup

plus 1 tablespoon

cup

cup

teaspoon

cups

cups

tablespoon

teaspoon

cup

cup

teaspoon

teaspoon

teaspoon

cup

cup

cup

teaspoons

cups

cups

teaspoons

teaspoon

teaspoon

cup

teaspoon

teaspoon

cup

cup

cup

teaspoon

cups

tablespoon

tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

ounces  
tablespoons  
teaspoon

teaspoon  
cup

cup  
teaspoon  
teaspoon  
cup  
cup  
cup  
tablespoon  
cup  
teaspoon  
cup

to 3/4

ounces  
recipies  
pint

cup  
cup

cup

teaspoon  
teaspoon

teaspoon  
cup

ounces  
tablespoons

Sheet1

cup  
cup

cup  
cup  
cup  
teaspoon

teaspoon  
cup

ounces  
tablespoons  
cup

teaspoon  
tablespoons

pound  
tablespoons

teaspoon  
tablespoon

ounces  
cup  
cup  
tablespoons  
cup

teaspoon

teaspoon  
cup

cups  
cup  
teaspoons  
teaspoon  
cup  
cup

tablespoon  
tablespoon  
teaspoon



Sheet1

cup  
ounces  
cup

cup  
cups  
cup  
cup  
teaspoon  
teaspoon  
cup  
cup  
tablespoon  
teaspoon  
cups  
teaspoon  
teaspoon  
tablespoons

cup  
teaspoons

cup

cups to 3

cups

cups to 1 1/2  
cup

cup  
cup  
tablespoon  
cup  
teaspoons  
ounces to 14  
cup to 1  
tablespoons to 3  
tablespoons to 3  
ounces

Sheet1

tablespoon  
to 30

recipes  
tablespoons to 4  
cup to 3/4

cups  
tablespoons  
cup  
teaspoons to 3

teaspoon  
teaspoon  
tablespoons  
cup  
teaspoons

teaspoon  
cup

cup  
cup  
12-ounce can  
14-ounce can  
cup

cups  
teaspoons  
teaspoon  
ounces to 9  
cup  
cup  
cup to 1/3

cup  
cup  
cup  
pounds  
cup  
cup  
teaspoon  
teaspoon  
cup  
tablespoons  
ounces

pints  
cup  
cups

tablespoons to 2  
teaspoon  
cup

cup  
cup  
packages  
ounces  
cup  
cups  
tablespoons to 5  
teaspoons

cups  
tablespoons plus 2 teaspoons  
teaspoon  
cups  
teaspoons  
teaspoon  
pound  
cups

teaspoon  
cup

teaspoon  
cup  
cups  
cups  
cups  
cups  
teaspoon  
teaspoon  
tablespoons  
cups

teaspoon  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cups  
cup

cup  
cups  
cups  
cups  
cups  
cup  
teaspoon  
teaspoon  
teaspoon  
cup  
cups  
cups  
cup

teaspoon

pounds  
cup  
teaspoon

cup  
cup  
tablespoon  
teaspoon

pounds  
cups  
tablespoons  
teaspoon  
teaspoon

cup  
tablespoon  
cup  
pounds  
cups

cup  
cup  
teaspoon  
teaspoons  
pint  
ounces  
cup  
teaspoons

Sheet1

teaspoons  
teaspoon  
cup

tablespoons  
tablespoons  
tablespoons  
tablespoons  
tablespoon

cup  
teaspoons  
cups

ounces  
cup  
pound  
cup  
teaspoon

cups  
tablespoon

cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound

cup  
cup  
cup  
teaspoon  
cup  
cup  
teaspoon  
cups  
teaspoons  
cup  
teaspoons  
cups  
teaspoons  
teaspoon  
tablespoons  
cup

plus 2 tablespoons

cup

teaspoon

cups

cup

teaspoons

teaspoon

tablespoons

cup

teaspoon

cup

tablespoons

ounces

cups

teaspoons

teaspoon

tablespoons

cups

cups

cup

tablespoons

cup

teaspoon

tablespoons

teaspoon

teaspoon

cup

tablespoon

tablespoons

cup

teaspoons

to 6

teaspoon

cup

tablespoons

tablespoons

cups

teaspoon

tablespoons

teaspoons

tablespoon

cup

Sheet1

teaspoon  
cup  
cup  
ounces  
cup  
tablespoon  
tablespoon

teaspoon  
teaspoon  
cup  
cup  
ounce  
cup  
tablespoons  
teaspoon

cup  
tablespoons  
teaspoon

cup  
cup

tablespoon

cup

cup  
tablespoons  
teaspoon

cup  
tablespoons  
tablespoons  
cup  
tablespoons  
teaspoon

cup  
cup  
tablespoon

cup

cup  
tablespoons

cup  
cup

tablespoons  
cups  
cups  
cup  
tablespoons  
tablespoons  
teaspoon

cups

cup  
teaspoon  
cup  
tablespoons  
cup  
cup  
cup  
cup  
cup  
teaspoon  
cups  
cup  
tablespoons  
teaspoon  
tablespoons

to 2

tablespoons  
teaspoon  
cups

tablespoon  
teaspoon  
cup

to 1

cup  
cup  
cup  
teaspoon  
cup  
cup  
teaspoon

pound

cup  
tablespoons



teaspoon  
teaspoon  
pound  
tablespoons                   to           2  
cup  
ounces  
tablespoon  
ounces  
tablespoons  
Pinch  
tablespoons  
tablespoons                   to           2  
cup  
cup  
cup  
ounces  
teaspoon  
ounces  
cup  
cups  
tablespoons  
teaspoon  
ounces  
cup  
cup                   plus       1       tablespoon  
cup  
cup  
teaspoon  
ounces  
  
cup  
teaspoon  
cup  
ounces  
tablespoons  
  
cups  
cup  
teaspoon  
ounces  
tablespoons  
teaspoon  
cup  
ounces  
ounces  
cup  
tablespoon  
tablespoon  
teaspoon

cups  
tablespoons  
tablespoons to 4  
teaspoon  
teaspoon

tablespoons  
cups  
tablespoons  
teaspoon  
teaspoon  
ounces  
tablespoons  
cup  
teaspoon  
cups  
cups  
tablespoon  
teaspoon  
teaspoon  
tablespoons to 4  
cup to 1/2  
tablespoons  
cup  
teaspoon  
cup  
cups  
teaspoon

cup

cup  
tablespoons  
tablespoons  
teaspoon

tablespoons  
cups  
teaspoon  
ounces  
tablespoons  
teaspoons  
cups to 2 1/2

ounces  
tablespoons  
teaspoons  
cups to 2 1/2

cup  
cup  
tablespoons  
ounces  
teaspoon  
cup  
ounces  
tablespoons  
teaspoon  
cups  
tablespoons  
tablespoons to 2  
tablespoons to 2  
cup  
ounces  
tablespoons  
teaspoon  
tablespoons  
tablespoons to 2  
cups  
cups  
tablespoons to 4

cup  
cup  
  
cups  
tablespoon  
tablespoons  
cup  
tablespoons to 3  
teaspoon  
teaspoon  
cup  
tablespoons  
tablespoon  
cup  
cup  
teaspoon  
cup  
cup  
cup  
tablespoons  
tablespoons  
teaspoon  
teaspoon  
cup to 1  
cup

teaspoons  
teaspoons to 3  
cup  
cup  
cup  
tablespoons  
teaspoon  
teaspoon  
cup  
cup  
cup  
cup  
teaspoon

tablespoon  
teaspoon  
cup  
cup  
cup  
tablespoons  
tablespoons  
teaspoons  
cup  
tablespoon  
tablespoon  
cup

teaspoon  
teaspoon  
cup

teaspoon  
cup  
teaspoon

cup to 1/2  
teaspoon  
cups  
teaspoon

cup to 1/2  
cups  
teaspoon  
cup  
cup  
  
cup

Sheet1

teaspoon  
cups  
teaspoon  
14-ounce can  
cups

teaspoon  
cups

cup  
teaspoon  
cup  
cup  
cup  
tablespoons plus 1 1/2 teaspoons  
teaspoon  
cup  
cups  
teaspoons

tablespoons  
cup  
cup  
cups  
teaspoon  
tablespoons  
tablespoons  
teaspoon

cup  
cup plus 1 tablespoon  
teaspoon  
cup  
ounce  
cups  
tablespoons  
cup  
teaspoons

ounce  
cup  
cup  
teaspoon  
cup  
cups

cup  
tablespoons  
teaspoon  
cups

or 4  
to 3  
to 70  
to 5

tablespoons  
teaspoons

cup  
cups  
teaspoon  
cups  
cup  
teaspoon

cup  
cup  
cup

cup

teaspoon  
teaspoon  
cups  
cups  
cup  
teaspoon

cups  
cup  
tablespoons  
teaspoon

to 4  
or 2

teaspoon

cup  
cup  
cups  
cup



Sheet1

cup plus 1 tablespoon  
cups  
cup  
tablespoons  
tablespoons  
teaspoons  
teaspoon

tablespoons  
cup  
teaspoon

tablespoons  
cup to 3  
teaspoons  
cup

to 6

cups  
tablespoons  
cups  
cups  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon

cups  
cups  
cups  
cups  
ounces  
cup  
teaspoons  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
cup  
cup  
cup

cup





Sheet1

teaspoon  
cups

cup  
tablespoon  
teaspoons

cup  
cup

teaspoon  
cup  
cup

plus 1 tablespoon

ounces  
tablespoons  
tablespoons

teaspoon  
cup

cups  
cup  
cup  
tablespoon  
tablespoon  
tablespoon  
tablespoon

teaspoon  
cup

tablespoons  
tablespoons  
cup  
cup

cup

teaspoon  
teaspoon

tablespoons  
cup  
cup  
cup

cup

teaspoon  
teaspoon

cup  
teaspoon  
cup  
cups  
teaspoons  
recipes

tablespoons                      to              2

teaspoon  
teaspoon  
teaspoon  
cup

cup  
cup  
3-ounce package  
cups  
cup  
3-ounce package  
cup  
cup  
cup  
tablespoons  
cup

6-ounce package  
cups  
pint  
cup                                      plus              2              tablespoons  
pints

3-ounce package  
cup  
cup  
cup  
cup  
teaspoons



cup

tablespoons

cup

cup

tablespoons

teaspoon

teaspoon

cup

cup

tablespoons

tablespoons

teaspoon

cup

cup

cup

tablespoons

cup

cup

tablespoons

tablespoons

cup

tablespoon

cup

cup

Pinch

tablespoons

to 2

tablespoons

cups

teaspoon

teaspoon

cup

cup

cup

tablespoons

to 4

teaspoon

cup

cup

cup

Sheet1

cup plus 1 tablespoon  
cup  
tablespoons

cup to 2  
tablespoons  
tablespoon

ounces  
teaspoon

cup  
cup  
teaspoon

cup  
cup  
cup  
teaspoon

ounces  
ounces  
tablespoons

tablespoon  
cup  
tablespoons

ounces  
tablespoons  
ounces

tablespoons  
cup  
cup  
cup

tablespoons  
cup  
teaspoons  
Pinch

tablespoons  
cup  
tablespoons

cup  
cup  
teaspoon  
teaspoon

cup  
cup

teaspoon  
tablespoons  
teaspoon

cup

pint  
tablespoons  
teaspoons  
pint  
tablespoons  
tablespoon  
pint  
tablespoons  
tablespoon

tablespoons  
tablespoons  
tablespoon

tablespoons  
teaspoons  
cups

cup to 1/2

cup  
tablespoons  
cup

tablespoons to 6

tablespoons  
pint  
cup

tablespoons  
tablespoon

teaspoons to 2

tablespoons

tablespoon  
cups  
cup

cup  
tablespoons  
teaspoon

teaspoon  
tablespoons

cups  
teaspoon

teaspoon  
tablespoon

cup

tablespoons  
tablespoons  
tablespoons

teaspoon

tablespoons  
tablespoons  
tablespoons  
tablespoon  
tablespoon

tablespoons  
tablespoons  
cup  
cup  
cup  
cup

teaspoon  
teaspoon  
teaspoon  
pinch  
tablespoons  
teaspoons  
teaspoons  
teaspoons  
teaspoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
teaspoon  
teaspoon  
teaspoon  
cup  
tablespoons  
teaspoon  
cup  
tablespoon  
cup  
cup  
teaspoon  
cup  
cup  
teaspoon

tablespoons



small  
cloves  
cups

pounds  
cups

to 5 1/2

cup  
cups

pounds

cups  
cups

pounds

stalk  
cup  
cups

pounds  
pounds  
ounces

stalk  
cup

tablespoons

bulb  
cloves  
pounds  
cup  
cups

to 2

cups

pinch  
tablespoon  
tablespoon

cups

pinch  
tablespoons  
tablespoons

cups

pinch  
tablespoons  
tablespoons  
tablespoons                   to           2

tablespoons  
cups

pinch  
tablespoons  
tablespoons  
cup

pinch  
A few  
A few drops  
cups

pinch  
tablespoons  
tablespoons  
tablespoons                   to           4

cups

pinch  
tablespoons  
tablespoons

tablespoons  
tablespoons                   to           4

cups

pinch

tablespoons  
tablespoons  
tablespoon  
cup  
tablespoon  
tablespoons

to 4

tablespoons  
cups

pinch  
tablespoons  
tablespoons  
tablespoons

teaspoons

to 2 1/2

cups

pinch  
tablespoons  
tablespoons  
tablespoon

teaspoons

cups  
cup

tablespoons  
large

or 2

cups  
cup

cups  
tablespoons  
tablespoons  
cup

tablespoons  
cups  
tablespoons  
tablespoons  
cup  
cup

tablespoons

tablespoons  
cups  
tablespoons  
tablespoons  
cup

tablespoon  
tablespoons  
cup  
tablespoon  
cups  
tablespoons  
tablespoons  
tablespoons

tablespoon  
cup  
cup  
cup

tablespoons  
cup  
teaspoons  
Dash

to 3

cup

teaspoons

cup  
cup  
cup  
large strips  
teaspoon

tablespoons  
cup  
Dash

cup  
large strips  
teaspoon

cup



cup  
tablespoon  
teaspoon  
tablespoons  
tablespoons

sprigs

teaspoons  
cup

tablespoons  
tablespoons  
tablespoon  
teaspoon

teaspoons

cup  
teaspoon  
tablespoons  
tablespoons

sprigs

teaspoons  
cup

tablespoon  
tablespoons  
tablespoons  
tablespoon  
teaspoon

teaspoons

cup  
teaspoon  
tablespoon  
tablespoons  
tablespoons

sprigs

teaspoons  
cup

tablespoons  
tablespoons  
tablespoon  
teaspoon

teaspoons

cup  
teaspoon  
tablespoons  
teaspoon  
tablespoon

to 5

tablespoons  
teaspoon

to 5

tablespoons  
tablespoons  
tablespoons

tablespoon  
tablespoons  
tablespoons  
tablespoons  
tablespoons

tablespoon  
tablespoons  
tablespoons  
tablespoons  
tablespoons

tablespoon  
tablespoons  
teaspoon  
teaspoon

cup

small  
cup  
clove  
cup

cup to 1/3

cup  
tablespoons  
cup  
cup  
cup  
cup  
cup

teaspoon each  
tablespoon

tablespoons to 3  
cup

A few grains of  
ounces

teaspoon  
teaspoon to 1/2  
teaspoon

tablespoons to 2  
teaspoon  
Pinch

cup  
cup to 1  
teaspoons

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup to 1

teaspoons to 3  
teaspoon to 1



tablespoons  
tablespoons

tablespoons                   to       2  
teaspoon  
Pinch  
cup  
teaspoons

tablespoons  
tablespoons  
tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

teaspoons                   to       3  
teaspoon                   to       1

tablespoons  
tablespoons

tablespoons                   to       2  
teaspoon  
Pinch  
cup  
cup                           to       1  
teaspoons

tablespoons  
tablespoons  
tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup                           to       1

teaspoons                   to       3  
teaspoon                   to       1

tablespoons                   to       2  
teaspoon

Pinch  
cup  
tablespoon

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

tablespoon  
teaspoons                   to       3

tablespoons                   to       2

teaspoon  
Pinch  
cup  
tablespoons                   to       3  
teaspoons

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

tablespoons                   to       3  
teaspoons                   to       3  
teaspoon                   to       1

tablespoons                   to       2

teaspoon  
Pinch  
cup  
tablespoon  
teaspoons  
teaspoons  
teaspoons  
dashes                   to       2  
teaspoons

tablespoon  
tablespoon

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

tablespoon  
teaspoons  
teaspoons  
teaspoons  
dashes                   to       2  
teaspoons

tablespoon  
tablespoon

tablespoons                   to       2  
teaspoon  
Pinch  
cup

tablespoon  
tablespoon  
tablespoon  
teaspoons  
small clove  
teaspoon

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

tablespoon  
tablespoon  
tablespoon  
teaspoons  
small clove  
teaspoon

teaspoons                   to       3

tablespoons                   to       2

teaspoon  
Pinch  
cup  
cup  
tablespoons to 4  
teaspoons to 2  
A sprinkling of

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup  
tablespoons to 4  
teaspoons to 2  
A sprinkling of

tablespoons to 2  
teaspoon  
Pinch  
cup

teaspoons

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

teaspoons to 3  
teaspoon to 1

tablespoons to 2  
teaspoon  
Pinch  
cup  
tablespoons

tablespoons  
tablespoon  
tablespoon  
teaspoon

tablespoons

teaspoon  
teaspoon  
teaspoon  
cup  
cup

tablespoons  
tablespoons  
tablespoon  
tablespoon  
teaspoon

cloves to 6

cup  
cup  
teaspoon  
teaspoon

tablespoons  
tablespoon  
tablespoons to 1 1/2

tablespoons  
cloves to 3  
teaspoon

tablespoons  
tablespoons  
cloves to 2  
tablespoon  
tablespoon  
tablespoon

tablespoons  
teaspoon  
teaspoon

tablespoons  
teaspoons  
Dash of

tablespoons

tablespoon  
Pinch

cup  
teaspoon  
tablespoons

tablespoons  
teaspoons                   to       3

tablespoons  
2-ounce jar  
heaping teaspoon  
teaspoon

cup                               to       3/4

cup  
cup  
cup  
small cloves  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
tablespoon  
cup  
cup  
tablespoons  
tablespoons

cups  
cup

sprigs  
sprigs

cup  
tablespoon

tablespoon  
teaspoon

cups  
cup  
pounds  
cup

teaspoon

cup  
tablespoon

cloves  
cups  
cup  
pounds  
cup

to 1/2

teaspoon

cup  
tablespoon

cloves  
teaspoon  
cups  
cups  
pounds  
cup  
teaspoon  
teaspoon

to 1/2  
to 1

tablespoons  
tablespoon  
pounds  
cup  
tablespoons  
tablespoons  
teaspoon  
cups  
teaspoon  
teaspoon  
cup  
teaspoon

to 1

tablespoons

pounds

cup  
tablespoon  
teaspoon  
teaspoon  
tablespoons

cups  
cup to 1

tablespoons

cloves  
ounces  
cups  
cups  
14 1/2-ounce can  
teaspoon

ounces  
cup  
teaspoons  
teaspoons to 2  
teaspoon  
tablespoons

cloves  
ounces  
cups  
cups  
14 1/2-ounce can  
teaspoon  
bunch  
teaspoons to 2 teaspoons

teaspoon  
cups  
teaspoon

cups  
cup  
tablespoon



Pinch

small  
small  
tablespoons  
teaspoon  
pound  
pounds

cups  
tablespoons  
tablespoons  
tablespoons  
teaspoon  
pounds                   to       12  
cup  
cups  
tablespoon  
tablespoons

large  
28-ounce can  
cups  
pound  
ounces  
tablespoons  
teaspoon  
teaspoon                   to       1/2  
tablespoons               to       4  
tablespoon  
pints                       to       1 1/2  
cups  
cup  
teaspoon  
teaspoon

cups  
cups  
cups  
cup  
pound  
tablespoons               to       4  
cup  
cup  
cup  
cups  
cup

teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup  
teaspoon  
teaspoon  
cup

to 4  
  
to 1

drops

tablespoons  
tablespoons  
pounds  
cups  
large  
large

cloves

small  
small  
teaspoon

teaspoons  
teaspoon  
teaspoons  
pinch  
pinch  
tablespoon  
tablespoon  
cup  
teaspoon

to 3

cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pinch  
cup

tablespoon  
tablespoon  
tablespoon  
cup

cup  
cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pinch  
cup  
tablespoon

tablespoons  
teaspoons  
teaspoons                   to           2  
teaspoon  
teaspoon  
teaspoon  
drops  
teaspoon  
teaspoon  
pinch

tablespoon  
Several drops  
tablespoons                   to           3

teaspoon  
pinch  
tablespoons                   to           2

teaspoon  
pinch  
tablespoons                   to           2

teaspoon  
pinch

cup

slices

1/2-inch-thick slices

cup  
cup

cup  
cup  
slice

teaspoon  
pinch of  
round of

tablespoon

pinch of  
teaspoon  
tablespoon

teaspoon  
pinch  
tablespoons  
tablespoon

tablespoon

teaspoon  
teaspoon  
cup to 1  
cup  
tablespoon  
tablespoons  
tablespoons

tablespoons

Pinch  
tablespoons to 2

cup to 1/2  
tablespoon  
tablespoons  
cups  
cup  
teaspoon  
teaspoon  
Pinch

Pinch

cup  
tablespoon

Pinch  
cup  
tablespoon  
tablespoons  
cups  
cup  
cup  
teaspoon  
teaspoon  
Pinch  
Pinch

to 1/2

Pinch  
cup  
cups  
teaspoon  
teaspoon  
Pinch

to 1/2

cup  
cups  
teaspoons

to 1

Pinch

cups  
teaspoon  
teaspoon  
Pinch  
cup  
cup

tablespoons

to 2

clove  
cup

cups  
teaspoon  
teaspoon  
Pinch  
cup



tablespoons

pounds

cup

tablespoons

tablespoons

to 2

teaspoon

teaspoon

cups

cups

cups

cup

teaspoons

cup

teaspoons

to 8 slices

teaspoons

Cup

cup

teaspoons

cup

tablespoon

teaspoons

cup

teaspoons

cup

cup

cup

cup  
A pinch  
pounds

to 8 slices

pounds

to 8 slices

to 12 crisp cooked slices

pounds

cups

tablespoons

cup

pounds

1-ounce slices  
crisp cooked slices

pounds

thin slices  
thick slices

to 8 leaves



pounds

pounds

cup

to 3 tablespoons

pounds

to 1/2 cup

pound

cup

to 3 cups

thick (1/2-inch) slices

pound

cup

tablespoons

teaspoon

thick (1/2-inch) slices

slices

ounces

cup

ounces

ounces

slices

ounces

cup

ounces

ounces

cups

tablespoon

cup

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

slices to 8

cups  
tablespoon  
cup

teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
Several grains  
slices to 8  
slices

pounds  
ounces  
slices

slices  
tablespoons

thin slices  
ounces

slices  
tablespoons

ounces  
ounces

cloves  
tablespoons  
teaspoons to 1 teaspoon

teaspoon  
teaspoon  
teaspoon

cups  
cup



very thin slices

tablespoons

cloves  
teaspoon  
teaspoon  
cup  
ounces

cup

cup  
ounces

cup

oil-packed

tablespoons  
ounces

cups

teaspoons

cloves  
teaspoons  
tablespoons

tablespoons  
medium

teaspoon  
teaspoon

tablespoon

to 10

cloves  
teaspoon  
ounces

cups

cup

ounces

teaspoons  
tablespoons

teaspoon  
tablespoons  
cup  
cups  
teaspoons

tablespoons  
3-inch ball of  
tablespoon  
tablespoon  
tablespoon  
teaspoon  
tablespoons  
cup  
cups  
teaspoons

tablespoon

to 1/2 cup

cup  
cup  
tablespoons

teaspoon  
tablespoons  
cup  
cups  
teaspoons

tablespoon

cup  
tablespoons  
teaspoon  
cup  
cup

to 3 tablespoons

teaspoon  
tablespoons  
cup  
cups  
teaspoons

tablespoon  
teaspoons

cup  
ounces

cup  
cup  
cup  
cup  
cup

teaspoons

ounces

ounces

cup  
cup

oil-packed  
cup

slices  
cup  
tablespoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
large bunch

or 3

large  
cup  
Splash of  
cup

medium  
cup  
Splash of  
cup

cup

cup to 3/4

tablespoons  
teaspoons  
teaspoons  
tablespoons  
teaspoons  
cup

cup  
cup  
cups  
cups

tablespoons  
tablespoons  
tablespoons  
teaspoon  
cloves                      to              2

cups  
cups  
cup

cup

cup  
cup

cups

tablespoons  
tablespoons  
clove  
teaspoon  
teaspoon  
teaspoon  
cups

cup

cups  
cup  
cup

tablespoons  
tablespoons  
tablespoons

cups  
cup  
cup

cup                                      to              1



tablespoon  
cups  
cup  
cup

tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon

small clove  
pinches                   to       3  
cup                         to       1/2  
cup

teaspoon

cup  
cup  
tablespoons  
tablespoon  
clove

cup  
tablespoons  
small clove  
pinches                   to       3  
cup                         to       1/2  
cup  
cup  
teaspoon

cup  
tablespoon

cup  
cup  
tablespoons  
tablespoon  
clove

cup  
tablespoons

Sheet1

tablespoon  
small clove  
pinches                   to       3  
cup                           to       1/2

teaspoon  
tablespoons

cup  
tablespoons  
tablespoons  
tablespoon  
clove

cup  
tablespoons  
small clove  
pinches                   to       3  
cup

teaspoon  
large pinch

cup  
cup  
tablespoon  
clove  
large pinch

cup  
tablespoons  
small clove  
pinches                   to       3  
cup                           to       1/2

tablespoon  
teaspoon

cup  
tablespoons  
tablespoon  
tablespoon  
clove

cup  
tablespoons  
small clove  
pinches                   to       3  
cup                           to       1/2

tablespoon  
teaspoon  
teaspoon

cup  
tablespoons  
tablespoon  
clove  
tablespoon  
teaspoon

cup  
tablespoons  
small clove  
pinches                   to       3  
cup                           to       1/2

teaspoons  
teaspoon  
teaspoon

cup  
tablespoons  
tablespoon  
clove  
teaspoons  
teaspoon

cup  
tablespoons  
cups  
tablespoons  
cup  
clove  
cup  
teaspoon  
cups  
cup  
teaspoon

cups  
cups  
cup  
pinch  
teaspoon  
teaspoon  
teaspoon  
tablespoons                   to       2

cups  
tablespoon  
teaspoon                   to       1/2  
cup  
generous pinches  
cup  
tablespoons

cups  
pound  
cup  
  
cups                               to       1 1/2

tablespoons  
  
ounces  
cups  
pound  
cup  
pounds  
cup  
tablespoons  
cups                               to       1 1/2  
tablespoons

cup  
tablespoons  
ounces

cup  
generous pinches  
cup  
tablespoons

cups  
pound  
cup  
cups                               to       1 1/2

generous pinches  
cup  
tablespoons

cups  
pound

cup  
Chunks of

generous pinches  
cup  
tablespoons

cups  
pound  
cup  
Chunks of

cup  
pound

cups

pound  
ounces  
cup  
cup  
cup  
tablespoon

to 8

pound  
pound  
cups

ounces  
cloves  
cup  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
ounces  
cups

teaspoon  
teaspoon  
cups

Sheet1

cup

teaspoon  
teaspoon  
cups

cup  
teaspoon  
teaspoon  
cups  
cups

to 2 1/2  
to 1 1/2

teaspoon  
teaspoon

to 3 tablespoons

cup

cloves  
A few leaves of  
pounds  
tablespoon

cup

tablespoons  
cup

to 3

cloves  
cup  
pounds  
tablespoon

cup  
tablespoons  
cloves

ounces  
teaspoons

to 2

cup  
tablespoons  
cloves

cup  
teaspoons

to 2

cup  
tablespoons  
cloves

teaspoons                      to              2

cup  
tablespoons

cloves

teaspoons                      to              2  
clove  
cup  
ounces

pound  
cup

tablespoons  
tablespoons  
teaspoon  
teaspoon

tablespoons                      to              3  
cups                                      to              3

cups  
tablespoons  
quarts  
tablespoons  
pounds  
cups

cups  
cup  
teaspoon

Pinch  
pounds  
tablespoons  
large clove  
tablespoons  
cup  
quarts  
tablespoons  
pound

tablespoons  
cups  
teaspoons  
cups  
8-ounce package  
tablespoons  
tablespoons  
cups

teaspoon

tablespoon  
cup  
cups  
cup  
cup  
teaspoons  
tablespoons

to 6

tablespoons  
teaspoons  
cup  
tablespoons  
cup

quarts  
pound  
teaspoons

to 4 1/2

cups

quarts  
pound  
cups  
tablespoons  
tablespoons  
tablespoons  
cups

to 4

quarts  
pound  
cups  
cup  
tablespoons  
tablespoon

to 4

pound

to 6



tablespoon  
cup  
tablespoon

cup  
pound  
tablespoon  
teaspoons

tablespoons  
pound  
cup

sprig  
Several sprigs  
tablespoons  
teaspoon  
teaspoon  
pound

pound  
cup  
tablespoons                   to           3  
tablespoons  
tablespoon

pound  
cup  
tablespoons  
teaspoon  
teaspoon  
cup

Pinch  
ounces

cup  
tablespoons

teaspoon  
teaspoon

ounces  
pound  
small piece  
cup  
tablespoons  
teaspoon





Pinch  
pounds  
cups  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
tablespoons  
tablespoons  
tablespoons

to 3  
to 6

A few drops of

cup  
tablespoons  
teaspoons  
teaspoon

cup

cup

cups  
cup

tablespoons

cup  
tablespoons

to 2

cup  
cup  
slices

to 2

teaspoon  
teaspoon

to 1/2

cup  
cup  
slices

to 2

teaspoon  
teaspoon

to 1/2

pounds

cup  
tablespoons  
teaspoon  
cups

cups  
pounds  
cups  
tablespoon  
tablespoons  
teaspoon  
tablespoons

tablespoons  
cup  
pounds                   to       2  
cup  
teaspoon

tablespoons                   to       3

pounds  
tablespoons

cup

ounces  
tablespoons  
teaspoon  
Several grinds  
Pinch  
tablespoons  
pound  
tablespoons

cups  
teaspoon  
teaspoon  
teaspoon

teaspoon  
teaspoon  
Pinch

cup  
cloves

or 2

15-ounce can  
cup  
teaspoon  
teaspoon  
cup  
tablespoons

pounds  
cup  
tablespoons  
teaspoon

cup  
tablespoons  
teaspoon

tablespoons to 2

cup  
cup  
cup

pounds  
cups  
cup to 1  
tablespoons to 1 1/2

cup  
teaspoon  
teaspoon

teaspoon

pounds

cup

to 1/2

teaspoons

to 3

cup

teaspoon

teaspoon

teaspoon

pound

pounds

tablespoons

to 10

tablespoons

tablespoons

to 1 1/2

cup

teaspoon

teaspoon

teaspoon

to 1

tablespoons

cup

cup

cup

cup

tablespoons

tablespoons

teaspoon

teaspoon

cup

tablespoons

cup

cup

pound

recipes

scoops

pound

cups

tablespoons

to 8

Sheet1

cups		
cup		
cup	to	1/2
teaspoon		
teaspoon		
teaspoon		
teaspoon		
teaspoon		
cup	to	1
cup		
cup	to	1
	to	2
pound		
tablespoons	to	8
cups		
cup		
cup	to	1/2
teaspoon		
teaspoon		
teaspoon		
teaspoon		
teaspoon		
teaspoon		
cup	to	1
	to	2
slices		
cup		
cup		
cups		
tablespoons		
tablespoons		
teaspoon		
teaspoon		
teaspoon		
tablespoons		
cup		
cup		
cup		
cup		
tablespoons		
cup		
teaspoon		
teaspoon		
teaspoon		
teaspoon		



Sheet1

cups  
tablespoons to 8  
cups  
cup

cloves  
cup to 1/2  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cup to 1  
to 2

cups  
tablespoons to 8  
cups  
cup

cup to 1/2  
teaspoon  
teaspoon  
teaspoon  
teaspoon

cups to 2  
cup to 1  
to 2

cup  
tablespoons  
teaspoons  
tablespoon  
teaspoons

cup  
cup  
teaspoons  
tablespoon  
teaspoons

tablespoons to 2  
tablespoons  
pounds to 2

teaspoons

tablespoons  
cup

pounds to 2

teaspoons

pound  
tablespoons  
tablespoons  
cup  
tablespoons

cup  
tablespoons

to 2

teaspoon  
teaspoon  
teaspoon

to 1

tablespoons

tablespoons to 2

cup

tablespoons  
tablespoons to 2  
pounds to 4 1/2  
cup  
pounds to 4 1/2  
cup

tablespoons to 3

cup  
teaspoon  
cups  
cup  
cup  
teaspoon  
teaspoon

Sheet1

teaspoon  
teaspoon  
cup to  $\frac{2}{3}$   
cup  
cup  
cup  
cup  
tablespoons to 4  
  
pounds to 4  $\frac{1}{2}$   
  
tablespoons  
cups  
cup  
cups  
cups  
ounces  
  
large or 3 medium  
teaspoon  
teaspoon  
teaspoon  
cup to  $\frac{1}{2}$   
  
Several drops  
  
tablespoons  
cup to 1  
cups  
cup  
cup  
cup  
small sprigs  
large  
teaspoon  
whole  
  
cup  
tablespoons  
cup  
  
tablespoon  
cup  
clove  
pound  
  
cup

tablespoons  
tablespoons  
tablespoon  
tablespoon  
tablespoon  
teaspoons  
teaspoon  
cup  
tablespoons

cup  
tablespoons  
tablespoons  
tablespoon

tablespoons

cup  
tablespoon  
tablespoon

tablespoons  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup

cup

tablespoons

large cloves  
teaspoons  
teaspoons  
teaspoon

tablespoons

large cloves  
teaspoons  
teaspoons  
teaspoon

cup

cup

cloves  
tablespoons  
teaspoons  
teaspoons  
teaspoons  
teaspoon

cup  
cup

10- to 12-ounce

ounces  
cups  
tablespoons

tablespoon  
tablespoon

small

teaspoon  
2-inch-thick  
cup  
small

cup

tablespoon  
tablespoons

cup  
cup  
teaspoon  
tablespoon

recipe  
pounds  
teaspoons                   to           2  
tablespoon  
tablespoon

cloves

teaspoon  
28-ounce can  
tablespoon  
cups

cups

pounds  
cloves

tablespoon

cup  
cup  
cup  
cup

pound  
pound

tablespoons  
2- to 3-pound

cloves  
teaspoons  
teaspoon  
teaspoon  
large  
pound  
cup

tablespoons                   to           3

tablespoon  
tablespoon  
tablespoons  
cup  
cups  
cups

to 3

slices  
cloves  
teaspoon each

tablespoons

cup  
cup

slices  
cloves  
teaspoon

tablespoons

cup  
cup

pound

cup  
tablespoon  
tablespoon  
cup  
cup  
tablespoons

tablespoons  
pound

cup  
tablespoon  
tablespoon  
cup  
tablespoons  
tablespoons

pounds  
cup  
cup  
tablespoon



teaspoon  
teaspoon

teaspoon  
cup  
cup  
cup  
tablespoons  
cup  
ounces  
cup

to 4

ounce  
cup  
tablespoons  
ounces  
ounces  
teaspoon

cloves  
tablespoons  
cup

tablespoons  
tablespoons  
cups

tablespoon  
cup  
cup  
tablespoons  
tablespoon  
teaspoon

tablespoons

tablespoons

cloves

9-ounce box  
cup  
tablespoons  
tablespoons

tablespoons

cup  
cup  
tablespoons  
tablespoons  
teaspoon

cups  
medium

tablespoons

cup  
cloves  
tablespoons  
tablespoon  
teaspoon  
teaspoon

cup  
tablespoons  
teaspoon  
tablespoons  
cups

to 2

ounces

cups

to 1 1/2

cup

to 3/4

cup

to 3

teaspoons

teaspoon

teaspoon

teaspoon

about 3 pounds

teaspoons

teaspoon

teaspoon

cup

tablespoons

to 4

tablespoons

cup

cup

tablespoon

tablespoon

teaspoons

teaspoons

cup  
cup

cup  
cups

tablespoon  
teaspoons  
teaspoon  
large cloves  
tablespoons  
cups  
pound  
cup  
cup  
tablespoon

tablespoon  
tablespoon

tablespoons  
teaspoon  
recipe  
cloves  
tablespoons  
teaspoon  
teaspoon

tablespoons  
cup  
tablespoon

cloves  
teaspoons

1- to 1 1/2-pounds

tablespoons  
tablespoons  
tablespoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
rack

tablespoons  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
Large pinch  
Large pinch  
rack

cup  
cup  
tablespoon  
tablespoons

teaspoon  
teaspoon

teaspoon  
teaspoon

pounds  
cups

ounces  
ounces  
cups  
cup  
cup  
cup

cup  
cup  
cup  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

ounces  
ounces  
cups  
cups  
cup  
cup  
cup  
cup

tablespoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon

ounces  
ounces  
cups  
cup

cup  
cup

teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup  
cup  
teaspoons  
tablespoon  
tablespoon

tablespoons

to 4

Generous sprinkling  
pounds

cup  
cup  
pinch  
cleaned head

slices  
pound

teaspoons  
cup  
cup

to 3

teaspoon  
tablespoon  
cups  
cups  
tablespoon  
tablespoons  
tablespoon

to 3 1/2

cups  
cup  
cup  
tablespoon  
package  
teaspoon  
cup  
tablespoons

cup to 1  
teaspoons  
cup  
cups  
cups  
cups  
tablespoon  
tablespoons  
tablespoon  
cups to 3 1/2  
teaspoon  
tablespoon  
cups  
cups  
cups  
tablespoon  
tablespoons  
tablespoon  
cups to 3 1/2  
teaspoons  
cup  
cup  
cup  
tablespoons  
tablespoons  
tablespoon  
cups to 3  
cups  
cups to 1 1/2  
cups to 2/3  
tablespoon  
package  
teaspoon  
cup  
tablespoons  
cup to 1  
package  
cup  
cups to 2 1/4  
cup to 1  
cups  
tablespoon  
tablespoons  
tablespoon  
cups to 3 1/2  
teaspoons  
cup  
cup  
cup

tablespoons  
tablespoons  
tablespoon  
cups  
cups  
package  
cup  
cup

to 3 1/2  
to 2 1/2

tablespoons  
tablespoons  
teaspoons  
cups

Pinch  
tablespoon  
package  
cup  
cup

tablespoons  
tablespoons  
teaspoons  
cups

Pinch  
tablespoon  
cups  
cups  
cups  
tablespoon  
cups  
cups  
cups  
tablespoon  
package  
cup  
cup

tablespoons  
tablespoons  
teaspoon  
cups  
tablespoons

Pinch  
package



cup  
cup

tablespoons  
tablespoons  
teaspoon  
cups  
tablespoons

Pinch  
package  
cup  
cup  
cup  
teaspoon

cup  
teaspoon  
cups  
tablespoons  
cup  
teaspoons  
cup

Pinch  
cups  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoons

cup  
tablespoons  
cup  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
cups

cups  
tablespoon  
teaspoon

teaspoon  
teaspoon

cups

tablespoon  
cups  
cup  
cup  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups

cups  
cup  
cup  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon

to 4

cup  
cup  
tablespoons  
tablespoon  
cups  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon

to 3

cups  
cup  
cup

cups  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon

teaspoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
cup  
cup  
tablespoons                    to            3  
tablespoon  
cups  
teaspoon  
teaspoon  
teaspoon

cups  
tablespoons  
cup  
cup  
teaspoons

cups  
cup  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
cup  
tablespoons  
cup  
teaspoons  
tablespoons                    to            3  
teaspoons

tablespoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups

teaspoons

cups  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
tablespoons                   to           3  
tablespoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups  
  to           2  
cup

cups  
cup  
tablespoons  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
  to           2  
  to           3  
tablespoons  
cup  
tablespoon

slices  
cup  
cups  
tablespoon  
teaspoon  
teaspoon  
tablespoon  
teaspoon

cups

slices  
cup  
cups  
cup  
tablespoons  
teaspoons  
tablespoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons

to 3

cups  
teaspoon  
teaspoon  
teaspoon  
cups  
tablespoon  
teaspoon  
tablespoons  
cup

cups

cups  
teaspoon  
teaspoon  
teaspoon  
cups  
teaspoon  
tablespoons  
cup

cups  
cup  
teaspoon  
tablespoons  
teaspoon  
teaspoon  
cup

plus 2 tablespoons

teaspoon  
cup  
cup

Sheet1

cup  
cup

cups  
cup plus 2 tablespoons  
teaspoon  
tablespoons  
teaspoon  
teaspoon  
cup

teaspoon  
teaspoon  
cup  
cup  
cup

teaspoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons to 8  
teaspoon  
cups  
cup  
cup  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
tablespoons to 3  
cups

cups  
tablespoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons to 8  
teaspoon

cups

cups

cup

to

2/3

teaspoons

teaspoon

teaspoon

teaspoon

tablespoons

teaspoon

cup

cups

cups

cup

cup

teaspoons

teaspoon

teaspoon

cup

cup

teaspoon

tablespoons

to

3

cups

cups

tablespoon

teaspoon

teaspoon

cup

cup

tablespoons

to

8

teaspoon

teaspoon

cups

cups

cup

to

2/3

teaspoons

teaspoon

teaspoon

teaspoon

tablespoons

teaspoon

cup

teaspoon  
cups

cups  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons                   to           8  
tablespoon  
teaspoon  
cups  
cup  
teaspoons  
tablespoons  
teaspoon  
teaspoon  
teaspoon

tablespoons  
tablespoon  
teaspoon  
cup

cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cup  
cup  
tablespoons                   to           8  
teaspoon  
tablespoons  
cup  
teaspoon  
cups

cup                                   to           2/3  
teaspoons  
teaspoon  
teaspoon  
teaspoon

tablespoons



cup

tablespoons

cup

teaspoon

cup

cup

teaspoon

cups

cups

cup

tablespoons

teaspoons

teaspoon

to 3/4

tablespoons

to 6

cup

cups

cup

teaspoons

teaspoon

to 3/4

tablespoons

to 6

cup

cups

teaspoons

teaspoon

to 3/4

tablespoons

cup

cups

tablespoon

teaspoons

teaspoon

tablespoons

to 6

cup

cups

teaspoons

teaspoon

teaspoon

to 3/4

tablespoons

to 6

cup

cups

cup

tablespoon

teaspoon

cup  
teaspoon  
cup  
teaspoons                   to       3

cups  
cup  
tablespoon  
teaspoon  
tablespoons  
cup

cup  
teaspoons                   to       2  
teaspoons                   to       3

cups  
cup                           plus     1     tablespoon  
tablespoon  
teaspoon  
tablespoons  
cup

cup  
tablespoon  
teaspoons                   to       3

cups  
cup  
tablespoon  
teaspoon  
tablespoons  
cup

cup  
teaspoons                   to       4  
teaspoons                   to       3

cups  
tablespoons  
teaspoons  
teaspoon  
teaspoon  
cups  
tablespoons

teaspoon  
cup  
cup

Sheet1

cup  
cup  
cup  
cup  
cup  
cup

Pats of  
cups  
cup  
teaspoons  
teaspoon  
cups  
tablespoons  
cup

cup  
tablespoons  
teaspoon  
teaspoon

cups  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
tablespoons

small  
cup  
tablespoons  
teaspoon

cup  
cup  
teaspoons  
teaspoon  
teaspoon  
cup  
cup  
cup  
tablespoons

teaspoons  
cup

cup  
cup  
cup

tablespoons  
cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon

tablespoons                      to              16  
cups  
cup  
cup  
cup

cup  
cup  
cup  
cup

Pats of  
cup  
cup  
cup

tablespoons  
teaspoon

tablespoons  
tablespoons  
cup  
cup

teaspoon  
teaspoon  
Pinch  
thick slices

cup  
envelopes  
cup  
tablespoons

cup

teaspoons  
teaspoon

cups

cup  
envelopes  
cup  
tablespoons  
cup

teaspoons  
teaspoon

cups

pound  
cup  
teaspoon  
teaspoon

teaspoons  
cups  
cup  
pound  
cup  
teaspoon  
ounce

teaspoons  
cups  
cup  
teaspoon  
pound  
cup  
teaspoon

teaspoons  
cups  
ounces  
pound  
cup

Sheet1

teaspoon  
teaspoons

teaspoons  
cups  
pound  
cup  
teaspoon  
teaspoons

teaspoons  
cups  
tablespoons  
pound  
cup  
teaspoon  
teaspoon

teaspoons  
cups  
pound  
cup  
teaspoon  
cup

teaspoon

teaspoons  
cups  
pound  
cup  
teaspoon

teaspoons  
cups  
cup  
pound  
cup  
teaspoon

teaspoons  
cups  
teaspoon  
tablespoons

Sheet1

pound  
cup  
teaspoon

teaspoons  
cups  
pound  
cup  
cup  
teaspoon

teaspoons  
cups  
pound  
cup  
teaspoon

teaspoons  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
pound  
cup  
teaspoon

teaspoons  
cups  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
pound  
cups

cup  
tablespoons  
teaspoon  
teaspoons  
teaspoons  
drops

or 3

tablespoons  
cup  
cups  
cup  
teaspoon  
cup  
cup  
ounces  
cup  
pound  
cups  
teaspoon  
cup  
teaspoon  
cup  
cup plus 1 tablespoon  
tablespoons to 2  
cups  
cup  
teaspoon  
pound  
cup  
cup plus 1 tablespoon  
tablespoons to 2  
cups  
cup  
cup  
teaspoon  
teaspoon  
pound  
cup  
cup plus 1 tablespoon  
tablespoons to 2  
cups  
cup  
cup  
teaspoon  
pound  
cup  
cup plus 1 tablespoon  
tablespoons to 2  
cups  
cup  
cup  
teaspoon  
pound  
cup  
cup plus 1 tablespoon  
tablespoons to 2



pounds to 2

cups

cup

tablespoons

tablespoons

teaspoon

teaspoon

tablespoons to 3

teaspoons

pound to 1

cups

cup

cup

teaspoon

tablespoons

teaspoons

tablespoons

cup

cups

tablespoons to 3

cup

cup

teaspoon

cups

tablespoons to 3

tablespoon

cups to 2

tablespoons

packed cup

cup

cup

teaspoon

cups

tablespoon

cup  
tablespoons  
teaspoon  
cups

ounces  
tablespoons           to       3  
tablespoon

cups                           to       1 1/3

cup  
cup  
teaspoon  
cups

tablespoons               to       3  
tablespoon

                                  to       3  
cup  
teaspoon  
teaspoon  
cups  
ounces  
cup  
tablespoons

cups                           to       1 1/4

                                  to       3

cup  
teaspoon  
teaspoon  
cups  
teaspoon               to       1  
pounds

cup  
cups  
tablespoons  
teaspoons  
tablespoon  
teaspoon  
teaspoon

teaspoon

cups  
ounces

cup  
cup  
tablespoon  
teaspoon  
teaspoon

cup

cup  
cup  
tablespoons  
teaspoon  
teaspoon  
cup

cup  
teaspoon  
cup  
tablespoons  
cup  
cup

cup

cup  
cup  
tablespoons  
cup  
cup

to 3/4

15-ounce can  
cup  
teaspoons

to 4

cup  
cup  
recipe  
pints  
cup  
tablespoons  
teaspoon  
teaspoon

cup  
cup  
tablespoons  
teaspoons  
teaspoon  
tablespoons  
cup  
tablespoons                   to           2  
tablespoon  
cups  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
tablespoons  
cup  
cup  
tablespoons                   to           2  
tablespoon

cup  
cup  
cup  
teaspoon  
teaspoon  
teaspoon  
tablespoons

cup  
cup  
tablespoon  
teaspoons  
cup  
Pinch  
pound

pound  
tablespoons  
cup



Sheet1

teaspoon

pound  
cups

teaspoon  
cup

cups  
teaspoons  
teaspoon  
tablespoons  
cups

teaspoon  
teaspoon  
cup  
cups  
cups  
teaspoons  
teaspoon  
cup  
teaspoons  
pound  
cups

teaspoon  
cup  
cups  
cups  
teaspoon

teaspoon  
teaspoon  
pound  
cups  
teaspoon  
cups

teaspoon  
teaspoons  
pound  
cups  
teaspoon  
ounces  
cups  
tablespoons

cups

teaspoon

cup

cup

cup

cup

cups

teaspoons

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

teaspoon

tablespoons

cups

cup

plus 2 tablespoons

cups

cup

cup

teaspoon

cup

teaspoon

teaspoon

cup

tablespoon

teaspoon

cup

cup

cups

cups

tablespoon

teaspoon

cup

cup

tablespoons

teaspoon

teaspoon

cup

cups

cups

tablespoon

Sheet1

teaspoon  
teaspoon  
teaspoon

cups  
cup  
teaspoon

teaspoon  
cup  
cup  
cups  
cups  
tablespoon  
teaspoon  
teaspoons  
teaspoon  
teaspoon  
teaspoon

cups  
cup  
teaspoon

teaspoon  
cup  
cup

cups  
cups  
tablespoon  
teaspoon  
cup  
cup  
teaspoon  
teaspoon

teaspoon  
cup

cup  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon



cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

teaspoons                      to              2  
cup  
cup  
teaspoon  
tablespoon  
tablespoons  
cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

cup  
cup  
teaspoon  
cups  
tablespoons  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

cup  
cup  
cup  
teaspoon  
cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

cup  
cup  
teaspoon  
cups

tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup

cup  
cup  
teaspoon  
teaspoon  
cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

cup  
cup  
cup  
teaspoon  
tablespoon  
teaspoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup  
tablespoons  
cup  
cup  
teaspoon  
cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
cup  
cup  
cup  
teaspoon

tablespoon  
teaspoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
ounces  
cup  
cup  
teaspoon  
cups  
tablespoon  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

to 2

ounces  
cup  
cup  
cup  
teaspoon  
tablespoon  
teaspoon  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon  
cup

to 2

Sheet1

ounces  
tablespoons  
teaspoon

teaspoon  
cup

cup  
teaspoon  
teaspoon  
cup  
cup  
cup  
teaspoon  
cup  
cup  
teaspoon  
cup  
cup  
cup  
teaspoons  
cup  
teaspoon  
teaspoon  
cup  
teaspoons  
cup  
teaspoon  
teaspoon  
cup  
cup  
teaspoon  
cup  
teaspoons  
cup  
cup  
teaspoon  
cup  
teaspoons  
cup  
cup  
tablespoons  
cup  
teaspoon  
teaspoon  
cup  
cup  
tablespoons  
cup

teaspoon  
cup  
cup  
cup

cup

teaspoon  
cup

cup  
cup

cup

teaspoon  
teaspoon

teaspoon  
cup

cups to 2

cups to 3

cup  
cup  
ounces  
cup  
cups  
tablespoons to 5  
teaspoons  
5-ounce cartons

cup  
cup  
10- to 12-ounce packages  
cups  
tablespoons to 5

teaspoons

cups

cups

cups

cups

to 1 1/2

teaspoon

teaspoon

tablespoons

cups

teaspoon

cups

cup

cup

cup

cup

cup

cup

teaspoon

teaspoon

tablespoons

cups

teaspoon

tablespoon

cup

pounds

cups

cup

cup

teaspoon

teaspoons

pint

tablespoons

cup

pint

to 1

pint

ounces

cup

teaspoons

teaspoons

teaspoon

tablespoons

tablespoon

teaspoon

tablespoons

cup

pint  
ounces  
cup  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
cup

pint  
cup  
teaspoons  
ounces  
cup plus 2 tablespoons

teaspoons  
teaspoons  
teaspoon  
cup  
cup  
cup  
cup  
teaspoon  
cups  
teaspoons  
cup  
teaspoons plus 2 tablespoons

cup  
cup  
teaspoon  
teaspoon  
teaspoon  
teaspoon  
cups  
teaspoons  
cup  
teaspoons  
tablespoon  
teaspoon  
cup

teaspoons to 2 tablespoons  
tablespoons to 4

teaspoons  
teaspoon  
cup  
teaspoons  
teaspoons  
teaspoon  
cup  
teaspoons to 6

tablespoons                    to            1 1/2  
cup  
tablespoons  
teaspoons  
cup  
tablespoons  
teaspoon  
cup  
cup  
tablespoons  
teaspoon  
teaspoon  
cup  
recipes  
cup  
cup  
cup  
teaspoon

cup  
cup  
cup  
cup  
cup  
cups  
cup  
cup  
cup  
tablespoons  
tablespoons

cups

ounces                            to            5  
teaspoon  
cup  
tablespoons  
tablespoons

cup  
cup  
cups

teaspoon  
cup  
tablespoons  
tablespoons



cups  
cup  
teaspoons to 3

teaspoon  
cup  
tablespoons  
tablespoons

cups  
tablespoons to 2  
teaspoon  
or more  
cup  
tablespoons  
tablespoons

cups  
teaspoon  
cup  
cup  
tablespoons  
tablespoons

cups  
cup  
teaspoons to 3  
teaspoon  
teaspoon  
cup  
tablespoons  
tablespoons

cups  
teaspoon  
cup  
teaspoons to 3  
cup  
tablespoons  
tablespoons

Pinch  
cups

teaspoon

tablespoons  
teaspoons  
tablespoon

cup  
cup  
cup  
teaspoon

cup

cup  
tablespoons  
teaspoon  
tablespoons to 3  
tablespoons to 3  
teaspoon  
cups

tablespoon  
teaspoon  
teaspoon  
cup to 1  
cup  
tablespoon  
teaspoon  
cups

tablespoon  
teaspoon  
teaspoon  
cup to 1  
tablespoons  
teaspoon  
cups

tablespoon  
teaspoon  
teaspoon  
cup to 1  
tablespoon  
teaspoons  
cup  
cup  
teaspoon

pound  
tablespoon

teaspoons

cup  
tablespoons  
teaspoon  
teaspoon  
pound  
tablespoons  
ounces  
tablespoon  
teaspoons  
cup  
cup  
teaspoon

to 2

pound  
tablespoons  
ounces  
tablespoon  
teaspoons

cup  
tablespoons  
teaspoon  
teaspoon  
pound  
tablespoons  
ounces  
tablespoons  
cup  
cup  
teaspoon

to 2  
to 12  
to 6

pound  
tablespoons  
ounces  
tablespoons

to 12  
to 6

cup  
tablespoons  
teaspoon  
teaspoon  
pound  
tablespoons  
cup  
cup  
teaspoon

pound

Sheet1

cup to 1/2  
tablespoons to 2

cup  
tablespoons  
teaspoon  
teaspoon  
pound  
cup to 1/2  
tablespoons to 2  
cup  
cup  
teaspoon

pound  
tablespoons  
teaspoon  
tablespoons to 2

cup  
tablespoons  
teaspoon  
teaspoon  
pound  
tablespoons  
teaspoon  
tablespoons to 2  
cup  
cup  
teaspoon

pound  
teaspoons

cup  
tablespoons  
teaspoon  
teaspoon  
pound  
teaspoons  
cup  
cup  
teaspoon

pound  
cup

cup  
tablespoons

teaspoon  
teaspoon  
pound  
cup  
ounces  
cup  
cup  
ounces  
cup  
ounces  
cup  
teaspoons  
ounces  
cups  
tablespoons

tablespoons                    to            2  
teaspoon  
teaspoon

tablespoons

cups  
tablespoons                    to            2  
teaspoon  
teaspoon

cups  
tablespoons  
tablespoons  
teaspoon                    to            4  
tablespoons  
teaspoon  
teaspoon

tablespoons  
cups  
tablespoons  
tablespoons  
teaspoon  
teaspoon  
teaspoon  
ounces  
tablespoons  
teaspoons  
cups

ounces  
tablespoons  
teaspoons

cups

ounces

tablespoons

ounces

tablespoons

teaspoons

cups

to 2 1/2

ounces

tablespoons

ounces

tablespoons

teaspoons

cups

to 2 1/2

cups

tablespoons

to 4

cup

cup

teaspoon

cup

cup

cups

ounces

teaspoon

cups

cup

cup

cup

cup

teaspoon

teaspoon

cups

cup

cup

tablespoons

to 2 1/2

cups

cup

teaspoon

cups

cup  
teaspoon

to 32

cup

teaspoon  
teaspoon  
cups  
cups  
cup  
teaspoon

tablespoons  
cup  
teaspoon

tablespoons  
cup  
tablespoons

cup

cups  
cups  
tablespoons  
cups  
cups  
teaspoons  
teaspoons  
teaspoon  
teaspoon  
teaspoon

tablespoons  
teaspoons  
ounces  
tablespoons  
tablespoons  
teaspoon

tablespoons

teaspoon  
cup  
cup

Sheet1

ounce  
cup  
tablespoon  
teaspoons

cup  
cup

teaspoon  
cup  
cup  
drop

plus 1 tablespoon

cups  
tablespoons  
tablespoon  
teaspoons

cup  
cup

teaspoon  
cup  
cup

plus 1 tablespoon

cup  
cups  
ounces  
teaspoon

to 1/2

cup  
cup  
cup  
teaspoon  
tablespoons

to 1/2

to 2

cups

cup  
tablespoons  
cup  
cup  
tablespoons  
teaspoon  
teaspoon

to 1/2



tablespoons  
cup  
cup  
teaspoon  
teaspoon

tablespoon  
cup  
cup

tablespoons

tablespoons  
cup  
tablespoon  
cup  
cup

Pinch  
tablespoons to 2

ounces  
tablespoons  
cup  
cup  
cup

tablespoons  
cup  
ounces  
teaspoons  
Pinch

cup  
cup  
cup  
cups  
cup

tablespoons  
tablespoon  
teaspoons  
tablespoons to 2

teaspoons  
teaspoon  
teaspoon  
teaspoon  
cup  
1/4-inch slices  
stalk

cloves

teaspoon  
teaspoons  
teaspoon  
cup

generous pinches  
cup  
tablespoons

cups  
pound  
cup  
cups to 1 1/2

cups  
teaspoon  
teaspoon  
Pinch

cup  
cups  
cup

tablespoons to 3  
cups  
cup  
cup  
cup

teaspoons  
tablespoon  
tablespoon

tablespoon  
tablespoon  
teaspoon  
teaspoon

recipes

package  
tablespoons  
cup

tablespoons  
tablespoons

teaspoon  
cups  
cups

to 2

pinch  
package  
tablespoons  
cup  
tablespoons  
tablespoons

teaspoon  
cups  
cups

to 2

pinch  
package  
tablespoons  
cup  
tablespoons  
tablespoons

teaspoon  
cups  
cups

to 2

package  
tablespoons  
cup  
tablespoons  
tablespoons

teaspoon  
cups  
cups

to 2

cups  
cup  
tablespoon  
teaspoon  
package  
cup  
cup  
cup  
cups

to 4

cups  
packages  
tablespoons  
tablespoons  
tablespoon  
cups  
tablespoons  
cup  
cup  
cups  
tablespoon  
teaspoon  
teaspoon  
teaspoon

cups  
cups  
cup  
tablespoons                   to           4  
teaspoons  
teaspoon  
teaspoon

cup  
cup  
tablespoons                   to           3

pound

tablespoons  
teaspoons  
layer

pints   or           1/2   gallon  
a second layer  
a thick layer

cup  
cup  
cup  
cup  
cup  
teaspoons                   to           2

Sheet1

INGRMODI,C,50

PPP,C,50  
small  
whole

3-inch  
small

hot strong

5-inch  
hot strong

hot strong

of

sweetened  
green

hot strong

sweetened

hot strong

whole

3-inch

loose

dried

unsweetened

ground

unsweetened

ground

ground

of

medium

small

cold

small

cold  
cold

cold  
chopped  
chopped  
chopped  
chopped

cold

Sheet1

meaty

cold

3-pound

medium

meaty

medium

cold

cold

cold

large

medium

small

large

cold

dry

uncooked

small

small

cold

lightly crushed

Sheet1

cold  
loosely packed

cold  
loosely packed

cold

whole

medium

ready-to-serve reduced-sodium

small  
small  
small

small  
boneless

cold

large

whole

small

mild

small  
uncooked

chopped  
of

dry

of freshly grated



cold

whole

of

grated

chopped

dry

minced

White

finely chopped  
finely chopped  
finely chopped

cold  
drained  
coarsely chopped

Brown  
canned peeled

large

dry  
Brown

Brown

chopped

minced  
sliced

dry

minced  
minced

dry

diced  
minced

thinly sliced

Brown  
dry

minced

dry

chopped  
minced  
chopped drained

Sheet1

reserved

Reserved  
Fresh or dried minced

Finely grated

reserved

Reserved

chopped cooked  
or more

light or heavy

minced

minced

fresh

Fresh  
small  
fresh

2-inch

strips

minced  
finely diced

dry

dried

packed

light

dry

chopped

pitted black oil-cured

chopped drained  
minced

small  
extra-virgin

chopped

hearty  
Brown  
fresh or frozen

chopped

chopped  
chopped

dry

chopped peeled

fresh

grated

large

cold  
warm (not hot)

of

large

very warm to hot

dry

cold  
warm (not hot)

large

dry

minced  
chopped

Blender

minced

minced

fine dry

Finely chopped hard-boiled

dry

minced

cold

chopped

red

minced

sweet

medium  
large

coarsely chopped  
chopped

fresh

minced  
minced

ripe  
medium, ripe

finely minced peeled  
finely minced

hot

fresh

chopped  
chopped peeled

of

small

large ripe

chopped

small  
fresh green

sweet  
small  
small ripe

coarsely chopped

small

fresh

medium, ripe  
small

coarsely chopped

finely chopped

canned

Sheet1

fresh hot green

chopped

small

red, ripe  
large

loosely packed chopped

small

small

coarsely chopped

large ripe  
small red

fresh  
fresh

unpeeled  
cold

tender small

bite-sized,

firm green  
green  
tender young snap  
tender  
boiling

tender small  
green

cool

Sheet1

whole mixed

grated

green  
red

whole

diced

3-inch  
sweet  
ripe  
small

yellow  
red  
green  
mild green

chopped



cracked

large  
dry

packed

light  
mild

cold

fresh  
large

lightly packed  
lightly packed  
coarsely chopped

coarse

fresh

small  
fresh

ripe sweet  
fresh red

of

finely chopped peeled  
hot

packed

light  
fresh

packed

green

light

Sheet1

toasted  
fresh

ground

medium-large juicy green  
red  
seeded  
thin-skinned

chopped peeled

packed

light

large

dark

3-inch  
3- inch dried red

flavorful underripe  
ripe

large

concentrated unsweetened

chopped peeled  
chopped  
chopped peeled

ripe

tart, juicy green  
seeded

dark  
light

minced  
minced  
minced peeled

small  
fresh

coarsely chopped

packed

fresh or dried hot

packed

light

packed

ripe  
medium  
red  
light

3-inch  
whole  
whole

Canning

ripe

red  
green

canning

sweet or hot  
whole  
whole

Sheet1

3-inch

large

minced  
minced peeled

medium, ripe

coarse

medium

red  
large  
ripe

packed

light

ground

finely grated

dry

large

of

well-beaten

large

Light

cold

sweet or hot  
mild-tasting  
fresh

chopped

large

cold

hot

fresh

hot

large dried red

coarse  
large

unflavored

Traditional

cooked thick

Traditional  
unflavored  
White

mashed  
minced

roasted

minced

minced

small red dried  
extra-virgin

mild  
dried

chilled

grated

of  
grated  
peeled and finely grated

fresh

minced

snipped

of

finely chopped

finely chopped

small

boiling  
minced

fresh young

large  
large  
red

of

of  
packed

coarse

grated

extra-virgin

whole

of

toasted

Sheet1

extra-virgin

finely chopped

drained

finely chopped

extra-virgin

drained

Freshly

chopped

cold

large

dry

large

finely snipped

whole

minced

ground

sweet



Sheet1

finely chopped

fresh

small  
ripe

chopped

tiny  
small red dried

chopped

small red

fresh

small fresh

packed  
chopped  
finely chopped

chunky  
light  
unsalted roasted  
fresh  
fresh hot Asian

coarsely shredded  
coarsely shredded

preserved

finely chopped peeled

toasted

grated

lukewarm

Sheet1

dark  
mild-tasting

fresh

chopped

minced  
minced

finely minced  
finely minced peeled

yellow  
red

any

minced peeled

dry  
small

small  
whole

Sheet1

coarsely cracked  
coarsely cracked

packed

light

cracked

crushed

sweet or hot

packed

light  
sweet

cracked  
3-inch

whole  
whole  
small red dried  
whole

fresh

fresh

mixed fresh

cracked

dry

minced  
minced peeled  
minced

fresh  
fresh  
cloves

grated  
cracked

minced peeled

chopped  
chopped  
chopped

fresh

cracked

tightly packed

large

freshly grated or ground

finely chopped  
finely chopped

of

medium  
hot or sweet

pureed canned

chopped

2-inch  
minced

fresh

finely minced  
finely minced  
cracked

fresh

grated

packed

light

packed

fresh  
jellied  
light

to make it spreading consistency  
packed

light

Sheet1

finely chopped  
packed

fresh  
light

packed

light

grated, peeled

chopped  
minced

dry

fresh  
large dried California  
dried or canned  
pure

diced  
diced  
sliced  
diced  
1-inch pieces

Classic

chopped

baby

chopped

chopped

small  
medium

	large
shredded	small
chopped	crumbled medium to large
minced peeled	large
	chopped
	Toasted
of	medium
	Brown
	grated ripe
of	
	fresh
	medium
ground	
trimmed	

chopped

large

Snipped

extra-virgin

chopped

Brown

chopped

hot

small  
small  
medium  
small

pearl  
Brown

snipped

medium  
ripe

ripe

medium

dry



chopped

fresh

whole

small

finely crumbled  
chopped

thick homemade-style

thick slices  
extra-virgin  
medium

tightly packed

of

ripe

extra-virgin

large red

diced

chopped

chopped

dry  
medium-grain

chopped  
chopped

diced  
diced

diced

Finely chopped  
chopped cooked

packed

medium  
medium green  
small  
fresh  
ripe

extra-virgin

fresh

extra-virgin

medium  
large  
medium

tightly packed  
tightly packed

fresh

whole

extra-virgin

medium  
small  
medium  
large

Sheet1

medium, ripe  
small

of

thin  
small

extra-virgin  
coarsely grated

medium

hot cooked

unsweetened

Fresh

chopped  
deeply

large  
extra-virgin

tightly packed

medium  
large  
large  
fresh

tightly packed

shredded aged

medium

Sheet1

medium

shredded

dried

dried

hot

center-cut

firm

large

toasted

sliced

large

medium

dried

medium

medium

Sheet1

large

chopped  
Steamed  
chopped hard-boiled  
chopped

small  
medium

smooth unsalted

chopped dry-roasted  
chopped

medium  
medium  
large

diced

large dried

chopped  
chopped

ripe  
extra-virgin

cold

small dried  
small

Sheet1

large  
medium  
large

cold

chopped

small

large  
large  
medium

large

chopped

large  
grated  
dry

chopped

Freshly grated or

long-grain

chopped

extra-virgin

sweet or hot

large

fine

chopped

of

long-grain

large

finely diced

finely chopped peeled

small

small

small

fresh

packed

boneless, skinless

large

small

small

firm

of

small

minced peeled

toasted

chopped  
chopped  
Snipped

sliced

firm

Brown

hot

dried

Grated

3-inch

quick-cooking

grated

fresh

fresh  
medium very ripe and sweet  
fresh

grated  
Thinly sliced

peeled

small



of

medium

medium

medium  
medium

fresh

fresh

large ripe

chopped

medium

chopped

red or white new

chopped

Cream

medium  
green  
large  
whole

chopped

medium

Sheet1

red or white new

small  
boneless, skinless  
meaty

large

chopped

large

chopped

Cream

grated  
shucked

chopped

dry

Classic  
live

finely chopped

finely chopped  
finely chopped  
chopped, seeded, peeled

long-grain

minced

sweet or hot  
minced

of

minced

diced  
diced  
diced

green

whole

flaky white  
small

cooked

long-grain

Thinly sliced

small  
dry

chopped

large

of

Snipped

medium

Sheet1

white

fresh  
unsweetened

small  
dry

medium

chopped

minced

chopped, seeded, peeled

dried red

firm white-fleshed

Minced

Crusty

medium

medium

dry  
canned whole

Sheet1

chopped small  
of medium

dry

chopped

boneless

shredded

Brown  
whole

medium  
medium  
medium

Snipped

whole  
medium  
medium  
medium  
medium

Coarse

Toasted sliced  
thinly sliced peeled

Sheet1

medium

3-inch

2-inch pieces

coarsely chopped

fresh

cold

dried flat

extra-virgin

large

large

large

chopped

medium

large

large

chopped

whole

large

large

medium

medium

large

Sheet1

chopped

medium

chopped  
chopped

chopped

green

whole

chopped  
chopped

sliced

hard-boiled  
chopped

short, wide  
fresh or frozen

whole

medium  
medium green  
diced

chopped

diced  
ground  
long-grain  
fresh or frozen

Sheet1

minced peeled	unsweetened small Thai
chopped	boneless, skinless
Unshelled	
of of	light or heavy
	hard-boiled
	Grated
minced	
chopped	hard-boiled
minced	fresh
of freshly grated or ground fresh	
minced	hard-boiled
	fresh
	minced
of	
	Stuffed
	Fresh
	large



chopped  
grated

chopped  
chopped  
chopped

freshly grated or ground

large  
fresh  
hard-boiled  
Hard-boiled white

of

over-easy fried

grated

Thinly sliced

sandwich

Roasted Tomato-Jalape±o

chopped

Finely crumbled Mexican

large

of

minced

chopped

mixed fresh

poached

large

unsalted  
large

of  
of

melted

large

of

minced  
minced  
finely diced

green

fresh

Crisp

thinly sliced

medium

of

finely shredded  
minced

grated

medium

medium  
large clove

red  
large

grated

chopped

large

large

of

dry

minced

Thick  
lightly packed grated

of  
of freshly grated

large  
large

of

dry  
Thick

ground  
of

large  
grated

cooked

large

of

fresh unripened  
large  
cloves

large

coarsely chopped

minced

freshly grated

large  
grated

chopped

cooked, seasoned, and chopped

large  
lightly packed fresh  
grated

grated  
chopped

of

Simplest Italian  
Flaky  
sliced  
large

of freshly grated

Sheet1

large

chopped

fresh

freshly grated

Flaky

fresh

large

chopped

chopped

Flaky

large

freshly grated

bulk

Country or Breakfast  
sliced

finely chopped

large

large loaf day-old  
grated  
large

chosen

large

Freshly grated

large

freshly grated

Freshly grated

Red or golden

grated sharp  
grated  
chopped mild green

sliced pitted

chopped  
chopped  
chopped

small

minced peeled

frozen

grated

freshly grated

Cut-up raw

sliced

medium-hot or hot

small clove  
Diced

Sheet1

grated  
finely chopped

dry

minced  
drained

Slivered

large ripe

drained chopped

chopped

chopped

canned mild green  
pitted  
ripe  
grated sharp

Sturdy

sweet

finely minced  
drained

Thinly sliced

chopped

sliced  
sliced

quartered

chopped

Sheet1

unflavored

red

chopped

drained

sweet

finely grated

finely grated

cold

coarsely

Coarsely

Basic

snipped

Melted

thinly sliced

of

of

sliced

Roasted Filet or Tenderloin of  
thin

sliced or diced

Diced

raw or roasted yellow or red

Caramelized

drained

boneless

extra-virgin



Sheet1

sliced  
whole

extra-virgin

sliced

Seasoned dry

large

grated  
freshly grated

sliced

grated

finely chopped  
finely chopped  
finely chopped  
drained

chopped

sweet  
large

sliced  
sliced

fresh

1-1/2- to 2-inch

Coarse  
grated

sliced  
Coarse

Snipped

Sheet1

large

dry

snipped

grated  
sweet or hot

minced

dry  
roasted

chopped  
minced

dried

chopped

hot

minced  
minced

reserved

minced

frozen

minced

frozen chopped

grated dry

sharp

Sheet1

2-inch

medium

minced

medium

well-drained cooked

fresh

chopped

crumbled

cooked

chopped

Coarse

minced

chopped

grated

chopped

large

sliced

large

baby Gulf  
dry

Sheet1

medium

large

Creamy

dry

grated  
chopped  
minced

boneless, skinless

large

dry

Southeast Asian

Sheet1

Creamy  
Italian

Reduced-Fat

cooked

refrigerated

large

grated peeled

light

whole

minced  
minced  
minced

peeled

coarse

toasted

finely chopped

lean ground

minced  
minced

toasted

round

minced

boiling

chopped

minced  
chopped

toasted

peeled fresh

toasted  
large

loose

3-inch

peeled

small pickling

assorted

large fresh  
salad

skinless

dry

of

warm

drained

extra-virgin

Crusty

minced

best-quality

chopped

extra-virgin

Grated

Grated  
imported

extra-virgin  
red  
fresh

of

extra-virgin

coarsely chopped

extra-virgin  
small

chopped

pitted

Sheet1

finely chopped	extra-virgin large firm small lean ground medium mixed fresh
----------------	--

minced	fresh sweet dried
--------	-------------------------

finely chopped	hot
Warm	medium large

finely chopped	pitted
Warm	

warm	frozen medium
------	------------------



kosher  
canned

small

chopped

small

chopped

Fresh  
lean  
large

chopped

fresh

chopped

extra-virgin

Coarse  
small

extra-virgin

of

Sheet1

dried

thick  
large

1/2 -inch cubes peeled cooked  
packed

crusty firm

extra-virgin  
medium, ripe

slivered

boneless, skinless  
boneless, skinless

large

cold

boneless

fresh bay or sea  
fresh

of

chopped

fresh

Sheet1  
medium

of

Minced  
shredded

fresh

Corn, Cherry Tomato, and Avocado

coarsely chopped  
minced

fresh sour

shredded  
thinly sliced

fresh

Corn, Cherry Tomato, and Avocado

fresh

fresh

minced

medium  
fresh or thawed frozen

ripe

medium

Sheet1

	fresh
diced cooked	shredded
cooked	grated
	small red or yellow
hot	
	solid
finely crumbled cooked	cooked
	grated Mexican
	small
	grated
cold	
ice	
	medium
diced peeled	lean
	large
coarsely chopped	pitted
	large
of	

Sheet1

chopped  
small  
fresh  
medium, firm, ripe  
ripe

Grilled  
boneless  
medium  
red

Grilled  
North African Preserved  
best-quality  
best-quality unpitted

lukewarm  
active dry

large

hard-boiled  
large  
lean

minced  
minced

large

medium  
green

minced

dried red  
small

minced

small fresh

fresh

whole

snipped  
of

diced  
chopped

minced  
snipped

sweet

firm  
Snipped

scrambled

light

tiny bay

long, thin

extra-virgin  
Roasted  
fresh

ripe green

aged

extra-virgin

large

large

Spanish

of

coarsely

brine-cured  
oil-cured  
small brine-cured

medium

large

fresh

Sheet1

Southeast Asian  
fresh

chopped  
minced

toasted

minced

canned unsweetened

minced

boneless  
canned unsweetened  
creamy  
light

firmly packed

hot

country

of freshly grated

firm

thinly sliced cooked

white

medium

white



Sheet1

thinly sliced

Fresh

sliced

sweet

large

large red  
large green

minced

Green Tomato

chopped

red or white  
Tart Corn

Tomato

Green Tomato

small

yellow or red

The  
lean

Sheet1

Green

small  
small red or yellow

large

minced

large

cold  
Basic

thinly sliced or grated

ripe  
lox or Nova Scotia  
Scandinavian Mustard-Dill

sliced

Classic

sliced

sliced imported

Drained

large

chopped cooked  
minced  
finely chopped

green

large  
aged

large

sweet

of

crisp dry

white

grated sharp

finely chopped  
minced  
minced

fresh

Sheet1

thinly sliced  
well-drained

Classic  
lean

home-style

Grainy or Smooth  
good-quality

thinly sliced

thinly sliced

sliced

sliced

medium

red  
green  
small  
medium

coarsely chopped

yellow

soft-cruste

large

shredded

Sheet1

medium  
small red  
small green

boiled or steamed

shredded

minced

ripe

Melted

Shredded  
sliced

ripe

finely chopped  
finely chopped

pitted brine-cured  
pitted brine-cured  
extra-virgin

finely chopped  
minced

shredded

thinly sliced  
thinly sliced  
thinly sliced  
fresh

coarsely chopped

1/2 -inch cubes  
1/2 -inch cubes  
1/2 -inch cubes peeled

peeled  
peeled

medium

solid

large

Sheet1

red  
medium

sliced fresh  
large ripe

extra-virgin

very thinly sliced

minced

ground

7-inch

grated  
grated

minced  
Minced

Minced

Basic  
Italian

Basic  
extra-virgin

warm (105 || to 115 || F)  
cool

active dry

unbleached  
coarse

chopped  
chopped

grated  
grated  
grated

chopped  
snipped

Basic

Basic

bite-sized pieces

small  
Fresh  
fresh

bite-sized pieces

Basic  
grated  
grated

Basic

extra-virgin

1/2 -inch cubes

extra-virgin

large

1/2 -inch cubes

of

minced

grated

extra-virgin

grated

freshly grated

coarsely crumbled

diagonally sliced

firm

finely minced

1/2 -inch cubes

extra-virgin

grated

chopped

small

minced

of



bite-sized pieces

minced

crumbled  
Basic  
small  
thin

minced  
bite-sized pieces

small

bite-sized pieces

whole boneless, skinless

fresh

thin strips

medium

minced  
grated

hard-boiled

young

medium

chopped  
chopped

bite-sized pieces

of

baby

ripe

extra-virgin  
Basil Chive

mesclun or baby

thinly sliced  
cooked

ripe  
red  
yellow  
ripe

minced

Minced

large

mixed  
fine dry

extra-virgin

Sheet1

fresh  
Basic

1 1/2-inch-thick

large ripe

bite-sized pieces

Creamy

Snipped

minced  
minced  
chopped  
chopped

bite-sized pieces

small  
ripe

coarsely chopped

1- to 1 1/2-inch-thick

medium  
red

large ripe  
extra-virgin

minced

large ripe

1-inch

extra-virgin

minced  
minced

large ripe  
large  
pitted

small

7-inch  
medium ripe  
small green

chopped  
chopped  
finely chopped

fresh

large

chopped

ripe  
Basic

ripe  
ripe  
large

of

large

coarsely chopped

grated

Sheet1

diced  
diced  
coarsely chopped

firm  
seedless red

large

large

of

chopped  
snipped

fresh

toasted

medium

drained

Snipped

extra-virgin

chopped

medium

medium  
small

Sheet1

medium

small

coarsely chopped

ground

medium

small

small

pitted black

fresh

finely snipped  
minced

red or other waxy

medium

red or other waxy

minced  
drained

minced

red or other waxy

small

chopped

sweet

chopped

extra-virgin

finely snipped  
minced

fresh

Sheet1

red or other waxy

Thin

fresh

medium

Spanish unsalted roasted

crumbled

fresh

Hard-boiled

cooked

Traditional

Basic  
chilled

chopped  
Crumbled crisp

Grated peeled  
Coarsely chopped

snipped

drained

finely shredded  
grated peeled

green or red

green or red

Sheet1

minced peeled

finely shredded peeled

thick-cut

light or dark

finely shredded

red or green  
large cooking  
canned  
small  
minced

extra-virgin

shredded  
cooked

white  
small

chopped

sweet

1/2 -inch pieces  
1/2 -inch pieces

yellow

chopped  
chopped

green

minced



Sheet1

snipped or sliced  
cooked

chopped

thinly sliced  
chopped

small

warm cooked green or brown  
extra-virgin

diced cooked  
diced  
coarsely chopped  
diced  
cooked

pitted oil-cured  
red or yellow  
long-grain  
Fresh

cooked  
cooked

sweet

long-grain  
inner  
seedless green

cooked

large

minced

extra-virgin

of

extra-virgin

yellow

Sheet1

finely diced

minced  
minced  
minced  
finely grated

oil-cured

fresh

finely chopped  
very thinly sliced  
minced  
minced

drained

red, yellow, or orange

fresh

small fresh

extra-virgin

small  
boneless, skinless

large ripe  
medium ripe

drained  
chopped

red

chopped

medium  
pitted oil-cured  
fresh

of

Sheet1

ripe  
marinated

drained

small

cooked

yellow

chopped

medium

boiling

large ripe  
fresh  
fresh

packed  
packed

medium

bite-sized pieces

Basic

long, thin strips cooked

ripe

hard-boiled

brine-cured

minced

large

pickle

minced

hard-boiled  
minced

fresh

bite-sized pieces

reduced-fat

small

large bunch  
ripe  
diced cooked

hard-boiled

medium

finely snipped

crumbled

minced  
minced

fresh  
small bunch  
whole

finely snipped

ripe

finely crumbled  
small

hard-boiled

large ripe

minced

Sheet1

drained

diced cooked  
diced

chopped

whole  
small

minced

ripe

grated

finely shredded  
finely shredded  
coarsely chopped  
thin strips cooked

roasted

sliced  
chopped

canned

unsalted roasted  
reserved

minced peeled

ground

shredded  
chopped

unsalted roasted

thin strips cooked

coarsely chopped

roasted

hard-boiled

Sheet1

minced  
minced

of

water-packed

diced

drained  
minced

chopped or shredded cooked

thinly sliced seeded, peeled  
hard-boiled

slivered blanched

finely snipped  
minced  
minced

grated

Snipped

minced  
drained

red

coarsely chopped

oil-cured

medium

thin strips

cooked

hard-boiled  
Snipped

unflavored

cold

boiling

cold

diced

chopped

whole clove

cold

unflavored

diced

yellow  
fresh

chopped  
sliced

medium

cold  
scalded

unflavored

minced

medium cooked

cold  
grated

Basic  
crushed  
orange-flavored  
pineapple-flavored

of

Sheet1

extra-virgin

extra-virgin

chopped

extra-virgin  
ripe  
fresh

minced

extra-virgin

coarsely chopped  
of

coarsely crumbled

grated

of

minced  
minced peeled



Sheet1

toasted

red

finely chopped  
minced

of

fresh

small

minced  
coarsely chopped  
minced

extra-virgin

minced

small

brine-cured

small

minced

extra-virgin  
Traditional

freshly grated

minced

grated

Traditional

hard-boiled

minced  
fresh

minced  
finely snipped  
minced

Traditional

snipped

minced

Traditional

finely chopped

minced  
of

of

crumbled

snipped

Traditional

finely chopped  
finely chopped

red or yellow

chopped

chopped

extra-virgin

coarsely chopped

minced

of

minced  
snipped

soft fresh

minced  
minced  
grated

finely snipped

minced

red  
grated

finely chopped

minced  
minced

fresh

medium, ripe

Basic Cooked

broken

finely chopped

mashed or finely minced

dry

sliced

fresh

minced  
finely grated

Sheet1

pencil-thin

large

sliced

large

hot  
chopped

large  
whole

cold

white or yellow

boiling  
Melted

chopped

lean  
tomato  
pimiento-stuffed

hot

yellow  
large  
grated sharp

finely chopped

yellow  
grated

finely chopped

Sheet1

yellow

grated

Soft

chopped

grated

large

dried whole-kernel

Melted

chopped

chopped

diced

fine fresh

grated

dried

dried chili

chopped

chopped

chopped

red

chopped seeded

chopped seeded

fresh

fresh

fresh

fresh unhusked

Sheet1

boneless, skinless whole

slivered

yellow

boiling

minced seeded

fresh  
grated

boiling

old-fashioned

of

freshly grated

light or dark

of

freshly grated

light  
old-fashioned

boiling

chopped  
flaked unsweetened dried

chopped

light

Warmed

old-fashioned

Sheet1

chopped

rolled

unsalted hulled  
raw

chopped

chopped

chopped  
chopped

grated  
grated

long-grain  
long-grain

chopped

long-grain

coarsely chopped  
chopped

long-grain



Sheet1

cold cooked  
minced peeled  
thin diagonal

chopped

whole

cooked

long-grain

dried

chopped  
minced

large

long-grain

minced

chopped

chopped

chopped

2-inch

chopped

1-inch

diced

chopped

chopped  
chopped

green

long-grain

chopped drained

sweet or hot

1-inch

whole

thinly sliced

diced

chopped

dried, sweet or sour  
shelled

peeled

flaked or shredded unsweetened dried

peeled

medium-grain

boneless, skinless

thinly sliced

medium

dry

grated

of  
hot

medium

dry  
grated

diced seeded peeled  
chopped

grated  
ripe

finely chopped

dry

cold

grated  
leftover  
large

grated

hot

medium  
ripe

cooked  
cooked

cooked white

broiler-fryer

diced

medium green

boiling  
chopped

long-grain

Sheet1

slivered cooked

plus 2 tablespoons cold  
1-inch-square piece

Japanese-style short- or medium-grain

roasted

of

large  
small

medium

small yellow  
small

minced

minced peeled

toasted

coarsely chopped

dry-roasted

boiling salted

chopped  
diced  
cooked  
2-inch

mixed

Sheet1

chopped

cold

quick-cooking

boiling

cooked

fresh  
medium

chopped

extra-virgin

quick-cooking

medium

chopped

medium

quick-cooking

(1 box yields about 1 3/4 cups)

boiling  
diced peeled  
diced

quick-cooking

Sheet1

grated  
chopped  
chopped

fresh

Basic Cooked

sliced  
sliced  
chopped  
finely chopped

sliced  
extra-virgin

chopped

dried

medium

fresh

hot

green

chopped

diced  
cold

cooked

undrained

minced  
minced

grated  
fresh

chopped  
Minced

habanero

long-grain

medium

Classic  
cooking liquid

Crumbled

dried

medium

grated

crushed

black-eyed  
meaty  
whole small  
small  
leafy

Sheet1

minced peeled  
minced

cooked  
1/2 -inch cubes peeled

1-inch pieces

finely chopped

chopped

fresh  
shredded dried  
roasted unsalted

sliced

sweet or hot

cooked  
chopped

quick-cooking

chopped

dried

chopped  
packed

fresh

cold

of



Sheet1

thinly sliced  
thin

crisp

cooked

dried

diagonally sliced  
coarsely chopped

extra-virgin

small

diagonally sliced peeled

1/2 -inch cubes  
trimmed

1/2 -inch pieces  
finely chopped  
finely chopped peeled

red

cooked  
thinly sliced

toasted

diced peeled

cooked

Hot cooked

Sheet1

medium  
dry

chopped

medium  
medium  
medium

coarsely chopped

pitted brine-cured

extra-virgin  
medium  
medium  
small  
large  
large

whole

diced

whole

large dried  
large  
thick-cut

Sheet1

cooked  
dried red  
fresh, canned, or frozen  
fresh baby

finely chopped  
finely chopped  
finely chopped  
chopped  
dried red  
green

hot cooked  
smoked

chopped peeled  
chopped  
chopped  
chopped  
red  
green

fresh green  
ground ancho

red

chopped  
dried red  
small  
leafy

3-inch

Sheet1

1-inch cubes peeled  
coarsely chopped

trimmed boneless  
large  
green

chopped

hot  
sharp

cooked

red  
whole

minced  
minced peeled

yellow  
small

chopped  
Hot cooked

fresh

dried  
whole

extra-virgin

extra-virgin  
small dried

chopped

dried

medium

dried

small

diced  
chopped

whole

coarse fresh

minced

thinly sliced  
cooked  
thinly sliced peeled  
chopped

medium to large

chopped

dried

medium

thick-cut smoked

chopped

(750 ml)

dry  
mild  
dry  
dried

cold

Sheet1

boiling  
boiling

minced peeled  
minced

1/2 -inch-thick slices

flower-cut

small

shredded peeled  
sliced

1-inch

extra-firm

medium

medium fresh

unsweetened

sweet

firm  
large

hot cooked  
Finely chopped  
chopped

finely chopped  
finely chopped  
sliced  
finely chopped peeled  
minced

dried

Sheet1

6-ounce  
cooked

dry  
large

toasted

seasoned  
small fresh

minced peeled  
minced  
warm cooked

extra-firm

cooked  
chopped  
chopped  
finely chopped

boiling

hot

dried  
dried

8-ounce

toasted  
large  
toasted

sliced  
minced peeled

8-ounce

minced peeled  
minced

sliced seeded peeled  
chopped

red

sliced

smooth

toasted

chopped  
sliced  
chopped  
Chilled cooked  
boiling

red

salted

dried ancho

large

small  
small fresh

finely chopped

dried

minced peeled  
minced

chopped  
chopped  
cooked

dry

sliced

large

chopped  
sliced  
minced  
minced peeled  
1/4-inch-thick slices

red



sliced  
sliced  
sliced peeled

chopped

mixed

medium  
medium  
small

dry

of freshly grated or ground  
halved  
chopped  
chopped unpeeled

small

Hot cooked

fine

cold

ground

finely chopped  
finely chopped

large  
large

unbleached  
large

finely chopped

extra-virgin  
extra-virgin

medium  
small

Sheet1

packed

ripe

ripe  
extra-virgin

extra-virgin  
medium  
medium

whole

large ripe

extra-virgin

extra-virgin  
large  
dried red  
oil-cured

packed minced  
drained

ripe

diced

boneless

ripe

sweet  
large

chopped

fresh

grated

packed

fresh

medium

lean

fresh

large

dry

extra-virgin

medium

whole

extra-virgin

large

small

medium

coarsely ground

dry

whole

extra-virgin

medium

boneless

dry

whole

loosely packed

Sheet1

	medium grated extra-virgin
chopped drained	water-packed,
	large
packed	extra-virgin grated
	dried extra-virgin
pasta cooking	medium fresh or dried
	dry
	extra-virgin
chopped	large cloves
	oil-cured
pasta cooking	
drained chopped	
	extra-virgin large cloves dried red
	grated

Sheet1

large cloves  
whole

loosely packed  
finely snipped

extra-virgin

grated

whole  
small bunch

large  
medium  
fresh or thawed frozen

packed finely chopped

grated  
extra-virgin  
medium  
small  
medium

1-inch pieces

packed 1-inch piece

whole

frozen small

grated  
grated

freshly grated

dry

of

small

packed finely chopped

chopped

mild to hot fresh

fresh  
fresh

chopped

snipped

extra-virgin

Sheet1

large  
grated

grated

sweet

grated  
Grated

boneless, skinless

grated

of

dry

drained

pitted oil-cured

grated

freshly grated

melted

good-quality  
grated  
shredded fresh  
medium

tightly packed  
tightly packed

Sheet1

large

fresh  
extra-virgin

minced

grated

Freshly grated

large  
grated

boneless, skinless  
1-inch-thick

finely chopped

dry

of ground

Classic Italian American

grated

grated

small

whole

Freshly grated

fresh  
Simplest Italian  
red

large



Sheet1

grated

packed mixed

fresh  
fresh mild

medium-large  
medium

ripe

large  
grated

Ground

fresh

minced

whole-milk  
grated  
large

Freshly grated

Sheet1

medium  
chopped

hot  
red

grated  
coarsely shredded

Italian

7-inch

Simple  
shredded fresh  
grated  
Basic Savory  
Simple  
Italian

cold

large  
large

dry

chopped

Crumbled

chopped

finely snipped  
chopped

minced

fresh or dried

medium  
large

coarsely chopped

large

large

packed

dark  
chopped

grated sharp

whole  
medium

sweet

fresh

Sheet1

extra-sharp  
large

finely diced  
finely chopped

thinly sliced  
red

cooked  
minced

grated  
water-packed

dry

medium  
large

dry

cold

large

of freshly grated

large

salted  
Melted

Sheet1

fresh

large

toasted  
boneless, skinless

sliced

finely minced

fresh  
toasted

cracked

1/2 -inch-wide

toasted

Chinese salted

finely minced  
finely minced peeled

fresh red

2-inch pieces

cool

toasted

Sheet1

thin

thinly sliced  
thin strips fresh red

unsweetened

roasted

chopped

natural unsalted smooth

light  
dark  
small pieces

toasted

freshly brewed

fresh  
toasted

Peeled, seeded

toasted  
large  
large

1 1/2-inch pieces

finely minced

fresh red

firm  
Thai

Sheet1

roasted

Chinese

2-inch pieces

toasted

fresh

finely minced  
finely minced  
coarsely chopped  
coarsely chopped

peeled

fresh

Chinese

2-inch pieces

fresh  
toasted

fresh

toasted

toasted  
large  
sliced  
small

sliced

cool

toasted

cracked

warm

small

sliced

fresh

cracked  
2-inch pieces

toasted

dried

Japanese

Japanese

2-inch pieces  
grated

boneless, skinless



Sheet1

red  
yellow  
Japanese

fresh

fresh  
toasted

medium

extra-virgin

chopped  
finely grated

Tuna  
medium  
extra-virgin

large  
Sea

medium

extra-virgin  
fresh

minced

grated

extra-virgin  
walnut-sized

small

shelled

young

shredded

large  
medium  
extra-virgin

cold

dry  
fresh

minced

extra-virgin

extra-virgin

slivered peeled

white or black  
toasted

grated  
chopped

cold

minced

Sheet1  
extra-virgin

slender  
large

chopped  
chopped

minced peeled  
minced

fresh

shelled

rich  
fresh

minced

finely diced  
chopped

extra-virgin

fresh

chopped

baby red

loosely packed  
1/2 -inch cubes cooked  
diced unpeeled  
thinly sliced

Basic  
mixed fresh

of

light

large

boiling

dried

reserved

toasted  
baby

slivered

peeled

snipped

unpeeled

Maître d'Hotel

Sheet1

extra-virgin

of

peeled

light  
toasted  
fresh

fresh  
Chinese

minced peeled

toasted

extra-virgin

small red dried

chopped

melted

plump  
fresh

Grated

snipped

shredded

snipped  
minced

grated

shredded  
large

grated

grated

chopped

large

Sheet1

seasoned dry

large

medium  
dry

packed

large  
sour

large  
long-grain

chopped

medium

chopped  
grated

finely chopped

large green

sliced

homemade or deli-case  
medium tart

Boiling

dry

fresh medium

crumbled

Mexican  
medium or large

finely diced

large

chopped

chopped

Grated  
medium  
medium

chopped

minced



chopped

grated

chopped

sweet

Fruit

grated

plain or buttered fresh

medium  
large tart

hot fresh  
medium

unsweetened

fresh

Hot cooked

medium unpeeled

Minced

red or green  
extra-virgin

Sheet1

small red dried

large  
large

finely diced  
chopped  
finely diced  
chopped

red  
fresh

of

plain dry or toasted fresh

of freshly grated

minced peeled

toasted

Minced

small red dried

large

very hot  
minced

medium-grain

sweet

sweet

Minced

chopped  
of

Diced  
cooked

fresh

sweet

thinly sliced

chopped

sweet  
large

large

sweet

sweet

minced

large  
grated  
grated sharp

sweet

large  
fresh  
dried medium-hot ground

sweet

Sheet1

dried medium-hot ground

hot

diced  
chopped

grated  
roasted

sweet white  
large

chopped

Basic

large

snipped

chopped

extra-virgin  
fresh

oblong

light

shredded

chopped

grated

large

Fresh

Fresh

Sheet1

medium

large

fresh

shredded whole-milk  
grated

chopped

medium

finely chopped

medium

canned

drained

minced

minced  
Toasted

sliced crusty

medium

sliced

large red

chopped seeded peeled

fresh

chopped

medium

slender  
red, orange, or yellow

minced

of

extra-virgin  
grated

medium

boiling

fresh  
grated  
extra-virgin  
lean

medium  
small  
dry

medium

dry  
small

extra-virgin

minced

small  
chopped

Sheet1

coarsely chopped  
coarsely chopped

pitted imported  
extra-virgin

medium  
large

medium

fresh

Minced

small

medium  
small

minced

small

Sheet1

chopped

medium to large  
Basic

slender

Minced

medium

extra-virgin

Basic  
Green Goddess

julienned

dry

Finely snipped  
chopped

slender

dry

minced

Snipped

diced

diced

4-ounce

melted



Sheet1

chopped  
chopped  
chopped  
chopped  
chopped

chopped

any variety or combination of

medium  
Melted

Maître d'Hôtel

Thinly sliced

Finely chopped  
Thinly sliced  
Diced

of

Grated  
Freshly

large  
extra-virgin  
large

minced

large

thick slices

assorted fresh

chopped

cold

chopped

grated

dried

finely diced

assorted fresh

chopped

very finely minced

of

chopped

of

melted

medium

mild

diced

small fresh

small

red

minced

fresh or thawed frozen whole

fresh

medium

of finely chopped

medium

of

dry

dry

grated

grated  
boiling

dark

ripe

large yellow globe  
well-seasoned fresh  
frozen

freshly grated or ground

fresh

Sheet1

fresh

large

Fresh  
large

toasted

slender

chopped

small shelled fresh

finely chopped

fresh  
large shelled fresh

finely chopped

of

Finely minced

minced peeled  
chopped

large

large shelled fresh

of

Hot cooked  
Hot cooked  
Melted  
chopped

shelled

fresh

extra-virgin

chopped  
chopped

aged

red  
small

extra-virgin

coarsely chopped  
minced

Sheet1

hot cooked

ripe  
large

fresh

large to medium red

crushed  
long-grain

shredded

chopped  
chopped

chopped

medium

Warmed  
chopped

large  
chunky

large fresh  
dark

large

chopped

small brown to black, ripe

chopped

Coarse

small brown to black, ripe

Coarse

Sheet1

small  
small

roasted

chopped

Grated

red-skinned new or all-purpose

Freshly grated or ground

finely minced

boiled or raw  
finely chopped

coarsely grated peeled

large

grated

Snipped

Snipped

Grated

large

large baking or

finely chopped

large

finely grated

crisp, cooked

Minced

medium

potatoes

, preferably

Melted

of freshly grated

Grated  
very small

Snipped



chopped  
chopped  
chopped

large

large

chopped  
chopped  
snipped

melted

sweet-flavored

large

well-packed

of

extra-virgin

Georgian Garlic and Walnut

Freshly grated

Hard-boiled  
Crumbled cooked

small

Sheet1

fresh

Nam Prik (Thai Hot)

whole

medium

small red dried

large

snipped

large

grated

of freshly grated

chopped

grated

small

Sheet1

small

chopped

New Mexico (red Anaheim)

chopped

green or golden

large  
crumbled  
dry

chopped  
chopped

fresh

medium

chopped  
minced

fresh

Tart Corn

coarse  
medium

coarse

large

of

Grated

grated

large

fresh  
grated

chopped  
chopped

large

Light  
medium

finely chopped

large  
grated  
dry

chopped  
chopped  
grated

grated

chopped

small  
diced

grated

fresh

melted

small

small

medium yellow

Sheet1

medium

grated

large  
grated  
Whole small

chopped

Warm

SautÚed  
medium

grated

large

chopped

shredded

medium  
large  
ripe

packed

dark  
small

freshly grated

well-seasoned fresh bulk  
large tart green

packed

dark

packed

dark  
medium  
medium

chopped

Basic  
grated

minced

Warm  
chopped

diced

light

grated  
of

large  
large

Freshly grated

Southeast Asian

packed

light

Sheet1

packed

light or dark

medium

minced  
of

fresh

red or green  
fresh

minced peeled

small

Hot cooked

true  
light

large

grated

medium ripe

chopped

extra-virgin  
large

Sheet1

Cornmeal mixture for Fried Green

large ripe

chopped

fresh  
grated  
fresh

chopped  
chopped

extra-virgin  
medium firm ripe

medium-large very ripe

minced

grated

fine dry

finely chopped  
large red

chopped

extra-virgin

chopped  
chopped

red or yellow  
fresh

Fresh  
large ripe  
large green  
fine

chopped  
chopped



large

chopped

chopped

Braised

chopped  
minced

large

dry

small

small  
small  
rendered fat from roasted

melted  
minced

chopped

of

fresh

minced or crushed  
minced peeled

toasted

large red  
fresh

minced

small

fresh  
fresh

chopped  
crumbled

grated

Fresh

sweet  
large  
mild

Sheet1

large, ripe  
large

whole  
Pitted

seedless red

ripe  
ripe  
large ripe  
American

large

ground

firm, sweet, or tart-sweet

firm, tart  
packed

chopped

ground

packed

light  
medium

packed

light

thawed  
ground

Sheet1

medium red

light  
2-inch  
red  
medium red  
store-bought

chopped

unsalted

firm, tart

large firm

large

unblemished whole

whole  
sweet firm ripe  
fresh

chopped

Custard  
firm, ripe

light

ground

ripe

Sheet1

unpeeled

fresh

whole

cold

fresh  
Sabayon with White Wine  
dark  
ripe  
fresh

cold

creamy small-curd

sliced

fresh  
Fresh  
ripe

fat, ripe,

ripe, juicy

seedless red

Sheet1

miniature  
shredded sweetened dried

ground  
small

light

pitted

fresh  
whole

pitted

fresh

fresh

Shaved

ripe

cold

fresh  
perfectly ripe small  
fresh

Sheet1

fresh  
fresh  
perfectly ripe small

ripe  
thinly sliced  
ripe 12- to 14-pound  
fresh  
whole small

sliced  
sliced  
sliced  
chopped  
(about 3 pints)

fresh  
best-quality  
firm ripe

packed

light

ripe

fresh  
Lemon-flavored Light

ripe perfect

Fresh  
Light  
medium, firm ripe, sweet  
Fresh

of

dry

whole  
firm ripe  
medium, firm ripe, sweet

melted

large ripe

Sheet1

packed

dark

Crushed

large ripe

juicy ripe

juicy ripe

strained

ripe sweet orange-fleshed

ripe

strained

fresh

Fresh

large

medium ripe, fragrant

1/2 -inch pieces

2 1/2-pound ripe sweet

wrinkled

fresh

sliced firm

chopped

finely chopped

minced

freshly grated or ground

large

diced peeled

bulk

Basic Bread

Basic Bread

finely chopped

finely chopped



finely chopped

fresh

cubed

chopped  
finely chopped

green  
red

minced

large

fresh  
Basic Corn Bread

sliced

frozen  
fluffy

of

sliced  
thinly sliced

bulk  
skim-milk  
spicy

thinly sliced  
mashed

dry

minced

Sheet1

large

grated  
whole

chopped  
chopped

diced peeled

ground

dry

chopped  
minced

sweet

medium-grain

diced

pitted  
slivered

grated

large

finely chopped  
finely diced

finely chopped  
chopped

preserved

of  
of

quick-cooking

Sheet1

chopped  
minced

hot

finely chopped  
finely chopped  
minced  
minced  
cooked  
chopped  
minced

dried

fresh or frozen

finely diced  
minced

cooked

chopped  
minced

large

finely chopped  
minced

soft  
grated

of freshly grated or ground

finely chopped

finely chopped

fine fresh

freshly grated or ground

large

bulk  
dry  
large

finely chopped  
finely chopped  
cracked

Minced

extra-virgin

minced

(or as needed to make a moist paste)

extra-virgin

minced

fresh

coarsely chopped

extra-virgin  
fresh  
fresh

extra-virgin

Sheet1

unsweetened

minced peeled

dried

Minced  
cleaned

Hoisin

of  
melted  
minced

extra-virgin

minced  
Minced

extra-virgin

chopped seeded peeled  
minced

fresh

extra-virgin

Minced

extra-virgin  
medium

minced

extra-virgin

medium

sweet

Sheet1

large

Melted

live 1-pound

minced

small dried

dry

Minced

small

thin

Melted

freshly grated or ground

grated

grated

live

coarse

commercially prepared seafood

Melted

dry

Sheet1

minced  
chopped

extra-virgin

crusty  
Steamed

minced

medium

top-quality

Grated peeled  
Snipped

medium  
small

diced peeled

finely chopped

minced

small  
large

chopped  
chopped

fresh

fresh  
large  
unsweetened

shredded

Sheet1

long thin strips  
Shredded peeled  
Shredded

small dried  
large

red or yellow  
medium

minced

Hot cooked

Classic

minced  
minced

large  
medium to large

minced  
minced

ripe  
red or yellow

ground

Minced



Sheet1

Hot cooked

extra-virgin  
large

chopped seeded peeled

dry  
pitted

chopped  
chopped

minced  
minced

minced

Minced

Crusty  
medium to large  
extra-virgin

minced

fresh

minced

grated aged

minced  
minced

Minced

Italian

Crusty

small dried

chopped seeded peeled  
minced

mixed shellfish: peeled

well-washed  
Minced

Crusty

chopped  
minced

mixed

young  
liquid  
mixed shellfish: peeled

well-washed

extra-virgin

large or extra-large

Sheet1

Minced

large or extra-large  
extra-virgin

minced  
minced  
minced

Minced

large or extra-large  
extra-virgin  
large

chopped  
minced  
minced

sweet or hot  
dry

packed

fresh

cold

large

large or extra-large

liquid

mixed

medium  
red  
green

large

chopped  
Hot cooked

yellow

minced  
minced peeled

chopped

liquid

Minced  
Hot cooked

minced  
minced peeled

chopped

liquid

Minced  
Hot cooked

fresh

fermented

minced  
minced peeled  
diced seeded peeled  
chopped

Minced  
Hot cooked

minced  
minced peeled  
1- to 2-inch pieces

liquid  
toasted

Snipped  
Hot cooked

fresh

finely diced  
diced  
minced

minced

fresh  
fresh

large

ice

freshly grated or ground

minced

diced

medium

chopped  
snipped

medium

large

large

finely shredded peeled  
shredded

small fresh red

minced

salted and fermented

grated

light

of

medium

dry

small

large

chopped  
chopped  
Hot cooked

fresh  
grated

minced  
chopped

small

dry

medium

fine fresh

chopped  
pressed or finely minced

live

Sheet1

dry  
raw colossal

fine fresh

finely chopped  
pressed or finely minced

fresh

dry

minced

fresh

hard-boiled  
minced

small  
red  
medium

diced cooked

frozen

minced  
minced

jumbo  
grated

extra-virgin

Minced

extra-virgin

extra-virgin

Coarse  
very ripe  
extra-virgin

finely chopped  
cracked

fresh

sweet

2 1/2-pound

thick  
extra-virgin

minced

thick



minced

coarsely chopped  
minced

minced  
minced

minced

of  
chopped  
minced peeled

Minced

red

filleted small

red  
extra-virgin

coarse

toasted

red  
1 to 1 1/4 pound

extra-virgin

Sheet1

fresh

Minced

extra-virgin

medium to large ripe  
large or medium  
extra-virgin

minced

minced

extra-virgin  
center-cut  
extra-virgin

chopped

extra-virgin

Minced

chopped  
chopped  
minced  
drained  
minced

chopped seeded

extra-virgin

fresh  
dry

extra-virgin

Minced

extra-virgin

small

chopped

packed  
coarsely chopped

coarse

extra-virgin  
dry  
dry

Hot cooked

Coarse

extra-virgin

fresh

red  
dried  
extra-virgin

chopped  
minced

dry

Minced

dry

whole

minced

medium

extra-virgin  
dry

minced peeled  
minced

Boiled

freshly caught

Minced

extra-virgin

Minced

Fresh

dry

medium  
medium

coarsely cracked

fresh  
Pan Grilled

minced

dry

minced

thin, white,

Minced

SautÚed  
dry

drained

SautÚed  
large

fresh

minced

grated

minced

coarsely chopped  
chopped

whole small

Minced  
minced  
minced

dry

Maître d'Hôtel

large  
fresh

Minced

extra-virgin

thinly sliced

minced  
minced  
minced

fresh

chopped, seeded, peeled

of  
Minced  
Minced

fresh

Minced

Minced

minced

minced

coarsely cracked

coarse

firm-fleshed

large

large

dried red

grated

white

chopped

large

Minced

very fresh firm-fleshed

coarsely chopped  
chopped

medium, ripe  
small  
pitted

fresh

Diced

4- to 5- pound

coarsely chopped

minced

small fresh

cracked

chopped

small

large  
fresh



Sheet1

minced  
minced  
snipped

cooked

large

large  
assorted  
large

cold

Grated red or white  
cooked

chopped  
snipped  
snipped

fresh

large

extra-virgin

extra-virgin

Freshly grated

drained

coarsely chopped

cooked

chopped

fresh

cooked

long-grain

large hard-boiled

Minced

whole

melted

Poultry Pan  
dry

of

whole

melted

minced  
grated

whole

Roasted

Sheet1

2- to 3-inch

medium  
2-inch  
medium

melted

whole

Roasted

whole

Basic Bread  
small rock

melted

Poultry Pan  
small rock

Rice

whole

melted

whole

dry  
minced

melted

melted

Poultry Pan

strained

pressed or very finely minced

Broiled  
dry

minced

medium

minced

bone-in or

large  
smaller

minced

dry

minced

finely chopped

firmly packed

dark

medium

chopped, seeded, peeled

Madeira or  
dry

chopped

grated

minced

dry

boneless, skinless

minced

SautÚed Boneless, Skinless

strained

nonpareil

minced

SautÚed Boneless, Skinless

sweet or dry

finely chopped  
of freshly grated or ground

of

SautÚed Boneless, Skinless

minced

dry

minced  
finely shredded

SautÚed Boneless, Skinless

minced

of

strained

minced

boneless, skinless  
dry  
grated

large

SautÚed Boneless, Skinless

fresh

Breaded  
Italian  
grated  
Italian

chopped

grated

boneless, skinless

minced

dry

large

chopped

medium  
crumbled

finely chopped

boneless, skinless

strained  
minced  
finely snipped  
minced

boneless, skinless

dry

large

boneless

finely chopped  
minced

dry  
grated

finely chopped

boneless, skinless

finely shredded

sun-dried

boneless, skinless  
mild  
medium fresh

cooked

small

chopped

of

Hot

light

finely minced  
finely minced peeled

boneless, skinless

medium  
hoisin

toasted  
dark

finely minced peeled

boneless, skinless

cool

dark

chopped

hot

medium



chopped  
chopped  
chopped  
chopped  
chopped  
chopped

red  
green

finely chopped  
chopped

Hot cooked

chopped

large green

freshly grated or ground

whole

strained  
packed

dark

Hot cooked

chopped  
chopped

chopped seeded peeled

minced

of  
of  
Minced

Toasted fresh

chopped

chopped  
minced

large  
dry  
canned whole

oil-cured

chopped  
chopped peeled

thick-cut

dry

minced  
Boiled

red and/or yellow  
small fresh

chopped

chopped

fresh

cooked

very thinly sliced

sweet

minced

large

of  
Hot cooked

chopped

green

minced

medium-grain

Sheet1

loosely packed  
cooked

chopped

fresh  
bottled  
pitted brine-cured

chopped  
chopped  
chopped

canned

fresh  
fresh

chopped  
chopped

minced

chopped

large

very finely minced  
very finely minced peeled

chopped

fresh

Hot cooked

Sheet1

Coriander and

coarsely chopped  
minced  
minced peeled

freshly grated or ground

finely chopped

warm  
minced  
minced peeled  
freshly grated or ground

hard-boiled  
Hot cooked

chopped peeled

Strained

chopped

whole

large rock

large  
large whole  
3-inch

toasted  
mixed baby

Poultry Pan

of

solid

large

solid

minced

dry  
grated

strained

finely minced  
finely minced

grated

grated  
dry

minced

melted  
melted

large

crushed

large

melted

whole

of

of freshly grated or ground

Creamed

large

Hot cooked

minced

sliced or slivered

Creamed

minced  
beaten

medium  
medium  
small  
frozen

Creamed

slivered or sliced  
grated

bone-in  
toasted  
toasted  
light

Sheet1

hot

minced peeled

medium  
Creamed

grated  
Creamed  
mild or hot green

chopped

lightly packed

grated  
Creamed

cooked  
chopped

dry  
grated

melted

Velouté

chopped

chopped  
chopped skinless, cooked

ground

fresh

large

whole

melted

melted

Fresh



strained

boneless, skinless  
large  
small

red, yellow, or green  
bone-in

minced

strained

bone-in  
small

chopped  
minced

fresh

minced  
strained

bone-in

fresh

fresh

whole

melted

Bread

Quick

chopped

finely chopped peeled  
finely chopped

dry

large

whole

small

melted

melted

Quick

Bread

melted

Sheet1

Quick  
whole 4 to 7 pound

melted

Quick  
boneless, skinless

chopped  
chopped  
chopped

sliced pitted

dry

finely chopped

medium dried ancho

whole  
small

drained  
chopped

firm white

boneless  
Fresh

chopped

large  
grated

dry

Sheet1

chopped  
chopped

Crispy Roasted

chopped

dry

pitted brine-cured

boneless, skinless

minced

minced

fruity dry

of

Pan-Seared Boneless, Skinless

Bread

medium

additional

dry  
boneless

Maître d'Hotel

boned

young

sliced

crushed

minced

medium

large

whole

young

small

small

Pan

Whole Cranberry

Hot

Buttered

chopped

sliced

dry

chopped

Sheet1

light

chopped  
finely chopped peeled

Basic Bread

hearty

thinly sliced  
finely diced

large

whole small

pitted

chopped

slivered

whole

whole

dry

chopped

chopped

dry

chopped

chopped  
minced

boneless

finely chopped

dry

red

ground  
fresh

chopped

boneless

ripe

of  
chopped

pitted



Sheet1

dry

boneless

dry

4-rib

boneless

boneless

boneless

Red Onion-Garlic

boneless

dry

minced

very finely minced

chopped

cracked

Red Onion-Garlic

Sheet1

medium

cooked  
chopped

pitted

chopped  
chopped

fresh

very thin slivers  
chopped

center-cut

large

Boiled  
Steamed

American

lean, boneless

minced  
minced  
minced  
minced drained

Sheet1

Freshly

small

cracked

coarse

cracked

dried ground

coarse

Mango  
Quick Red

crusty  
Red Onion-Garlic

chopped  
minced

cracked

minced  
cracked

small

cracked

small

cracked

boneless

chopped

chopped

boneless

cracked

medium red  
dry

cold  
chopped

boneless

chopped

snipped  
chopped

grated peeled

toasted

hot

rinsed

red  
sliced  
hoisin

chopped

chopped  
chopped

pitted

large

of

1- to 1 1/2-pound

grated  
chopped  
minced

medium

chopped

medium  
pitted brine-cured

minced

small

hot

dried

finely chopped

Sheet1

cracked

finely chopped  
of

Freshly grated

toasted

medium

minced peeled  
minced

chopped

fermented

Hot cooked

light

finely minced

medium-thick  
fermented

cool

Sheet1  
toasted

SautÚed

finely chopped  
finely chopped  
finely chopped

tightly packed

fresh

dry

dry

whole  
dry

Sheet1

Soft

dry  
medium

boneless

finely chopped  
finely chopped  
finely chopped  
of

crushed

red

boneless  
dried

chopped  
chopped  
chopped  
chopped  
chopped

of the same

chopped

lean  
boneless



thinly sliced

diced

sweet  
red

dry

boneless  
dry

chopped

cracked

small boiling

chopped

Boiled

boneless

dry

medium

New Mexican

Sheet1

large

fresh

Hot cooked

large

ancho

Southern  
Diced sharp

medium

whole  
whole  
large

cooked

chopped  
cooked

red

Sheet1

large

whole

cooked

red  
Sharp  
Northern

large  
dry

minced

diced  
chopped  
diced

chopped

Glazed

finely chopped  
of

of  
of

dry

chopped  
snipped

Deluxe Butter Flaky  
large

dried

chopped  
chopped  
chopped  
chopped  
chopped

of

same

Braised Short

trimmed

first-cut or thin-cut

large

packed

dark

freshly grated or ground

large

large  
small

American

Boiled

packed

Buttered

medium

medium

chopped

chopped

cooked

leftover vegetables, excluding the beets, from  
chopped

poached

soft

grated

chopped

finely chopped

finely chopped

large

finely chopped  
finely chopped  
minced

dry

Soft  
boneless

dry

boneless

dry

fresh

snipped

medium

fresh

chopped  
chopped

large

Sheet1

whole

cooked

dry

Tuna

paper-thin slices

thinly sliced plain or smoked

minced

dry

strained

chopped

large  
grated

chopped

large

chopped

large

fresh

very meaty

diced

diced

diced

small  
dry

chopped

fresh

grated

center-cut boneless

Roast  
sweet

center-cut boneless

Snipped

large

chopped

center-cut boneless



center-cut boneless  
finely chopped  
fresh

finely chopped

moist supermarket-type dried

fruity  
fine fresh

finely shredded

freshly grated or ground

center-cut boneless

finely shredded

Golden Delicious or Granny Smith

center-cut bone-in

boneless

Basic Bread

cold

large

boneless

Boston

bone-in

large

dry

cold

Basic Bread

extra-virgin

dry

minced

of

strained

sweet

sliced

Steamed or braised

Blackberry Sage  
Pan

packed

grated peeled  
minced

packed finely chopped  
chopped

crushed

hoisin

toasted

center-cut

small  
small

dried

bone-in center-cut

center-cut

center-cut boneless

center-cut

fresh

large

center-cut

sweet

shredded

thinly sliced  
diced  
thinly sliced  
minced

large

dark

packed

3-inch

Hot cooked

dried ancho

of

chopped  
seeded peeled chopped  
Hot cooked

fresh

chopped peeled

large

chopped

trimmed

diced  
3-inch

chopped  
Hot cooked

half or whole bone-in  
English Cumberland

cracked

fully cooked

Basic  
3/4- to 1-inch-thick  
Southwestern

fully cooked

3/4- to 1-inch-thick

fully cooked

3/4- to 1-inch-thick

Sheet1

large

whole

finely minced

butterflied

chopped

Spinach, Mushroom, and Ground Meat

butterflied

minced  
minced

Red  
Roasted Tomato-Chipotle

Red Wine and Sour Cherry  
Red  
boneless

Red Wine and Sour Cherry

Sheet1

Basic Herb Pan  
SautÚed

pureed  
softened

Roasted

snipped

dry

dried  
dry

halved  
chopped

pitted

medium  
boneless

medium

medium



Sheet1

medium

chopped

whole

medium

minced

grated peeled

boneless

chopped

Hot cooked

Indian

medium

small

of

mixed

Buttermilk

boneless

large

meaty

sweet or hot

chopped

chopped

fresh

sweet or hot

of  
of

dry

1-inch pieces  
diced, peeled

chopped

fresh

Cooked

medium

leftover cooked

chopped  
chopped  
ground

cold

fresh

medium

Hot cooked

medium

minced  
grated peeled

chopped

lean

chopped

fresh

Indian

chopped

of  
of

slivered  
pitted  
ground

of

finely chopped

quick-cooking

finely chopped

large

Pan

cooked

ground

red  
prepared  
slightly stale coarse  
lean

minced

grated  
of

large

minced

large

of

minced

fresh

lean  
lean ground  
large

grated

ground

large

finely chopped

freshly grated or ground

sweet

large  
small

boiling

raw

raw or precooked

coarsely

of  
of  
cold

of large

very finely minced dry

minced

Hot cooked

seeded peeled chopped dry

Hot cooked Freshly grated whole

Soft

Sheet1

large

dry

Boiled

chopped drained

chopped  
chopped

dry

chopped

chopped drained

Hot cooked

fresh  
medium  
large

cleaned

Russian

Southern

quick-rising active dry

very warm (115°F to 125°F)

melted

warm (105 to 115 F)

warm (105 to 115 F)  
melted

warm (105 to 115 F)

warm (105 to 115 F)

warm (105 to 115 F)

melted

Melted

melted

of  
melted

warm (105 to 115 F)

warm (105 to 115 F)

finely chopped  
chopped

active dry

active dry

active dry

whole

large

active dry

large

active dry



Sheet1

large-curd  
large

coarse

warm (105 to 115 F)  
room-temperature

active dry

freshly cooked

active dry

large

active dry

melted  
finely chopped

red  
shredded

cooked  
packed

light  
active dry

strong

freshly grated

warm (105 to 115 F)  
warm (105 to 115 F)

active dry

warm (105 to 115 F)

large

active dry

melted  
room-temperature

active dry

melted

active dry

melted  
minced  
melted

warm (105 to 115 F)

hot (120 to 125 F)

active dry

lukewarm (100 F)

lukewarm (100 F)

active dry

room-temperature (72 to 75 F)

barely lukewarm (about 80 F)

Sheet1

room-temperature

room-temperature

room-temperature

room-temperature

warm (105 to 115 F)

room-temperature (72 to 75 F)

lukewarm (100 F)

fine  
Natural

room-temperature (72 to 75 F)

fine

medium

fine

lukewarm (80 to 90 F)

active dry

active dry

active dry

large

Sheet1

large  
active dry

grated

nonfat  
active dry

hulled

nonfat

active dry

warm (105 to 115 F)  
melted

large  
large

active dry

very warm (115 to 125 F)

large  
large

large  
large

very cold tap

freshly squeezed  
grated

large

large

1/4 -inch cubes  
1/4 -inch cubes

active dry  
whole

large

very soft  
coarsely chopped  
melted  
melted

1/4 -inch cubes  
1/4 -inch cubes

active dry

large  
large

grated  
grated

very soft  
melted

active dry  
whole

large

whole

active dry  
whole

large

very soft

slivered  
whole

warm (105°F to 115°F)

active dry

large

melted

Strained warmed

Strained warmed

warm (105°F to 115°F)

active dry

large

very soft

packed

dark

chopped

melted

packed

dark

large

warm melted

large

packed

light

grated

yellow

chopped

mashed  
coarsely chopped

large  
very ripe

ground

large

coarsely chopped

coarsely shredded

shredded sharp

chopped  
chopped  
snipped

large

warm melted



small

large

coarsely chopped  
finely chopped  
packed

pitted

boiling

large

packed

light

coarsely chopped

ground

large

grated

grated peeled  
coarsely chopped

ripe

old-fashioned

light or dark

large

finely chopped  
chopped

pitted imported

stone-ground

large

stone-ground

large

warm melted

fatty

large

large

large

large

warm melted

Sheet1

stone-ground

boiling

large

grated

large

ground

grated

packed

sliced  
dark

ground  
cold

large

fresh  
Dry

large

firmly packed

dark

ground

large

warm melted

ground

large

large

packed coarsely grated or finely chopped peeled  
warm melted

coarsely chopped

ground  
coarsely chopped

packed  
mashed

large  
light  
ripe

mashed

large  
ripe

ground

large

packed finely shredded

warm melted  
coarsely chopped

packed

large  
light

warm melted

grated

coarsely chopped

boiling

packed  
grated

light

large

coarsely chopped

packed

light  
large

large

warm melted

large

cold

coarsely chopped  
packed

dark

cold

large

grated

old-fashioned

warm melted

large

warm melted

large

large

plump

Sheet1

finely chopped  
thinly sliced  
crumbled cooked

fresh

ripe

shredded  
shredded sweetened dried

grated

pure

yellow

pure  
large  
fresh, frozen, or drained canned  
pure

old-fashioned

of freshly grated or ground

large  
pure

full-fat or low-fat

large

finely chopped



Sheet1

large  
pure

finely grated

large  
large  
fresh or frozen  
pure

active dry

Melted

large  
pure  
active dry

warm (105 to 115 F)  
warm (105 to 115 F)

large  
pure

large

Sheet1

Sweetened

unsweetened

large

miniature

large

Sweetened

large

pure

large

large

plump

fresh or frozen

ripe

shredded

shredded sweetened dried

grated

pure

finely chopped  
thinly sliced  
crumbled cooked

Sheet1

pure

large

large

pure

warm (105 to 115 F)

active dry

lukewarm

large

warm (105 to 115 F)

large

large

pure

coarse

large

unsweetened

large

miniature

Sheet1

miniature  
large

lukewarm

large

of

large

fresh

small

Basic Sweet

light  
light

cold

Basic Sweet  
Lightly sweetened  
Basic Sweet

large

of

Sheet1

large

plump

fresh or frozen

fresh or frozen

of

large

Finely chopped

Sweetened  
whole  
large

pure

chopped

large

of

packed

light

of  
of  
finely chopped  
1-pound

loaf

large

packed

large  
pure  
light

sliced

pure  
fresh

pure

warm (105°F to 115°F)

active dry

large

medium

freshly grated or ground

large

large

large

large

chopped

large  
light

Sheet1

large

finely grated

all-purpose unsweetened nonalkalized

packed

light

light

chopped

large

packed

light

large

large

light

large

chopped

flaked or shredded sweetened

large

packed

light

cold



Sheet1

chopped

packed

light  
clover

finely chopped

cold

large

cold

seedless

cold

sliced  
old-fashioned  
large

packed

light or dark  
large

grated

sifted

ground

chopped

chopped

whole

packed

light  
large

chopped

packed

dark  
large  
large  
light

old-fashioned  
reduced-fat

ground

packed

light or dark

large

Sheet1

old-fashioned

large

sifted  
sliced

finely chopped

packed

light  
light

old-fashioned

large

sweetened  
large

flaked or shredded sweetened  
large

finely chopped

packed

dark  
large

coarsely chopped

Sheet1

large

finely grated

Colored

large

large

large

Colored

Royal

cold

large

packed

dark

large

finely grated

packed	solid dark
--------	---------------

large

packed	light large
--------	----------------

old-fashioned

chopped

smooth

packed	light large large
--------	-------------------------

cold

smooth

finely chopped	unsalted
----------------	----------

packed

light  
large

coarsely chopped

ground

large

whole

ground

large  
slivered

finely chopped  
finely grated

large

finely grated

finely grated  
finely grated

large

finely grated  
finely grated

large  
large

whole  
whole

unsweetened

large  
large  
light

large

thin square

light

large

very finely grated

chopped

seedless  
sliced

whole

red

ground

large



finely grated

large

finely grated

Colored

packed

dark

large

finely grated

large

whole

ground

packed

dark  
large

finely grated

Sheet1

unsweetened

light

coarsely chopped

packed

light  
large

light

packed

light

unsalted roasted

grated

shredded sweetened dried

finely chopped

sweetened

packed

light

of

whole  
whole

light

whole

light

light

ice

solid

ice

cold

ice  
ice

solid

cold  
cold  
cold

Flaky  
large

of

Flaky Cream Cheese

of

large

cold

of

large

grated

of

large  
large

melted

Soft  
Flaky

strained

Flaky

Flaky

strained  
grated

quick-cooking

Flaky  
pitted

quick-cooking

strained

red

Flaky

strained

quick-cooking

Flaky

strained

quick-cooking

Flaky

Sheet1

canned sliced

firmly packed

light  
quick-cooking

strained

large

Flaky

quick-cooking

Flaky  
medium-large

freshly grated

large

Flaky  
medium-large firm ripe  
firm tart medium-large

strained

beaten

Sheet1

lightly packed

grated extra-sharp

cold

medium-large

chopped

large  
large

freshly grated

Baked

strained

Baked  
large

fresh

Baked  
slivered

strained warmed

large  
large

Baked

strained

Sheet1

Baked  
firm ripe medium-large

Baked

whole small

Deluxe Butter Flaky  
medium-large

slivered

unsweetened

large  
medium

medium

Cornmeal Flaky

cold

Deluxe Butter Flaky

large firm

Baked



Sheet1

whole  
large

Soft

Baked

unflavored

strained  
grated

large  
large

cold

unflavored

large

large

cold

cold

cream-filled chocolate

large

cold

chunky

cold

chopped

salted

Baked  
large  
large

freshly grated

whole

Baked  
large  
freshly cooked

firmly packed

light

freshly grated

Baked  
freshly cooked

large

freshly grated

large

Baked

large

strained

freshly grated

Baked

large

light

Baked

large

large

firmly packed

light

chopped

Soft

Baked

firmly packed

dark

large

boiling

Baked

strained  
grated

large

Soft

Flaky

large or medium

Sheet1

large

Baked

large

strained  
grated

Fresh  
Baked  
sweetened  
large

strained  
grated  
cold

Soft

large

Baked  
slivered

large  
large

crushed

cream-filled chocolate

Crushed

Deluxe Butter Flaky  
medium to large

ground

cold

melted

Cornmeal Cobbler Biscuit

Softly

grated

Chilled

Sour Cream Cobbler Biscuit

medium, ripe  
fresh

large

Softly  
3-inch Fluffy or Shortcake

medium, ripe

Sheet1

Softly

whole-milk  
large

medium, ripe

cold

Vanilla Bean Custard  
Fluffy or Shortcake  
small flavorful  
dark

packed

packed

light

small

medium

ground  
cold

Softly  
medium, firm ripe  
slightly firm ripe

Sheet1

cold  
diced

packed

cold

old-fashioned  
dark

medium  
dry

packed

dark

ground

Vanilla Bean Custard

firm ripe

large

Fresh

sliced peeled  
coarsely chopped

large

ground

cold

medium to large ripe

cold

large

packed

sliced

light

cold

medium to large ripe

packed  
cold

light

large

of

sweet

canned unsweetened

packed

light or dark

large



cold  
ice

large

fresh

large

medium, ripe  
light

firm

of

large

cold

large

warm (105 to 115 F)

whole  
active dry

cold

large

warm (105°F to 115°F)

whole  
active dry

large  
large

large

dried

of

large

room-temperature  
melted

large

medium, tart, dry  
coarse fresh

grated

coarsely chopped

grated

sifted

fresh

whole

large

lightly sweetened

grated

large

chopped or sliced natural

large

miniature

Quick

large

hot

unsweetened nonalkalized  
large

chopped

Quick

boiling

old-fashioned

freshly grated or ground

packed

light or dark  
large

Sheet1

Broiled

unsweetened nonalkalized

cold

Quick

grated

large  
large

packed

dark

freshly grated or ground

chopped  
chopped

Quick

freshly grated or ground

finely grated peeled  
finely chopped

crushed

large

packed

boiling  
finely chopped

large  
light

large

packed

dark

finely minced

light or dark

large

dark

chopped

large

sifted

dark

large

sifted

large

Quick

sifted

large  
large

sifted

large

sifted

large

grated  
grated

large

sifted

grated

strained

sifted

large

light

sifted

large  
large



sifted

large  
large

Strong  
unsweetened

large

sifted

large  
sweetened shredded dried

chopped

large

sifted

freshly grated

large

large

sifted

freshly grated

finely chopped

large  
thick

Old-Fashioned

large, ripe

grated

large

sifted

unsweetened nonalkalized

sifted

large

boiling

large  
large

sifted

Coconut Pecan

large

grated  
grated

large

grated  
grated

large

fresh

large

sifted

large

sifted

unsweetened

large

sifted

large

large

Sheet1

European

sifted

large

sifted

unsweetened

large

sifted

large

grated

large

Quick

boiling

unsweetened nonalkalized

sifted

large

large

sifted

Quick

cold

Sheet1

Hot-Milk

large

large  
Unsweetened  
Unsweetened

whole

Unsweetened

sliced or whole

whole natural (unblanched)

large  
toasted fresh or dry unseasoned

large

Sheet1

whole natural (unblanched)  
large

large

unsweetened  
large

large  
large

unsweetened

large

large

packed

light

creamy  
large

Sheet1

large

unsweetened nonalkalized

sifted

large  
large

Hot-Milk

Unsweetened alkalized  
Whipped  
Unsweetened alkalized

Lane Cake  
Hot-Milk

large

cooled

Sheet1

unsweetened

Custard  
sweet

fresh  
sliced or slivered

sliced or slivered

large

large

sweetened  
light  
large  
Hot-Milk  
Classic

boiling

Simple

Hot-Milk

whole-milk

finely chopped

Three 9-inch layers

(1 1/2 recipes)



9-inch

sliced

Simple

frozen

boiling

sifted

large

large

sifted

chopped

preserved

large

freshly grated

packed

light

diced  
coarsely chopped  
chopped

mixed

packed

light

packed

quartered

large

large

grated

large  
large

large

grated

2% low-fat

strained

Pat-in-the-Pan Butter

chopped

chopped

large

whole-milk or part-skim

boiling

large

unsweetened

packed

light or dark

freshly grated or ground

large

large

packed

light

sifted

sifted

large

sifted large

sifted large

sifted large

sifted large

sifted large

grated large

cold large

large

large  
large

large

extra-strong

large

strained

large

large

strained

fresh

gently packed

large

Lemon-Orange Custard  
large

fresh

Sheet1

chopped  
packed

large  
flaked sweetened dried  
light

chopped

large  
large

chopped  
chopped  
freshly grated or ground  
packed

shredded sweetened dried  
  
light or dark

chopped

large  
light

chopped  
chopped

Seven-Minute

large

large

of

unsweetened

unsweetened

large

boiling

large

light

hot strong

packed

chopped

packed

pure

light or dark

light

large

Grated



Sheet1

unsweetened

smooth

light or heavy

smooth

light or heavy

large

powdered

grated

light

shredded sweetened dried  
sliced

finely chopped

finely chopped  
packed

light

finely chopped  
packed

light

unsweetened

large

large

large

whole

Freshly grated

pure  
large

whole

large

Sheet1

whole

sweetened

3-inch

large

large

large

whole

whole

packed

dark

whole

unsweetened

warm

canned unsweetened

canned unsweetened

Sheet1

Cut-up

fresh  
Fresh

whole  
large

ripe but firm large

Soft  
medium-grain

whole

large

cold

chopped toasted  
Fresh  
large

cooked

whole

whole

quick-cooking

large

quick-cooking

3-inch

Sheet1

large  
small-pearl  
whole

large  
Fresh

large

freshly grated

whole

large  
whole

Southern Whiskey

large  
large  
whole

Southern Whiskey

large  
pure

pure

sliced

strained

whole

large

strained  
grated

whole  
large  
Fresh  
very ripe large  
large

freshly grated

firmly packed

ground or finely chopped  
dark

large

finely chopped  
finely chopped

Custard  
fine dry

Sheet1

large

large

large

large

cold

hot

chopped toasted

slivered

unflavored

cold

Fresh  
seedless

unflavored  
large

cold

strained  
grated

Fresh

unflavored  
large

whole  
large

cold

large  
large

Custard

packed

moist

strained

strained

large

Custard

large  
large

large

Orange Liqueur



Sheet1

strained	large
	large
	Rich Hot
	Custard
chopped	large
	Custard
	Fresh large
scalding hot	raspberry-flavored
boiling	fresh cherry-flavored
halved	pitted fresh chopped natural miniature
boiling	strawberry-flavored
	hulled Fresh peach-flavored
boiling cold finely chopped cold	fresh
	Fresh

Sheet1

lime-flavored  
cherry-flavored  
orange-flavored  
lemon-flavored

boiling  
cold  
cold

pink

cold

unflavored

3-inch  
whole

Finely chopped

Custard  
fresh  
slivered

boiling

whole

unflavored

Fresh

unflavored

whole

cold  
cold

fresh

large

whole

freshly grated

freshly grated

large  
pure

large

large

strained

large

strained

of

freshly grated

large

boiling

large

cold

large

fruity  
large

Sheet1

large

strained

unsweetened

light

freshly brewed

of

light

large

large

Sheet1

strained

strained

strained

large soft but not mushy

strained

medium

strained

fresh

strained

strained

large

freshly grated

melted  
beaten

ground mild

Sheet1

whole  
whole

dried red  
fresh

green  
whole

hefty 3-inch-long

of

ground

whole-milk

fine dry  
grated  
dried

unsweetened

strong brewed

ground

medium

cold

cold

cold

medium

cold

medium

cold  
cold

large  
medium

cold  
cold

small  
large

dry  
cold

of

freshly

freshly

of

freshly

concentrated

freshly

finely grated

dry

freshly

freshly

large

freshly



minced

sweet or hot

softened

freshly

large

freshly

green

of your favorite

dried

hot

White

minced

any flavored

White

minced

minced

minced

chopped

dry

White

minced

finely chopped

dry

cold

warm (not hot)

large

of

large

fresh

cold

warm (not hot)

of

large

fresh

Ground

large

very warm to hot

cold  
warm (not hot)  
of

large

fresh

large

very warm to hot

ground ancho

cold  
warm (not hot)  
of

large

ground ancho

large

very warm to hot

dry

cold  
warm (not hot)

large

dry

minced  
chopped

large

very warm to hot

minced

dry

fresh

large

cold  
warm (not hot)

dry

minced  
chopped

fresh

large

very warm to hot  
minced

fresh  
dry

cold  
warm (not hot)

large

dry

minced  
chopped

large

very warm to hot  
minced

dry

Sheet1

	fresh
	large
cold warm (not hot)	
	dry
minced chopped	fresh
	large
very warm to hot minced	fresh
finely chopped	
	dry
minced	
cold	dry
minced	small
cold	dry
minced	
cold	
	small

Sheet1

large ripe  
red

rinsed and drained

fresh  
fresh  
canned small

minced or finely snipped

dry  
fresh

cold liquid such as

drained

large

well-beaten

large

best-quality

mild-tasting  
large

well-beaten

best-quality  
mild-tasting  
large

best-quality  
mild-tasting  
large

well-beaten

best-quality  
mild-tasting  
large

large

well-beaten

large

large

minced

fresh

well-beaten

large

minced

fresh

large

minced

minced sour

drained  
drained  
of

sweet pickle

minced  
finely snipped



Sheet1

well-beaten

large

minced

minced sour

drained  
drained

sweet pickle

minced  
finely snipped

large

minced  
drained  
chopped  
chopped

hard-boiled

well-beaten

large

hard-boiled  
minced  
drained  
chopped fresh  
chopped fresh

large

finely grated

fresh

well-beaten

large

finely grated

fresh

large

small  
roasted

well-beaten

large

small  
roasted

large

chopped

minced

canned

minced

well-beaten

large

chopped

minced

canned

minced

large

lukewarm pureed

cooked

cold  
compatible

finely chopped

minced

fresh

minced

minced

minced

finely chopped

strained fresh

toasted

whole

minced

whole

minced

ground

grated peeled

dark  
mild-tasting

fresh

small

whole  
small

minced peeled

medium

Sheet1

fresh

Chopped

medium

Chopped

medium

ground

trimmed

Chopped

extra-virgin

chopped

Brown

Chopped

medium  
ripe

large  
medium

Snipped

medium  
medium  
large

diced

large

medium  
medium  
large

diced

sliced  
thinly sliced

mixed

Chopped

Sheet1

small

packed

fresh

boneless, skinless

large

very finely diced

very finely diced

very finely diced

medium

green

whole

thinly sliced

chopped

or more grated

shucked

beaten

dry

Classic

shell-on

finely chopped

finely chopped

finely chopped

chopped, seeded, peeled

long-grain

minced

sweet or hot  
minced

minced

extra-virgin

large

medium

Chopped

chopped

light or heavy

minced

hard-boiled

chopped

fresh

minced

freshly grated or ground

fresh



minced

hard-boiled

chopped

fresh

minced

freshly grated or ground

fresh

hard-boiled

minced

fresh

minced

of

hollow  
Enough

of

buttered toasted slices of  
very thin slices of

light

poached

Snipped

poached

poached

grated  
cooked

lightly

chopped

large

Chopped

fresh

of  
lightly steamed

grated

minced

large

large

of

dry

minced

Thick  
grated

lightly packed

of

of freshly grated or ground

large

finely chopped  
grated

large

of

dry

minced

Thick  
crumbled  
grated

of  
of freshly grated or ground

large  
large

of

dry  
Thick

ground  
of

large  
grated  
sautéed

finely chopped  
chopped

large

of

Flaky  
large

of freshly grated or ground  
chopped  
grated

Flaky

large

of freshly grated or ground

grated

large

chopped

fresh

freshly grated or ground

large

day-old

pure

frozen

grated

freshly grated or ground

grated dry

cracked

medium

large  
shredded unsweetened dried  
dry

Mango

refrigerated

large

crusty firm

extra-virgin  
grated  
ripe

Sheet1

chopped

medium  
fresh sour

coarsely chopped

minced

shredded

fresh

Roasted Tomato-Chipotle  
Pulled

fresh

fresh  
grated

prepared

grated

Caramelized

cooked  
chopped

Sheet1  
shredded

of

Tomato  
Green Tomato

Mustard-Green Tomato

grated

ripe  
grated

minced

Tomato  
Green Tomato

Tomato  
Green Tomato

of  
of

ripe  
Tomato

Sheet1

Green Tomato

of the  
minced

cooked

cooked

thinly sliced  
drained  
sliced

sliced

sliced

Sliced

Basic  
Basic Bread

Classic

sliced imported

Classic

SautÚed  
sliced imported

aged

large

sweet

of  
Sliced  
Crisp

aged

large

sweet

of

thinly sliced  
well-drained

Classic

home-style

Grainy or Smooth  
good-quality

small  
home-style

cooked

Grainy or Smooth

whole

minced

ground

7-inch  
Roasted Tomato;Chipotle

shredded

barbecued



Sheet1

	grated
	grated
minced	
Minced	chili
Minced	
coarsely chopped mixed	grilled red
Minced	Basic
	Italian
diced	
coarsely chopped	grated
	extra-virgin
	Basic
	Italian
thinly sliced	
	green
	Basic
	Italian
	canned
	Basic
hot or mild	Italian
	Basic
	Italian
thinly sliced	
	Basic
	Italian

drained

marinated

medium

Italian

grated  
Basic  
Italian

thinly sliced

small

coarsely chopped

Basic  
extra-virgin  
vine-ripened

Basic  
extra-virgin  
Caramelized

chopped

Basic  
extra-virgin  
shucked fresh

coarse

Basic  
extra-virgin

roasted

Sheet1

Basic  
extra-virgin

large

grilled or sautéed

Basic  
extra-virgin  
boneless

shredded

Basic

extra-virgin

extra-virgin

warm (105°F to 115°F)

active dry

cool  
unbleached  
coarse

chopped  
chopped

fresh

active dry

warm (105°F to 115°F)  
cool

unbleached  
coarse

of

grated  
grated

Sheet1

warm (105°F to 115°F)  
cool

active dry

unbleached  
coarse

minced  
chopped mixed  
chopped

grated  
grated  
fresh  
fresh

warm (105°F to 115°F)  
cool

active dry

unbleached  
coarse

Spicy

Basic

Italian  
shredded  
Basic

finely chopped

grated

finely chopped

diced

Basic

red

green

sweet

Basic

diced

grilled, roasted, or sautéed

Basic

thinly sliced

minced  
grated

young  
hard-boiled

ripe  
extra-virgin

minced

large ripe  
extra-virgin

minced

large ripe  
Basic  
ripe  
Basic

Chopped

toasted

Sheet1

fresh tiny

canned  
red  
small

minced

extra-virgin

shredded  
diced cooked  
shelled

unsalted  
medium red

chopped

drained

cooked

long-grain  
oil-packed

cooked  
more

long-grain

cooked

yellow

chopped

diced cooked

chopped toasted  
chopped

chopped  
cooked

medium

thinly sliced seeded, peeled  
hard-boiled  
slivered blanched  
finely snipped  
minced  
minced

Snipped

of

minced or finely snipped

fresh

minced or finely snipped

extra-virgin  
fresh

extra-virgin

of

minced  
finely snipped

extra-virgin

minced  
finely snipped

extra-virgin

of

minced drained

extra-virgin

minced drained

extra-virgin

of

extra-virgin

extra-virgin

of

drained

extra-virgin

drained

extra-virgin

of



minced

finely grated

extra-virgin

minced

finely grated

extra-virgin

of

cracked

finely grated

extra-virgin

cracked

finely grated

extra-virgin

chopped

grated

large

quick-cooking

of

freshly grated

light or dark

of  
hot

converted long-grain

medium

Sautéed pieces of

dry

grated

grated

medium

chopped  
coarsely chopped  
chopped

dry

fresh

grated

dried

grated

fresh

of  
hot

dry

(plus stock from above if not using saffron)

medium

medium-grain

dry

grated

of  
hot

grated

(plus stock from above if not using saffron)

medium

dry

Chopped  
Chopped

of  
hot

(plus stock from above if not using saffron)

medium

dry

Fresh

hot  
scrubbed  
deveined peeled

medium  
ripe

raw

cooked  
cooked  
cooked

white

sweet

dried

medium

fresh  
unbleached  
large

extra-virgin  
unbleached

Sheet1

minced

strong fresh  
large

cool

extra-virgin  
unbleached  
large

finely chopped

extra-virgin  
unbleached

large

extra-virgin  
extra-virgin

medium  
whole dried red

ripe

Boiling

finely chopped

extra-virgin

medium  
small

packed

ripe

large ripe

extra-virgin

fresh

large ripe

extra-virgin

pitted

Ligurian

Sheet1

large ripe

extra-virgin

large ripe

extra-virgin

small fresh

packed

fresh

medium

lean

fresh

large

dry

extra-virgin

grated

dry

of

small

packed finely chopped  
thoroughly drained

canned whole

chopped

medium

sweet

smooth natural

fresh  
unsalted

small pieces

light  
dark

toasted

freshly brewed  
boneless, skinless

Peeled, seeded

fresh  
toasted

2-inch pieces

dried

2-inch pieces

dried

Japanese

poached

Sheet1

extra-virgin  
slivered

slivered

melted

melted

Chopped

fresh

of grated

medium

Minced

of

medium

medium

of freshly grated

grated

cold

extra-virgin

chopped

large

of

fresh grated  
sweet

of

fresh sweet

Chopped  
of

fresh  
fresh sweet

fresh sweet

finely diced  
diced  
diced

red

Minced



Chopped  
of  
Diced  
cooked

fresh

large

Snipped

large

chopped

large green  
ground lean

freshly grated

ripe

freshly

large  
large

very finely chopped

grated

of freshly grated

softened

hot

large

minced

slender

minced

Minced

large

sautéed diced

chopped

large

fresh

large

finely grated

crisp cooked

Minced

large

finely crumbled

crisp cooked

Minced

finely diced

grated sharp

chopped  
toasted chopped

Freshly grated

Hard-boiled  
Crumbled cooked  
small

large

snipped

large

grated

of  
of freshly grated

medium

freshly grated  
of

small  
large  
medium

halved pitted

medium

chopped

hot

packed

sweet  
large  
mild

Whole

large ripe  
large

Pitted

seedless red

large

ground

ground

fresh  
Whole fresh

large

Custard  
Fresh

packed

light  
medium

packed

light

ground

light

of

Light  
medium, firm ripe, sweet

sliced firm  
lightly packed

Fresh

chopped  
finely chopped  
minced

freshly grated

large

sliced

firm

chopped  
finely chopped  
minced

freshly grated

shucked  
drained

large

finely chopped  
finely chopped

fresh

finely chopped  
chopped

finely chopped  
finely chopped  
finely chopped

green  
fresh

finely chopped  
chopped

freshly cooked

cubed

chopped  
finely chopped

green  
red

minced

cooked hot

large

cubed

chopped  
finely chopped

green  
red

minced

shucked

drained

large

finely chopped  
finely chopped  
cracked

finely chopped  
finely chopped  
cracked

chopped

extra-virgin  
fresh

Minced

fresh

Minced

medium-large

coarsely chopped pitted  
chopped

medium ripe  
small

fresh

Diced

melted

melted

Thai Green  
boneless

finely chopped  
minced

dry  
grated

finely chopped



oil-cured

drained

chopped

hot

medium  
diced

of

chopped

finely chopped peeled  
finely chopped

dry

chopped

large  
grated

dry

chopped  
chopped

Hot or sweet

4-rib

boneless

American  
Pan

minced

American  
Pan

boneless

Sheet1

American  
Pan  
boneless

boneless

whole

Pan  
boneless

Pan

crumbled

boneless  
Red Onion-Garlic

Pan  
boneless

Red Onion-Garlic

Pan

crumbled

boneless  
Red Onion-Garlic

Pan

Sheet1

Red Onion-Garlic

chopped  
chopped

Red Onion-Garlic

American

Red Onion-Garlic

American

large

minced

Maître d'Hotel

boneless

chopped

Sheet1

dry

chopped

New Mexican

large

fresh

cooked  
Hot cooked

trimmed

first-cut or thin-cut

large

packed

dark

whole  
whole pitted dried

freshly grated or ground

large pitted

large  
small

chopped  
cooked  
leftover  
Chopped  
poached  
(about 1/2 ounce per slice)

boneless

dry

(about 1/2 ounce per slice)

each

boneless

dry

dry

chopped

chopped

minced

dry  
grated

large

Italian  
grated  
Italian

grated

dried

Chopped

hot

chopped

chopped

frozen

chopped pitted

chopped

Sheet1

extra-virgin  
fresh

grated

torn

boneless center-cut

fresh  
whole

finely chopped

pitted

fine  
finely shredded

fruity  
fresh

freshly grated

center-cut boneless

very thin slivers  
finely shredded

boneless

Boston



crushed

center-cut

fully cooked  
of  
of

1/4-to 1/2-inch-thick

whole  
of

bone-in

whole

bone-in

finely minced fresh

meaty  
dry

cold

butterflied

chopped

Lemon Egg

grated

dry

crumbled

butterflied  
Red  
Roasted Tomato-Chipotle

medium

chopped fresh

of

Red Wine and Sour Cherry  
Red

chopped  
chopped

fresh

of

Red Wine and Sour Cherry  
Red

chopped

fresh

minced

boneless

Red Wine and Sour Cherry

Sheet1

Basic Herb Pan

chopped

finely chopped

quick-cooking

finely chopped

large  
large green

chopped

finely chopped

Pan

finely chopped

shredded fresh

grated  
quick-cooking

finely chopped

large

finely chopped

Pan

finely chopped

quick-cooking

finely chopped

large

finely grated  
thinly sliced sautéed  
cooked  
coarsely chopped

drained  
Pan

of

large

of

Basic

large

dry

warm

active dry

cold  
melted

quick-rising active dry

very warm  
melted

Sheet1

warm active dry

warm  
melted

warm active dry

cold  
melted

warm active dry

warm

light

quick-rising active dry

very warm  
melted

warm active dry

light  
warm  
melted

warm active dry

warm

light

warm

active dry

large

of

warm

active dry

large

of

room-temperature

(72°F to 75°F)

fine

room-temperature

(72°F to 75°F)

fine  
active dry  
whole

large

whole

of

active dry

Sheet1

whole

large

whole

of

warm

active dry

large

very soft

melted  
chopped

of

large

warm melted

old-fashioned  
finely diced sharp

sliced

stone-ground

Sheet1

large

stone-ground

hulled

large

stone-ground

hulled

large

warm melted

stone-ground

ground

large

coarsely chopped

stone-ground



ground

large

coarsely chopped  
warm melted

stone-ground

large

fresh

chopped

stone-ground

large

fresh

chopped  
warm melted

medium

stone-ground

large

medium

Sheet1

stone-ground

large

warm melted

stone-ground

large

grated

fresh  
sharp

stone-ground

large

warm melted  
grated

fresh

sharp

fresh  
red

shredded sharp  
stone-ground

large

fresh

Sheet1

red

shredded sharp  
stone-ground

large

warm melted

grated

large

large

Dry

large

lightly packed

miniature  
sweetened flaked dried

firmly packed

dark  
Dry

large

seedless

large

ground

large

warm melted

stone-ground

large

warm melted

ground

large

warm melted

ground

large

stone-ground

large

warm melted

fresh or frozen  
Sliced

ground

large

warm melted

fresh or frozen

Sliced

ground

large

Sheet1

fresh or frozen  
Sliced

ground

large

warm melted  
grated

ground

large

grated

ground

large

warm melted

ground

large

Sheet1

grated

large

cold

cold

cold

cold

cold

grated

cold

large

grated

cold  
chopped

best-quality  
large

grated

cold

large

grated

large

plump



Sheet1

finely chopped  
thinly sliced  
crumbled cooked

ripe

shredded  
shredded sweetened dried

grated

pure

yellow

pure  
large

finely minced

fresh, frozen, or drained canned

pure

full-fat

large

thinly sliced  
finely minced  
finely snipped

large  
pure

large

Sweetened

large

large

plump

finely chopped

ripe

shredded

shredded sweetened dried

grated

pure

thinly sliced  
crumbled cooked

lukewarm

large

chopped

fresh

large

of

warm (105°F to 115°F)

active dry

Sheet1

large

large

warm (105 to 115 F)

active dry

large

finely grated

large

large

fine

large

large

unsweetened

large

large

finely grated

large  
large

finely grated

large  
large

finely grated

large  
large

finely ground

large

finely grated

large

large  
large

flaked sweetened dried

large  
large

finely minced

packed

light

large  
large

large  
large

packed

light

large  
large

ground

packed

light

large  
large

ground

finely minced  
cold

large

finely grated

Sheet1

whole

seedless

cold or frozen  
ice  
ice

yellow

cold  
solid  
ice  
ice

finely chopped or coarsely ground

grated  
cold  
solid  
ice  
ice

cold  
solid  
ice  
ice

cold  
solid

ice  
ice

large

Sheet1

Flaky

strained

quick-cooking

Flaky

quick-cooking

Baked

whole small

Baked

whole  
large

firm ripe  
Soft

light

whole  
large

Soft

Baked

Sheet1

whole  
large

Soft

shredded sweetened dried  
Baked

whole  
large

Soft

Baked  
large  
large

whole

Baked  
shredded sweetened dried  
large  
large

freshly grated or ground

whole

sweet  
large

strained

freshly grated or ground



Sheet1

Hot Brandy  
Baked

large

light

Baked

large

light

Baked  
large  
large

chopped  
chopped

Soft

Baked  
large  
large

strained

shredded sweetened dried

chopped

Soft

sweetened  
strained  
grated

cold

Cornmeal Flaky

light

cold

melted

cold

melted

medium

sliced

ground

cold

Softly

large

of

cold

warm (105°F to 115°F)

whole

Sheet1  
active dry

cold

warm (105°F to 115°F)

whole  
active dry

Sliced  
Crunchy

large

large

sifted

large

Seven-Minute  
flaked sweetened dried

sifted

large

sifted

Quick

large

sifted

large  
large

sifted

large

sifted

large

sifted

large

light

sifted

freshly grated or ground

large

large

grated  
grated

fresh

large

finely chopped or ground  
sifted

large

grated

large

sifted

Quick

freshly grated

mashed

large  
very ripe

large

finely chopped  
sifted

freshly grated

large

large

finely chopped

sifted

grated

large

Quick  
Fresh

sifted

freshly grated

cold

sifted

cold

finely ground  
freeze-dried

sifted

cold  
cold

extra-strong

crushed (with a rolling pin) or finely chopped  
sifted

cold

sifted

cold

shredded sweetened dried

sifted

cold

Quick

sifted

unsweetened

cold

finely chopped  
sifted

cold

chopped or finely ground  
sifted

unsweetened



cold

chopped or finely ground  
finely chopped

sifted

cold

sifted

unsweetened

cold

Basic

Soaking

Basic

Sheet1

large

Unsweetened  
Unsweetened

unsweetened

unsweetened

Sheet1

whole

unblanched

large  
toasted fresh unseasoned  
large

whole natural (unblanched)

large

large

9-inch

Whipped  
Unsweetened

Simple

boiling

fresh

9-inch

Simple

sifted

large

sifted  
chopped

thinly sliced candied  
candied

shredded sweetened dried

large

large

grated

fresh

fresh  
2% low-fat

strained

unsweetened

warm

Sheet1  
2% low-fat

strained  
grated

Reduced-Fat  
2% low-fat  
unsweetened

strained

sifted

unsweetened

sifted

freshly grated

cold

unflavored

cold

sifted

cold

cold

unsweetened

cold

sifted

unsweetened

cold

chopped  
chopped

chopped

toasted or untoasted shredded sweetened dried

fresh, frozen, or canned

drained chopped  
crushed or chopped  
crushed

fresh

large

large

unsweetened

large

large

large

crushed

large

ground  
minced

large

crushed  
minced  
packed

light or dark

of

large

Sheet1

large  
large

unsweetened

large

strained

large  
light

grated

chopped

fresh

large  
light

grated

chopped

packed

light or dark  
large  
light

chopped

large



Sheet1

large

large

large

large

or more

large

or more

large

large

large

grated  
grated

large

grated  
grated

large

grated

large

grated

large

large

Additional

small

fresh

unsweetened

Additional

unsweetened

Grated

grated

Grated

Grated

large

unsweetened

ground

large

finely chopped peeled

large

chopped

large  
pure

large

fresh

large

cooked

whole

large

strained  
strained

fresh

whole  
large  
Fresh  
large

freshly grated

cold

unflavored

large

large

cold

strained  
grated

unflavored  
large

whole  
large

cold

green

strained  
grated  
strained

fresh

unflavored  
large

whole  
large

cold

large

whole

large

strong

whole  
large

freshly grated

Sheet1

large

packed

light

freshly grated

large

large

strained

of

of

diced peeled

fresh

strained

tightly packed

fresh or reconstituted dried red

large

freshly grated or ground

of  
hot

medium

dry  
grated

grated

of freshly grated

large

salted  
grated mild

finely chopped  
finely chopped  
finely chopped

center-cut boneless

Chopped

SautÚed Tiny  
active dry

warm (105 to 115 F)

whole



melted

large

of

warm (105°F to 115°F)

active dry

melted

whole

large

of

warm (105°F to 115°F)

active dry

melted

whole

large

Melted

Melted

warm (105°F to 115°F)

active dry

melted

whole

large

Melted

warm (105°F to 115°F)  
room-temperature

active dry

Sheet1

active dry

finely chopped

melted  
red  
shredded  
stone-ground

large

stone-ground

warm melted

large

Basic Rolled

of

any

Simple

of

Soft

granulated light

Sheet1

PRETYPE,C,30	INGREDIENT,C,25
	orange
	cloves
	orange
	lemon
	cinnamon
	sugar
	brandy
	coffee
	Cointreau
Spanish	brandy
dark	rum
	sugar
	lemon
	cinnamon
	coffee
Irish	whiskey
	coffee
	sugar
whipped	cream
	crème de menthe
Jamaican dark	rum
	TYA Maria
	coffee
whipped	cream
	Kahl-a
	brandy
	coffee
	sugar
	water
	orange
	cloves
	cardamom
	cinnamon
black	tea
	water
	water
	lemon verbena
	Lemon
	Mint
	Sugar
	rum
	cocoa
	sugar
	milk
	vanilla
	nutmeg
whipped	cream
	cocoa

	sugar
	cornstarch
	water
	water
	milk
	vanilla
	nutmeg
whipped	cream
light	cream
bittersweet	chocolate
	chocolate
	milk
	vanilla
	nutmeg
whipped	cream
	parsley
fresh	thyme
	bay leaf
	celery
	onion
	leek
	carrot
	turnip
	garlic
	water
	bouquet garni
	Salt
	mushrooms
	onion
	carrots
	garlic
	turnip
	water
	water
	bouquet garni
	Salt
	water
	onions
	celery
	leeks
	carrots
	bouquet garni
	lemon
	Salt
	chicken
	water
	onion
	carrot
	celery

	bouquet garni
	turkey
	onion
	carrot
	celery
	bouquet garni
	rabbit
	water
	onion
	carrot
	celery
	bouquet garni
	beef
	chicken
	onions
	carrots
	celery
	water
	water
	leek
	bouquet garni
	veal
	veal
	chicken
	water
	onions
	leeks
	carrots
	celery
	bouquet garni
	fish
	onion
	leek
	fennel
	garlic
white	wine
	water
	bouquet garni
vegetable	oil
	shrimp
	onions
	carrots
	celery
	tomato
	water
	bay leaf
black	peppercorns
	Pernod
	kombu

	water
	katsuobushi
	chicken
	kombu
soy	water
	sauce
	katsuobushi
	chicken
	water
	onion
	carrot
	celery
	chicken
	chicken
	bouquet garni
	onion
	carrot
	celery
	leek
	garlic
	beef
	water
	onion
	leek
	carrot
	tomato
dried	parsley
black	thyme
	peppercorns
	clove
olive	oil
	carrot
	onion
	garlic
dry	vermouth
	clam
	chicken
	fish
	lemon
	shrimp
	tomato
chipotle	peppers
	saffron
white	wine
	Chicken
	milk
	onion
	nutmeg
unsalted	butter

all-purpose	flour
	Salt
olive	oil
all-purpose	flour
	milk
whole-milk	yogurt
GruyPre	cheese
Sea	salt
ground	black pepper
	Chicken
heavy	cream
	Salt
olive	oil
	onions
	rice
	Chicken
white	wine
	stock
	Salt
	Veal
	butter
all-purpose	flour
	mushrooms
	Salt
unsalted	butter
unsalted	butter
	onions
	carrots
	celery
all-purpose	flour
	Beef
	tomatoes
fresh	parsley
	bouquet garni
	butter
vegetable	oil
red	onions
	sugar
red	wine
	Beef
	mushroom
dried	thyme
	butter
all-purpose	flour
	port
ground	black pepper
	butter
	Salt
	Sauce

	Beef
	mushrooms
	port
	Salt
	butter
	Sauce
	Madeira
	meat
	Madeira
	Salt
	butter
	butter
	shallots
	mushrooms
white	wine
	brandy
	Sauce
	tomato
	Salt
fresh	parsley
fresh	chervil
	butter
sherry	vinegar
	shallot
fresh	thyme
fresh	parsley
	bay leaf
black	peppercorns
red	wine
	Sauce
	beef
fresh	parsley
	Salt
	butter
	mushrooms
red	Beef
	wine
	Sauce
Fresh	lemon
	Salt
	butter
	shallots
white	wine
white wine	vinegar
	Sauce
fresh	parsley
	cornichons
	capers
	Salt



all-purpose	fat flour pan juices herbs lemon Salt
all-purpose	fat flour
	giblets cream Salt Chicken shallots bay leaf mustard
Dijon fresh	lemon Salt
heavy	cream herbs butter herb leek orange Chicken orange
fresh	rosemary Salt butter
fresh red red	parsley onions wine Chicken
sour	cherries lemon
brown balsamic fresh	sugar vinegar thyme Salt butter
olive	oil mushrooms
red	shallot wine meat butter Salt Chicken olives

Sheet1

sun-dried	tomatoes
fresh	parsley
balsamic	vinegar
	Salt
navel	oranges
	lemon
olive	oil
	Salt
ground	white pepper
olive	oil
	shallots
red	wine
	Chicken
	blackberries
fresh	sage
	honey
	Salt
	butter
	shallots
	mushrooms
white	wine
fresh	ginger
	Chicken
	orange
heavy	cream
	orange
Fresh	lemon
	Salt
	egg
	water
clarified	butter
fresh	lemon
hot	red pepper
	Salt
	egg
fresh	lemon
ground	white pepper
	Salt
clarified	butter
white	wine
tarragon	vinegar
	shallot
fresh	tarragon
black	peppercorns
	egg
	water
clarified	butter
	Salt
ground	white pepper

Sheet1

white	wine
tarragon	vinegar
	shallots
fresh	tarragon
black	peppercorns
Hollandaise	Sauce
fresh	tarragon
	butter
white wine	vinegar
	Salt
unseasoned	shallots
	breadcrumbs
	eggs
white	wine
white wine	vinegar
	shallots
	Salt
heavy	cream
	butter
olive	oil
	onions
bell	peppers
	garlic
	paprika
ground	cinnamon
ground	red pepper
	Beef
	Salt
	tomatillos
poblano	peppers
	onion
	garlic
	spinach
fresh	cilantro
	Chicken
	Salt
olive	oil
	onions
	garlic
	Chicken
red	lentils
	Stock
	Salt
yellow	mustard
	mangos
	banana
fresh	ginger
	garlic

sherry	curry
chili	grapefruit
	vinegar
	oil
	honey
	Salt
olive	beet
white wine	oil
	vinegar
	Salt
	carrots
fresh	shallots
	ginger
	curry
olive	red pepper
	oil
white	lemon
fresh	onion
	lime
fresh	tomatoes
serrano	cilantro
	pepper
	radishes
	garlic
	salt
white	tomatillos
chili	onion
	peppers
fresh	garlic
	cilantro
	salt
	sugar
cherry	corn
	tomatoes
fresh	avocado
red	basil
vegetable	onion
fresh	oil
	lime
	garlic
jalapeño	peppers
	Salt
	tomatoes
	onion
fresh	cilantro
fresh	lime
olive	oil
	garlic
chipotle	pepper

Sheet1

ground	cumin
	Salt
chili	tomatillos
	peppers
	garlic
	water
white	onion
fresh	cilantro
	salt
	sugar
	water
	tomatoes
jalape±o	peppers
	garlic
	salt
white	onion
fresh	cilantro
cider	vinegar
	Salt
red	onion
fresh	lime
	mango
bell	pepper
fresh	cilantro
	garlic
	orange
jalape±o	pepper
	Salt
	cucumbers
	water
	salt
cider	vinegar
	sugar
all-purpose	flour
dry	mustard
ground	turmeric
	celery
	tomatoes
bell	peppers
	peas
	cauliflower
	onions
	Salt
	cucumbers
bell	peppers
	onions
	water
	salt
cider	vinegar

Sheet1

	sugar
	spices
	celery
	mustard
	red pepper
	cranberries
	sugar
	water
	orange
	orange
blanched	almonds
	cranberries
	orange
	sugar
green	tomatoes
	onions
	salt
cider	vinegar
brown	sugar
bell	peppers
bell	peppers
	garlic
dry	mustard
	salt
	cloves
ground	ginger
	celery
	cinnamon
	corn
	tomatoes
red	onion
sweet	pickles
cider	vinegar
	sugar
	celery
	Salt
	corn
bell	peppers
bell	peppers
chili	peppers
red	onions
green	cabbage
cider	vinegar
	sugar
	water
fresh	lemon
fresh	dill
	salt
yellow	mustard

Sheet1

ground	turmeric
	celery
	water
all-purpose	flour
red wine	vinegar
	sugar
	grenadine
black	peppercorns
red	onions
red	onions
red	wine
red wine	vinegar
brown	sugar
	honey
	orange
	lemon
	peppermint
	onion
	water
fresh	lime
	sugar
	salt
ground	red pepper
	mint
fresh	cilantro
	onions
	scallions
jalape±o	peppers
	water
fresh	lemon
	salt
	pineapple
serrano	peppers
	sugar
ground	cinnamon
	salt
ground	cloves
	tamarind
fresh	ginger
	water
	cumin
brown	sugar
jalape±o	peppers
	curry
	Salt
	water
	mangoes
cider	vinegar
brown	sugar

Sheet1

dried	currants
yellow	mustard
jalapeño	peppers
	garlic
fresh	ginger
ground	turmeric
ground	ginger
	nutmeg
ground	allspice
ground	mace
ground	red pepper
	salt
	apples
bell	peppers
Muscat	raisins
	lemons
fresh	ginger
	garlic
brown	sugar
cider	vinegar
	salt
ground	red pepper
	oranges
cider	vinegar
brown	sugar
ground	coriander
yellow	mustard
	cinnamon
chili	pepper
ground	cloves
	salt
	pears
	tomatoes
dark	raisins
golden	raisins
	onion
fresh	ginger
	garlic
frozen	apple
	water
ground	coriander
	tomatoes
	onions
	apples
Muscat	raisins
golden	raisins
brown	sugar
brown	sugar
cider	vinegar



Sheet1

yellow	mustard
ground	cloves
ground	allspice
ground	red pepper
	salt
	cucumbers
red	onion
chili	peppers
	garlic
fresh	ginger
ground	white pepper
	sugar
fresh	cilantro
fresh	lime
fish	sauce
	Salt
fresh	ginger
	garlic
chili	peppers
white	vinegar
brown	sugar
	Salt
	tomatoes
	onions
bell	peppers
brown	sugar
dry	mustard
	cinnamon
	allspice
	cloves
ground	mace
	celery
black	peppercorns
	bay leaves
	garlic
cider	vinegar
	salt
ground	red pepper
	tomatoes
	onions
bell	peppers
bell	peppers
cider	vinegar
	sugar
	salt
dry	mustard
	paprika
	allspice
	cloves

Sheet1

olive	cinnamon
red	oil
	onions
	garlic
fresh	ginger
	tomato
hot	red pepper
Worcestershire	sauce
dark	molasses
cider	vinegar
ground	allspice
	Salt
	mushrooms
	salt
red wine	vinegar
cider	vinegar
red	onion
	garlic
ground	black pepper
ground	ginger
ground	allspice
ground	mace
bell	peppers
	onions
	tomatoes
cider	vinegar
brown	sugar
	salt
dry	mustard
ground	black pepper
ground	allspice
ground	cloves
ground	ginger
ground	cinnamon
	nutmeg
	celery
	ketchup
chili	sauce
	horseradish
Hot	red pepper
Fresh	lemon
yellow	mustard
dry	mustard
	water
cider	vinegar
white	wine
	Salt
	egg
fresh	lemon

ground	salt
vegetable	white pepper
Dijon	oil
	mustard
	Salt
	egg
Dijon	egg
fresh	mustard
	lemon
	salt
	oil
	oil
fresh	cream
dry	lemon
	mustard
	Salt
	egg
	water
fresh	oil
dry	lemon
	mustard
	Salt
NeufchÔtel	cheese
	paprika
	oil
	orange
fresh	lemon
	salt
ground	white pepper
fresh	chervil
	egg
	garlic
	Salt
olive	oil
fresh	lemon
	water
	saffron
	stock
French	roll
	stock
chili	pepper
	garlic
	salt
	egg
olive	oil
	Salt
	gelatin
	Vegetable
	Mayonnaise

Sheet1

	tomato
	spinach
	Mayonnaise
	gelatin
	Veal
	stock
	Salt
	butter
	Salt
unsalted	butter
Dijon	mustard
	honey
	garlic
fresh	savory
fresh	lemon
	Salt
olive	oil
	shallots
	garlic
unsalted	butter
ground	cinnamon
ground	cumin
	chili powder
fresh	cilantro
fresh	lemon
	Salt
	shrimp
unsalted	butter
chili	peppers
olive	oil
	oranges
olive	oil
chili	peppers
peanut	oil
heavy	cream
fresh	lemon
	horseradish
	salt
ground	red pepper
	horseradish
sour green	apples
fresh	lemon
	sugar
	salt
	sour cream
fresh	parsley
	honey
Dijon	mustard

Sheet1

Ground	red pepper
olive	oil
	garlic
fresh	lime
ground	cumin
	Salt
Swedish	mustard
fresh	dill
	sugar
fresh	lemon
	Salt
ground	cardamom
vegetable	oil
olive	oil
red wine	vinegar
	onion
fresh	parsley
	garlic
fresh	oregano
	Salt
ground	red pepper
ground	black pepper
turbinado	sugar
	water
	mint
white wine	vinegar
	orange
	lemon
	currant
	lemon
	port
powdered	sugar
Dijon	mustard
ground	ginger
ground	white pepper
	Port
	garlic
	salt
fresh	basil
Parmesan	cheese
olive	oil
	Salt
olive	oil
French	bread
blanched	almonds
	garlic
black	peppercorns
	Salt
	saffron

olive	oil
fresh	parsley
	parsley
	capers
	anchovy
	garlic
strong	mustard
red wine	vinegar
olive	oil
	Salt
Italian	tuna
	mayonnaise
	anchovy
	capers
fresh	lemon
ground	black pepper
	parsley
	water
	cornstarch
	egg
fresh	lemon
	Vegetable
	Salt
	Chicken
white	wine
	egg
fresh	lemon
	Salt
fresh	chives
	walnuts
	garlic
fresh	cilantro
fresh	lemon
ground	coriander
ground	red pepper
ground	turmeric
	fenugreek
	Chicken
	caraway seeds
	coriander
	cumin
	garlic
	Salt
	paprika
	red pepper
olive	oil
olive	oil
	cucumber
	yogurt

Sheet1

ground	mint
jalape±o	cumin
	pepper
	banana
	yogurt
golden	raisins
blanched	almonds
	sugar
ground	nutmeg
dried	shrimp
chili	peppers
	garlic
fresh	lime
fish	sauce
serrano	peppers
fresh	cilantro
brown	sugar
jalape±o	peppers
	garlic
fresh	lime
	Salt
vegetable	oil
	garlic
chili	pepper
	water
soy	sauce
	peanut butter
brown	sugar
	peanuts
	mint
chili	pepper
fresh	lime
fish	sauce
	sugar
	carrot
daikon	radish
	garlic
black	beans
	scallions
soy	sauce
dry	sherry
	garlic
peanut	oil
sesame	oil
fresh	ginger
	Salt
	wasabi
	wasabi
	water

Sheet1

soy	sauce
olive	oil
fresh	lemon
	orange
fresh	parsley
dried	thyme
	bay leaf
	garlic
	salt
ground	black pepper
white	wine
vegetable	oil
	shallots
fresh	tarragon
ground	white pepper
	salt
	yogurt
vegetable	oil
	garlic
fresh	ginger
ground	coriander
ground	cumin
ground	red pepper
ground	turmeric
	salt
	food coloring
	food coloring
soy	sauce
dry	sherry
Dijon	mustard
hot	red pepper
vegetable	oil
	beer
	citrus
dry	mustard
fresh	ginger
	garlic
	salt
	sugar
red	wine
	onion
	garlic
fresh	parsley
fresh	thyme
black	peppercorns
	bay leaf
	cloves
	Salt



Sheet1

	sake
	mirin
soy	sauce
	sugar
black	peppercorns
white	peppercorns
ground	coriander
	red pepper
brown	sugar
	salt
black	peppercorns
	salt
	fennel
dried	thyme
	paprika
dry	mustard
	garlic
ground	red pepper
ground	sage
	cumin
brown	sugar
	paprika
	chili powder
ground	red pepper
ground	mace
	salt
black	peppercorns
	cinnamon
	cardamom
white	peppercorns
	coriander
	cumin
	cloves
chili	allspice
	peppers
	star anise
	cumin
	coriander
	curry
ground	white pepper
ground	ginger
	salt
ground	allspice
ground	red pepper
fresh	lime
habanero	peppers
white	vinegar
	orange
	scallions

Sheet1

dried	basil
dried	thyme
yellow	mustard
ground	allspice
ground	cloves
	salt
ground	black pepper
	Lime
	herbs
	garlic
	red pepper
olive	oil
	salt
black	peppercorns
Dijon	mustard
white	wine
	garlic
	herbs
fresh	ginger
jalapeño	peppers
	garlic
olive	oil
	lemon
black	peppercorns
	salt
	chili powder
fresh	ginger
sesame	oil
	red pepper
fresh	cilantro
	mint
fresh	basil
	salt
white	peppercorns
	coriander
	cumin
	fennel
black	peppercorns
fresh	cilantro
	galangal
	lemon grass
serrano	peppers
	shallots
	garlic
	lime
	shrimp
	salt
	nutmeg
peanut	oil

Sheet1

fresh	parsley
fresh	cilantro
olive	oil
fresh	lemon
	garlic
	coriander
	cumin
black	peppercorns
	red pepper
	saffron
	onion
	paprika
	Salt
ground	red pepper
olive	oil
	pineapple
	orange
white	vinegar
chipotle	peppers
ground	cumin
fresh	lime
fresh	cilantro
	Salt
dry	vermouth
olive	oil
fresh	lemon
	apricot
red wine	vinegar
	cinnamon
chili	peppers
olive	oil
	onions
	garlic
black	peppercorns
balsamic	vinegar
	orange
	orange
light	molasses
	coriander
yellow	mustard
	salt
brown	sugar
dry	mustard
	orange
	cranberry
brown	sugar
fresh	lemon
orange	marmalade
brown	sugar

Sheet1

yellow	mustard
	honey
	pineapple
brown	sugar
ground	ginger
	ketchup
cider	vinegar
Worcestershire	sauce
soy	sauce
brown	sugar
dry	mustard
	chili powder
fresh	ginger
	garlic
vegetable	oil
	lemon
olive	oil
	onion
	garlic
dried	apricots
white	wine
	Vegetable
	orange
chipotle	peppers
maple	syrup
Dijon	mustard
	Salt
	Stock
	Beef
	onions
	carrots
	celery
	potatoes
green	beans
	corn
baby	peas
lima	beans
green	cabbage
	garlic
	tomato
fresh	parsley
	Salt
olive	oil
	leeks
	onions
	garlic
	Chicken
	water

Sheet1

	carrots
	caraway
	potatoes
green	cabbage
	salt
ground	black pepper
fresh	parsley
Roquefort	cheese
butternut	squash
unsalted	butter
	leeks
fresh	ginger
	Chicken
	Chicken
	salt
fresh	parsley
	Croutons
	squash
unsalted	butter
olive	oil
	onions
dried	thyme
dry	sherry
	Beef
	salt
ground	black pepper
French	bread
GruyPre	cheese
Hass	avocados
	garlic
	buttermilk
fresh	lime
	salt
ground	red pepper
	buttermilk
	Salsa
	sour cream
lump	crabmeat
	water
unsalted	butter
	onion
	garlic
	nutmeg
	Chicken
white	wine
	cauliflower
heavy	cream
	salt
ground	white pepper

Sheet1

fresh	parsley
	Croutons
	water
	beets
	carrot
fresh	garlic
	lemon
	salt
ground	black pepper
	sour cream
fresh	dill
olive	oil
unsalted	butter
	mushrooms
	shallots
dry	sherry
all-purpose	flour
dried	thyme
	Chicken
	salt
ground	black pepper
fresh	parsley
dried	mushrooms
	water
unsalted	butter
vegetable	oil
	mushrooms
	leek
	onion
	celery
	carrot
	garlic
	barley
	Beef
fresh	dill
	salt
ground	black pepper
olive	oil
	onion
	tomatoes
	salt
ground	black pepper
	tomatoes
Olive	oil
olive	oil
	onion
	Chicken
white	wine
	garlic

ground	salt
fresh	black pepper
balsamic	lemon
fresh	vinegar
fresh	basil
	basil
	lemon
jalape±o	peppers
	garlic
	tomatoes
vegetable	oil
	onion
	Chicken
	salt
	tortilla chips
queso fresco	cheese
fresh	cilantro
	sour cream
country	bread
olive	oil
red	onion
	Salt
	garlic
	garlic
fresh	basil
	tomatoes
	red pepper
	Chicken
Fresh	basil
olive	oil
Parmesan	cheese
bell	peppers
Olive	oil
olive	oil
	onion
	carrots
	fennel
	Chicken
white	wine
	rice
fresh	basil
fresh	rosemary
	fennel
	red pepper
Italian	bread
olive	oil
	garlic
	Salt
balsamic	vinegar

Sheet1

unsalted	butter
	onions
	celery
	carrots
all-purpose	flour
	Chicken
heavy	cream
Cheddar	cheese
dry	mustard
Hot	red pepper
Worcestershire	sauce
	Salt
	Stock
	Croutons
smoked	ham
	broccoli
	cucumber
bell	pepper
	onion
	parsley
	tomatoes
	tomato
red wine	vinegar
olive	oil
	garlic
jalapeño	pepper
	salt
olive	oil
	pancetta
	onion
	carrot
	celery
fresh	rosemary
fresh	basil
	parsley
	garlic
green	cabbage
Swiss	chard
	tomatoes
	borlotti
	Chicken
	orzo
olive	oil
ground	black pepper
olive	oil
	onion
	leek
	carrot
	celery



Sheet1

	tomatoes
	potato
	water
	salt
	saffron
cannellini	beans
	spaghetti
	zucchini
green	beans
fresh	basil
	garlic
olive	oil
Parmesan	cheese
ground	black pepper
	chicken
vegetable	oil
	onion
	garlic
fresh	ginger
	curry
	water
	Chicken
	salt
	coconut
	rice
	coriander
	Lemon
	apples
smoked	sausages
	Vegetable
pearl	barley
	bay leaves
olive	oil
green	cabbage
	onions
	carrot
	celery
	parsley
fresh	rosemary
fresh	marjoram
	garlic
red new	potatoes
	salt
ground	black pepper
	Montasio
olive	oil
	onion
	garlic
	water

Sheet1

	potatoes
	salt
ground	black pepper
vegetable	oil
Portuguese	linguiça
	kale
fresh	lemon
wood	mushrooms
shiitake	mushrooms
	tiger lily buds
	water
rice	vinegar
soy	sauce
	cornstarch
	pork
	tofu
	Chicken
	cornstarch
	water
ground	black pepper
	egg
sesame	oil
	scallion
Rice	vinegar
Chili	oil
unsalted	butter
	scallions
	salt
ground	white pepper
all-purpose	flour
	Chicken
	mushrooms
	half-and-half
ground	red pepper
	sour cream
unsalted	butter
	leeks
baking	potatoes
	Chicken
	Salt
ground	white pepper
	Stock
black	beans
vegetable	oil
	onions
	celery
	garlic
Scotch bonnet	pepper
	water

Sheet1

dry	ham
	sherry
	salt
fresh	lemon
	Lemon
	onions
white	rice
	eggs
	scallions
unsalted	butter
vegetable	oil
	onion
	celery
all-purpose	flour
	Chicken
	peanut butter
heavy	cream
	salt
ground	red pepper
hot	red pepper
fresh	lemon
	peanuts
	scallion
olive	oil
	carrots
	celery
	onion
	garlic
	prosciutto
	water
	lentils
	tomatoes
dried	thyme
balsamic	vinegar
	salt
ground	black pepper
white	beans
	water
dried	rosemary
	garlic
	tomatoes
fresh	parsley
olive	oil
red wine	vinegar
	salt
ground	black pepper
white	beans
	water
	ham

Sheet1

	onion
	celery
	potato
	garlic
	salt
ground	black pepper
fresh	parsley
	water
	ham
split green	peas
	carrot
	celery
	onion
	garlic
	bouquet garni
	Salt
	Croutons
fresh	Chicken
	ginger
	garlic
	cornstarch
	water
	salt
ground	black pepper
vegetable	egg
	oil
	scallions
fresh	cilantro
	Chicken
	egg
Parmesan	cheese
unseasoned	breadcrumbs
fresh	parsley
	garlic
ground	nutmeg
	Chicken
	rice
	eggs
fresh	lemon
fresh	lemon
	Salt
fresh	parsley
olive	oil
	garlic
French	bread
	garlic
	paprika
	cumin
	Chicken

ground	salt black pepper eggs Chicken
egg fresh	noodles parsley Salt
ground	black pepper Chicken salt rice eggs salt fennel soda water matzo meal
ground	black pepper curry
fresh	ginger Chicken
ground	salt black pepper onion carrot celery parsley thyme chicken egg Chicken salt
soy	sauce sake
daikon light-colored	carrot radish miso scallion
dried vegetable shiitake	tofu wakame oil mushroom leek salt sake
soy red rice	sauce miso vinegar

soy	sugar
red	sauce
sesame	miso
fresh	oil
chili	ginger
	oil
	garlic
fresh	scallions
fresh	cilantro
	chives
Napa	beef
	cabbage
	tofu
	spinach
	Beef
	rice
dried	water
	apricots
	prunes
dried	raisins
	currants
	cinnamon
	orange
	tapioca
	apple
red	sugar
	apples
	Crème fraiche
	cherries
	water
	Gewürztraminer
	sugar
	cornstarch
fresh	orange
	lemon
	orange
	Sugar
	lemon
	sour cream
	mint
	cantaloupes
fresh	orange
fresh	lime
fresh	lemon
	ginger
	kiwi
	mint
	bacon
	onion

Sheet1

	celery
	corn
	milk
	potatoes
	salt
ground	white pepper
unsalted	butter
unsalted	butter
vegetable	oil
	onion
poblano	pepper
	garlic
jalape±o	pepper
	milk
	corn
	salt
	tomato
fresh	cilantro
	Lime
	quahogs
	salt
	water
	onion
	bacon
	onion
	bay leaf
fresh	thyme
unsalted	butter
	potatoes
heavy	cream
ground	black pepper
fresh	parsley
	Biscuits
	quahogs
	salt
	water
vegetable	oil
	bacon
	onions
bell	pepper
	celery
plum	tomatoes
	Fish
	potatoes
ground	black pepper
fresh	parsley
heavy	cream
unsalted	butter
	leeks

dry	vermouth garlic Fish potatoes salt salmon
ground	black pepper dill fish
salt unsalted	pork butter onions bay leaves
fresh Maine	thyme potatoes Fish
heavy	cream Salt
fresh	parsley butter Biscuits
unsalted	butter onions oysters milk
light	cream salt
ground fresh	white pepper parsley water
white	wine Fish Beef
unsalted	lobsters butter onions carrots celery tomatoes rice
fresh	bay leaf tarragon paprika garlic salt
dried ground unsalted	thyme red pepper butter Cognac



Sheet1

ground	salt
heavy	white pepper
	cream
	Clam
fresh	lemon
	Salt
ground	red pepper
fresh	tarragon
vegetable	oil
all-purpose	flour
bell	peppers
	celery
	onions
	garlic
dried	thyme
plum	tomatoes
	Fish
	fish
	shrimp
Worcestershire	sauce
	salt
hot	red pepper
	rice
unsalted	butter
all-purpose	flour
	milk
Worcestershire	sauce
hot	red pepper
lump	crabmeat
dry	sherry
	salt
	scallion
	mussels
white	wine
	shallots
fresh	parsley
fresh	thyme
heavy	cream
	egg
	Salt
ground	red pepper
	curry
fresh	chives
	bacon
	ham
	onion
	garlic
	scallions
	callaloo

dried	Chicken
lump	thyme
	crabmeat
	fish
	salt
	okra
	coconut
ground	black pepper
sun-dried	tomato
	mussels
white	wine
olive	oil
	onion
fresh	basil
	squid
	garlic
chili	pepper
	tomatoes
	Fish
red wine	vinegar
	shrimp
	fish
	Salt
fresh	parsley
French	bread
olive	oil
unsalted	butter
	leek
	fennel
	celery
	bay leaf
	star anise
	orange
	saffron
	salt
	garlic
	tomato
white	wine
	tomatoes
	Fish
ground	red pepper
	salt
olive	oil
littleneck	clams
	monkfish
sea	scallops
	Pernod
	Croutons

Sheet1

olive	oil
ground	monkfish
littleneck	black pepper
	clams
fresh	leeks
	thyme
	saffron
	red pepper
white	wine
Garlic	Mayonnaise
fresh	lemon
ground	black pepper
fresh	parsley
Garlic	croutons
	beets
	beef
All-purpose	flour
vegetable	oil
	Beef
plum	tomatoes
green	cabbage
	onion
	carrots
	celery
	tomato
red wine	vinegar
fresh	lemon
	garlic
	salt
ground	black pepper
	sugar
	sour cream
fresh	dill
	beef
	beef
	beef
	chicken
	sausage
	carrots
	leeks
	turnips
	celery
	salt
ground	black pepper
Dijon	mustard
	salt
	Cornichons
French	bread
fresh	ginger

Sheet1

	onion
	oxtail
	cinnamon
	star anise
	salt
soy	sauce
Chinese yellow rock	sugar
round	steak
serrano	peppers
fresh	basil
	scallion
bean	sprouts
fresh	basil
	Lime
chili	peppers
	water
rice stick	noodles
	water
olive	oil
	oxtail
	water
	carrot
	celery
	onion
	garlic
black	peppercorns
	salt
fresh	parsley
ground	black pepper
	water
	lamb
pearl	barley
	leeks
	carrot
	celery
	salt
	Salt
fresh	parsley
	Chicken
	chicken
	carrots
	parsnips
	celery
	onions
	leeks
	garlic
	bouquet garni
ground	black pepper
ground	mace

Sheet1

Maine	potatoes
fresh	parsley
	Salt
	celery
	onions
bell	peppers
ground	red pepper
	salt
ground	black pepper
	garlic
	chicken
all-purpose	flour
vegetable	oil
vegetable	oil
all-purpose	flour
	Chicken
andouille	sausage
	garlic
	scallions
	Salt
hot	red pepper
	scallion
	water
	chicken
	salt
ground	black pepper
egg	noodles
	corn
	egg
fresh	parsley
	garlic
	onion
dried	oregano
	salt
ground	black pepper
	chicken
vegetable	oil
	onion
bell	pepper
	ham
Scotch bonnet	pepper
	garlic
	water
	tomatoes
	annatto
	rice
	peas
fresh	cilantro
	pimiento

Thai	Salt
fish	Chicken
fresh	coconut
	peppers
	sauce
	ginger
	salt
fresh	chicken
fresh	lime
	cilantro
	water
	eggs
	egg
	butter
	cream
Ground	salt
	black pepper
	Sauce
slice	egg
Swiss	bread
	cheese
olive	butter
	oil
	shallots
	eggs
	Sauce
Dijon	herbs
	mustard
	garlic
ground	salt
	black pepper
	nutmeg
	breadcrumbs
	butter
	eggs
	mayonnaise
Dijon	herbs
	mustard
	vinegar
	shallots
	salt
Worcestershire	sauce
ground	black pepper
	curry
	Eggs
	Sauce
ground	breadcrumbs
	pork
	egg

Sheet1

fresh	parsley
	lemon
	salt
fresh	savory
fresh	sage
fresh	thyme
ground	black pepper
ground	coriander
	nutmeg
all-purpose	flour
	egg
	breadcrumbs
	eggs
	eggs
	water
white	vinegar
	food coloring
Vegetable	oil
	butter
	eggs
	salt
Ground	black pepper
	eggs
	Salt
	red pepper
	bread
	cheese
	Ketchup
	Lettuce
	Bacon
	ham
	bread
	bread
	butter
	eggs
	Salsa
vegetable	oil
corn	tortillas
	eggs
	Salt
queso	fresco
fresh	cilantro
	butter
	tomato
English	muffins
	butter
	eggs
	salt
ground	black pepper

red wine	butter shallots vinegar herbs vinegar
English	eggs muffins ham
Hollandaise	eggs Sauce
ground	eggs salt black pepper butter butter eggs butter
ground	salt black pepper matzos
vegetable	egg Salt
ground	oil salt black pepper
heavy	egg cream butter eggs
ground	salt black pepper butter butter
bell	onions peppers ham eggs
ground	milk black pepper
all-purpose	salt flour
ground	salt black pepper oysters egg breadcrumbs butter eggs salt



ground	black pepper
	bacon
olive	oil
	onions
	zucchini
	salt
ground	black pepper
	eggs
	salt
ground	black pepper
Parmesan	cheese
fresh	basil
fresh	parsley
olive	oil
	artichokes
unsalted	butter
	leeks
	garlic
	water
fresh	lemon
bell	pepper
	eggs
	half-and-half
Parmesan	cheese
fresh	basil
	salt
ground	black pepper
	butter
	egg
	sugar
	egg
	salt
	butter
Powdered	sugar
	breadcrumbs
	butter
	shallots
	Sauce
Swiss	cheese
	salt
ground	black pepper
ground	red pepper
	nutmeg
	egg
	egg
	salt
	breadcrumbs
	Sauce
	salt

Sheet1

ground	nutmeg white pepper
Parmesan	egg cheese spinach egg salt walnuts cornmeal
unsalted all-purpose	butter flour milk
goat	cheese egg garlic
dried	thyme salt
ground	white pepper egg cream of tartar cauliflower
unsalted	butter shallots Madeira salt nutmeg
ground light	black pepper cream eggs
Parmesan fresh	cheese parsley vegetables eggs breadcrumbs
Swiss heavy	cheese cream onions
fresh	parsley salt
ground hot	black pepper red pepper Tomato
Pastry	Dough bacon eggs crème fraîche salt
ground	black pepper nutmeg

Sheet1

light	eggs cream herbs salt nutmeg
ground Pastry plum goat	black pepper Dough tomatoes cheese half-and-half milk
fresh fresh	eggs parsley thyme salt
ground Pastry unsalted	black pepper Dough butter leeks salt
ground	black pepper
heavy	eggs cream nutmeg Salt Sausage mushrooms onions
Italian Swiss	eggs milk bread cheese
powdered dark	egg sugar rum
heavy	cream egg nutmeg milk
heavy	cream egg sugar nutmeg milk
heavy	cream brandy nutmeg
baking	potatoes

vegetable	oil
	Salt
Baking	potatoes
	celery
	Carrots
	Parsnips
	Rutabagas
Sweet	potatoes
	beets
vegetable	oil
	Salt
baking	potatoes
	butter
	Garlic
Corn	Tortillas
vegetable	oil
	Salt
	tortilla chips
Cheddar	cheese
Monterey Jack	cheese
chili	peppers
	sour cream
black	olives
	scallions
jalapeño	pepper
fresh	cilantro
red	onions
	beef
fresh	ginger
	garlic
fresh	thyme
	Salt
balsamic	vinegar
	sour cream
	spinach
	scallions
	garlic
low-fat	yogurt
Parmesan	cheese
	sour cream
	nutmeg
	Salt
	vegetables
	bread
black	beans
	salsa
fresh	lime
	garlic
	tomatoes

	Tortilla chips
	mayonnaise
Parmesan	cheese
	onions
	artichoke
fresh	lemon
ground	black pepper
unseasoned	breadcrumbs
olive	oil
	Crackers
	cream cheese
	mayonnaise
	onions
	horseradish
Worcestershire	sauce
	salt
	crabmeat
	almonds
	Crackers
refried	beans
Hass	avocados
fresh	lime
	sour cream
taco	seasoning
chili	peppers
black	olives
plum	tomatoes
Cheddar	cheese
fresh	cilantro
	tortilla chips
	cream cheese
Hungarian	paprika
	onions
	capers
	caraway seeds
black	bread
	Radishes
	cream cheese
blue	cheese
	port
	walnuts
French	bread
	apples
fresh	figs
	cream cheese
mango	chutney
	walnuts
	Crackers
fresh	lemon

	gelatin
	mayonnaise
	sour cream
fresh	salmon
	dill
	shallot
	capers
	paprika
ground	red pepper
heavy	cream
	Watercress
Parmesan	cheese
all-purpose	flour
	lemon
ground	black pepper
	butter
	water
fresh	lemon
ground	black pepper
Rolled	Biscuits
fresh	chives
	butter
whole-grain	mustard
	honey
Dijon	mustard
	butter
smoked	ham
	butter
mango	chutney
	curry
	salt
	turkey
	Beef
	baguettes
Snail	Butter
fresh	parsley
	Capers
bell	peppers
	onions
	Onions
English	cucumbers
	sour cream
	horseradish
smoked	trout
fresh	dill
	Lemon
goat	cheese
olive	oil
fresh	thyme

Sheet1

French	bread
black	peppercorns
goat	cheese
olive	oil
sun-dried	tomato
French	bread
	Pesto
	breadcrumbs
ricotta	cheese
	sour cream
	eggs
	salt
	lemon
	nutmeg
ground	black pepper
	sour cream
sun-dried	tomato
French	bread
	Cream cheese
Parmesan	cheese
	mayonnaise
	onions
	carrots
	celery
	horseradish
	salt
	walnuts
	Crackers
frozen	puff pastry
	Brie
	chutney
	egg
	milk
	fruit
French	bread
	butter
Dijon	mustard
new	potatoes
	salt
pepper Jack	cheese
	bacon
	sour cream
	scallion
	salt
	sour cream
	caviar
fresh	chives
	mushrooms
	butter

	butter
	shallot
dried	thyme
unseasoned	breadcrumbs
fresh	chives
dry	vermouth
	Salt
Parmesan	cheese
	sausage
	garlic
unseasoned	breadcrumbs
red	peppers
fresh	parsley
	celery
	cream cheese
	Salmon
	walnuts
porcini	mushrooms
	water
	butter
	shallots
	garlic
cremini	mushrooms
	mushroom
fresh	parsley
	salt
ground	black pepper
goat	cheese
	butter
phyllo	dough
	butter
	onions
	spinach
feta	cheese
fresh	lemon
ground	black pepper
	egg
	cheese
	Salt
unsalted	butter
	cheese
all-purpose	flour
	salt
ground	red pepper
Worcestershire	sauce
	Choux Paste
	Lobster



	bread
	oysters
	bacon
	Anchovy
fresh	parsley
	oysters
	spinach
	breadcrumbs
	scallions
	bacon
fresh	parsley
	salt
hot	red pepper
olive	oil
anisette	liqueur
	salt
	butter
	scallion
fresh	parsley
fresh	lemon
	salt
cherrystone	clams
	bacon
fresh	parsley
	lemon
	lemons
olive	oil
soy	sauce
	honey
	Cajun seasoning
fresh	parsley
ground	red pepper
	shrimp
French	bread
all-purpose	flour
	sugar
	salt
	onion
	garlic
ground	white pepper
ground	black pepper
ground	red pepper
dried	thyme
	milk
	eggs
vegetable	oil
	shrimp
unseasoned	breadcrumbs
Garlic	Mayonnaise

Sheet1

all-purpose	shrimp flour salt baking powder
ground	red pepper beer milk eggs
vegetable	oil Sauce chicken
all-purpose	flour salt
ground	black pepper
vegetable	oil butter
red wine	vinegar
hot	red pepper Celery
Blue-Cheese	Dressing
vegetable	oil chicken honey
whole-grain	mustard
Dijon	mustard
cider	vinegar
unseasoned	breadcrumbs
dried	thyme
ground	red pepper
olive	oil
fresh	lemon lemon
fresh	rosemary garlic
ground	salt black pepper chicken milk egg
vegetable	oil water
seasoned	breadcrumbs cornmeal
all-purpose	flour salt
ground	red pepper chicken
vegetable	oil Peanut

Sheet1

Blue-Cheese	Dressing Tomato Pesto
Ranch	Dressing
Yogurt Dill	Dressing Honey-Mustard
smoked	ham
Honey	mustard asparagus Orange Watercress mayonnaise Pesto
smoked	turkey arugula
crescent roll	dough
Dijon	mustard
cocktail	franks egg milk Honey-Mustard
soy	chicken sauce sake
fresh	ginger
brown	sugar bacon water chestnuts
teriyaki	sauce bacon kale
soy	sauce
fresh	ginger
fresh	cilantro garlic
ground	black pepper salt
peanut	oil
sesame	oil pork
Chinese (Napa)	cabbage salt pork leeks garlic
soy	sauce
sesame	oil cornstarch sake

Sheet1

ground	black pepper cornstarch dumpling Cornstarch water
soy	sauce garlic
cake	flour
all-purpose	flour salt
corn	oil water flour
sesame	oil
scallion	greens
safflower	oil
soy	sauce ginger
scallion	greens
sesame	oil eggs water
black	tea sake
soy	sauce
fresh	ginger oranges cinnamon star anise salt cucumbers
baby	carrots salt sugar
rice	vinegar
fresh	ginger sugar salt water pecan
Corn	oil vegetables
Green	olives parsley dressing
flavored	mayonnaise Tapenade salmon

Sheet1

white	wine
olive	oil
	brandy
	Salt
unsalted	butter
smoked	salmon
unsalted	butter
	toast
black	olives
	anchovies
	capers
olive	oil
	brandy
	garlic
fresh	thyme
	Salt
French	bread
	tuna
unsalted	butter
green	olives
fresh	basil
	lemon
fresh	lemon
ground	black pepper
	anchovies
olive	oil
red wine	vinegar
fresh	parsley
	garlic
ground	black pepper
French	bread
GruyPre	cheese
	Choux Paste
GruyPre	cheese
French sheep's milk	cheese
Greek feta	cheese
olive	oil
bell	pepper
jalape±o	peppers
pickled	pepperoncini
	black pepper
olive	oil
fresh	lemon
	Crackers
olive	oil
	fennel
red	onions
Kalamata	olives
fresh	oregano

ground	fennel
phyllo	dough
olive	oil
smoked	cod
	lemon
white	bread
olive	oil
	onion
	grape leaves
	lamb
	onion
	herbs
white	rice
	salt
dried	thyme
ground	black pepper
olive	oil
	chicken
Plain	yogurt
low-fat	yogurt
	salt
	mint
	paprika
Olive	oil
	chickpeas
fresh	lemon
	tahini
	garlic
	Salt
olive	oil
fresh	parsley
	paprika
pita	bread
	eggplants
	tahini
	garlic
	lemon
	salt
olive	oil
fresh	parsley
black	olives
pita	bread
phyllo	dough
	Potato
	peas
	butter
	water
	tamarind
boiling	potatoes

Sheet1

black	cumin coriander peppercorns salt chickpeas
plum	tomato onion
serrano fresh boiling	pepper cilantro potatoes canola oil
black	mustard garlic onion
fresh serrano fresh	cilantro pepper lemon salt
Mint-Cilantro ground	Chutney beef onion
fresh fresh	cilantro ginger garlic mint
serrano ground ground	peppers coriander red pepper salt
Pita	bread
olive ground	oil white pepper salt
honeydew fresh	melon figs prosciutto fennel prosciutto
Parmesan olive ground olive	cheese oil black pepper oil garlic
black fresh	peppercorns rosemary salt
red fresh	pepper mozzarella

Sheet1

cannellini	beans
	bay leaf
fresh	thyme
	onion
	garlic
olive	oil
baking	potatoes
fresh	basil
	salt
ground	black pepper
Italian	bread
	garlic
olive	oil
	tomatoes
fresh	basil
	Salt
vegetable	oil
	garlic
	chicken
	chicken
shiro	miso
	egg
all-purpose	flour
	water
	sake
	water
soy	sauce
	sugar
	sake
	mirin
	cornstarch
	water
	beef
	scallions
vegetable	oil
	sake
soy	sauce
	sugar
	scallops
	shrimp
	sake
	salt
	cornstarch
	Beni shoga
	parsley
soy	sauce
fresh	lime
Corn	Tortillas
	oil



Sheet1

red	onion
ground	beef
	garlic
	chili powder
ground	cumin
ground	coriander
	anise
	Salt
	tomato
jalape±o	peppers
romaine	lettuce
queso fresco	cheese
	Salsa
	Salsa
	swordfish
	orange
fresh	cilantro
jalape±o	peppers
	salt
ground	black pepper
Corn	Tortillas
romaine	lettuce
	radishes
	Salsa
	chicken
vegetable	oil
Corn	Tortillas
	Salsa
vegetable	oil
Corn	Tortillas
vegetable	oil
fresh	lime
fresh	cilantro
ground	cumin
ground	coriander
	Salt
Hot	red pepper
	shrimp
	corn
queso fresco	cheese
	avocado
plum	tomatoes
red	onion
	Salt
Hot	red pepper
romaine	lettuce
Fresh	cilantro
vegetable	oil

Sheet1

Corn	Tortillas
romaine	lettuce
	chicken
queso fresco	cheese
black	beans
bell	pepper
Lime	Vinaigrette
	sour cream
	Salsa
	masa harina
	water
all-purpose	flour
	vegetable
	baking powder
	salt
black	beans
	sausage
	Salsa
queso a±ejo	cheese
vegetable	oil
Fresh	cilantro
vegetable	oil
white	onion
roasted	pepper
	salt
Mexican Chihuahua	cheese
Flour	Tortillas
	Salsa
all-purpose	flour
	baking powder
	salt
unsalted	butter
	lard
	water
vegetable	oil
	onion
	garlic
ground	beef
	potatoes
	tomato
	raisins
green	olives
dried	oregano
	salt
ground	black pepper
dried	thyme
	egg
	milk
	salt

white	onion
jalapeño	peppers
	tomato
	avocados
fresh	cilantro
fresh	lime
	salt
Fresh	cilantro
	caraway seeds
ground	cumin
ground	coriander
ground	black pepper
	red pepper
	salt
	lamb
	pita bread
	carrots
bell	peppers
Kalamata	olives
	orange
olive	oil
fresh	lemon
ground	coriander
ground	cumin
ground	cinnamon
	red pepper
	Salt
	pita bread
	Lemons
anchovy-stuffed green	olives
black	olives
	yeast
	water
	milk
	butter
	eggs
	sugar
	salt
all-purpose	flour
vegetable	oil
	onions
ground	beef
	eggs
	sour cream
	beef
fresh	dill
fresh	parsley

Sheet1

ground	salt black pepper egg eggplant
olive	oil
bell	onions pepper
plum	garlic tomatoes
ground	salt black pepper
fresh	lemon
Black	bread
kidney	beans onion garlic bay leaf plum
red wine	vinegar
fresh	cilantro
fresh	lemon
jalapeño	peppers garlic salt
ground	coriander
ground	black pepper mushrooms
fresh	dill garlic bay leaves
juniper	berries
black	peppercorns cloves water
pickling	salt Havarti garlic mayonnaise
fresh	chives salt
Black	bread
red	potatoes
marinated	herring celery sour cream
fresh	lemon
fresh	parsley
fresh	chives paprika

Sheet1

dark rye	Lettuce
Unsalted	bread
smoked	butter
	salmon
	eggs
fresh	dill
rye	bread
Unsalted	butter
	shrimp
ground	black pepper
	Lemon
	bread
serrano	ham
olive	oil
	almonds
	pork
Olive	oil
	figs
Olive	oil
olive	oil
sherry	vinegar
olive	oil
	onion
	Salt
olive	oil
red-skinned	potatoes
	eggs
	salt
ground	black pepper
	Salt
olive	oil
fresh	rosemary
	garlic
	bay leaves
ground	black pepper
	red pepper
green	olives
black	olives
black	olives
	water
Japanese somen	noodles
	shrimp
	red-leaf
	carrot
bean	sprouts
	mint
fresh	cilantro
	chives
	rice paper

	Peanut
	lemon grass
	sugar
	shallots
	garlic
fish	sauce
soy	sauce
sesame	oil
peanut	oil
	five-spice powder
	chili bean paste
	spareribs
	sesame
coconut	milk
	shallots
brown	sugar
soy	sauce
	garlic
ground	cumin
ground	coriander
	beef
	coconut
	peanut butter
brown	sugar
fish	sauce
soy	sauce
	curry
	water
fresh	lime
Vegetable	oil
white	bread
	garlic
Swiss	fendant
GruyPre	cheese
	nutmeg
	cornstarch
	kirsch
	Salt
Swiss	fendant
white	bread
	Mayonnaise
Bibb	lettuce
	chicken
Bibb	lettuce
	tomato
	bacon
	cucumber
	toast

Sheet1

	tomato
	bacon
	turkey
	Sauce
Italian	bread
Herb	Vinaigrette
Italian	deli meats
provolone	cheese
pickled hot	peppers
bell	peppers
fresh	basil
Italian	sausage
	chicken
olive	oil
	onion
	garlic
bell	pepper
bell	pepper
fresh	oregano
	Salt
balsamic	vinegar
hero	rolls
hot dog	buns
	butter
	frankfurters
	Ketchup
	Mustard
	Relish
	Piccalilli
	onions
	Relish
ground	chuck
	Salt
hamburger	rolls
	Ketchup
	Mustard
	Relish
	Piccalilli
	Chow-Chow
	butter
	onions
	mushrooms
bell	pepper
fresh	thyme
	Salt
	Hamburger
ground	beef
olive	oil
ground	black pepper

Sheet1

soy	sauce
	port
hot	red pepper
Tomato	Chutney
Dijon	mustard
fresh	lemon
ground	turkey
Mango	Chutney
	scallions
ground	cumin
ground	coriander
	Salt
sourdough	bread
	Arugula
red	onions
vegetable	oil
	onion
bell	pepper
	garlic
	celery
fresh	thyme
	Salt
ground	beef
Chili	Sauce
	beer
Worcestershire	sauce
Hot	red pepper
seeded	rolls
	scallion
roast	beef
Brown	Sauce
	butter
yellow	mustard
white	bread
white sandwich	bread
Cheddar	cheese
	butter
vegetable	oil
	bagels
	cream cheese
Bermuda	onion
	tomato
smoked	salmon
	Sauce
rye	bread
Russian	Dressing
	beef
	Cole Slaw
corned	beef



Sheet1

Swiss	cheese
pumpernickel	bread
	horseradish
Spicy	mustard
	Braunschweiger
red	onion
	cucumber
	bacon
	egg
	milk
	ham
	onions
bell	peppers
	Salt
	butter
	Kaiser roll
Cheshire	cheese
	butter
	beer
	egg
Worcestershire	sauce
	salt
	paprika
dry	mustard
	curry
ground	red pepper
beer	bread
	toast
	Mayonnaise
beefsteak	tomatoes
Bibb	lettuce
	bacon
	Salt
Cheddar	cheese
	mayonnaise
chipped	beef
sweet-and-sour	pickles
	parsley
	onions
yellow	mustard
	Salt
potato	bread
	Lettuce
	Tomato
	bread
rye	bread
Monterey Jack	cheese
	Shrimp
	brioche

Sheet1

Parmesan	cheese
rye	bread
	Butter
Russian	Dressing
corned	beef
	sauerkraut
Swiss	cheese
Dill	pickles
white	bread
unsalted	butter
French-Style	Mustard
	ham
GruyPre	cheese
Cuban	bread
	Butter
whole-grain	mustard
	ham
Swiss	cheese
roasted	pork
sour	pickles
	flatbreads
	turkey
	avocados
	carrots
	tomato
	scallions
	sprouts
	Salt
Tahini	Dressing
bell	peppers
bell	peppers
	eggplant
red	onions
	zucchini
	mushrooms
fresh	basil
	Salt
	flatbreads
vegetable	oil
	cornmeal
	salt
ground	black pepper
	oysters
French	bread
Tartar	Sauce
	tomato
iceberg	lettuce
French	rolls

Sheet1

vegetable	beef
	oil
	onions
bell	pepper
bell	pepper
	Salt
hot	red pepper
provolone	cheese
	lobster
	mayonnaise
	celery
	Salt
	tomato
fresh	basil
vegetable	oil
French	bread
	butter
Tartar	Sauce
	lettuce
	tomatoes
Fried	Clams
green	olives
black	olives
olive	oil
fresh	parsley
fresh	oregano
	garlic
red	pepper
	lemon
Italian	bread
	lettuce
	mortadella
	sopressata
provolone	fontina
	tomatoes
	beef
	rutabagas
	potatoes
	carrots
	onions
	Salt
all-purpose	flour
	sugar
	salt
	vegetable
	water
	egg
white	vinegar

Sheet1

fresh	basil
balsamic	vinegar
	garlic
bell	peppers
	eggplant
olive	oil
	Focaccia
	Tapenade
mozzarella	cheese
	tomato
	ciabatta
olive	oil
Balsamic	vinegar
	prosciutto
mozzarella	cheese
fresh	basil
	Salt
skirt	steak
	limes
	scallions
	garlic
fresh	cilantro
vegetable	oil
	red pepper
ground	coriander
	anise
	salt
flour	tortillas
	Salsa
flour	tortillas
Refried	Beans
Monterey Jack	cheese
Cheddar	cheese
	onions
jalape±o	peppers
	sour cream
	scallions
Pizza	Dough
	Tomato
mozzarella	cheese
Pizza	Dough
olive	oil
	yeast
	water
	water
all-purpose	flour
	salt

Sheet1

Olive	oil
Olive	oil
olive	oil
olive	oil
Parmesan	cheese
fontina	cheese
pecorino	cheese
canned	tomatoes
fresh	parsley
ground	black pepper
olive	oil
fresh	basil
Pizza	Dough
	Fillings
Boston	lettuce
fresh	parsley
fresh	chives
	Vinaigrette
	arugula
Belgian	endives
	radicchio
Herb	Vinaigrette
	herb
salad	greens
	Vinaigrette
Gruyère	cheese
Parmesan	cheese
salad	greens
	Vinaigrette
	butter
olive	oil
	garlic
	Salt
French	bread
	garlic
	salt
fresh	lemon
Worcestershire	sauce
	Salt
	anchovy
olive	oil
romaine	lettuce
	eggs
Parmesan	cheese
sourdough	bread
olive	oil
	garlic
	Salt
	garlic

Sheet1

	salt
	chicken
Parmesan	cheese
fresh	parsley
sherry	vinegar
Dijon	mustard
fresh	thyme
	anchovy
olive	oil
romaine	lettuce
Parmesan	cheese
	Salt
Parmesan	cheese
Boston	lettuce
cherry	tomatoes
feta	cheese
red	onion
	cucumber
Kalamata	olives
	celery
	scallions
	radishes
	anchovy
olive	oil
fresh	lemon
	garlic
dried	oregano
	Salt
corn	bread
olive	oil
	garlic
Parmesan	cheese
balsamic	vinegar
	chicken
fresh	basil
	Salt
olive	oil
romaine	lettuce
red	onion
Parmesan	cheese
cider	vinegar
	sour cream
	buttermilk
	honey
	garlic
	scallion
ground	red pepper
	Salt
olive	oil

Sheet1

	arugula
	radicchio
Belgian	endives
Granny Smith	apples
	pecan
red wine	vinegar
	shallots
Dijon	mustard
	Salt
walnut	oil
vegetable	oil
Belgian	endives
	walnut
Gorgonzola	cheese
	Vinaigrette
summer	squash
green	beans
cherry	tomatoes
red	onion
fresh	basil
	arugula
Fresh	basil
	Apricot
bitter	greens
	chicken
	water
	beef
	watercress
	mint
fresh	cilantro
	radishes
red	onion
	lemon
vegetable	oil
fresh	lime
fish	sauce
soy	sauce
	sugar
	red pepper
	Salt
	bacon
cider	vinegar
olive	oil
yellow	mustard
fresh	parsley
	onion
	sugar
	spinach
	eggs

Sheet1

bell	peppers
olive	oil
	shrimp
	Salt
	bacon
sherry	vinegar
Dijon	mustard
	shallots
fresh	thyme
	red pepper
olive	oil
	spinach
	sesame
	spinach
	salt
Tangerine Shallot	Dressing
	grapefruit
navel	orange
	avocado
ground	black pepper
French	bread
olive	oil
	Vinaigrette
	watercress
	romaine
Belgian	endive
	lobster
	avocado
bell	pepper
bell	pepper
plum	tomatoes
French	bread
olive	oil
	Salt
salt	pork
vegetable	oil
	shallots
red wine	vinegar
fresh	parsley
	garlic
fresh	thyme
	Salt
	frisÚe
	eggs
fresh	parsley
baby	greens
unseasoned	breadcrumbs
dried	thyme
olive	oil



Sheet1

goat	cheese
	Vinaigrette
	leeks
	tuna
	tomatoes
Olive	oil
	Salt
salad	greens
	watercress
Caraway	Dressing
fresh	chives
sea	scallops
	fennel
Olive	oil
	Salt
fresh	lemon
Dijon	mustard
	shallots
fresh	tarragon
fresh	parsley
fresh	thyme
	Salt
Olive	oil
	arugula
red	onion
	tomatoes
olive	oil
fresh	lime
red wine	vinegar
fresh	parsley
Dijon	mustard
	honey
ground	cumin
	Salt
	swordfish
vegetable	oil
	Salt
Boston	lettuce
	tangerines
	jÝcama
bell	pepper
	Salt
	tomatoes
olive	oil
balsamic	vinegar
fresh	parsley
	Salt
	tomatoes
mozzarella	cheese

Sheet1

fresh	basil
olive	oil
	Salt
	bread
olive	oil
red wine	vinegar
fresh	lemon
fresh	parsley
	garlic
	Salt
	cucumbers
	tomatoes
red	onion
Kalamata	olives
fresh	basil
Parmesan	cheese
	cucumber
	salt
pita	bread
	tomatoes
bell	pepper
	scallions
fresh	parsley
fresh	cilantro
	mint
olive	oil
	lemon
	garlic
	salt
	avocados
	Vinaigrette
fresh	parsley
	lemon
Hass	avocados
	mango
red	onion
fresh	lemon
	salt
olive	oil
fresh	lemon
	Salt
	arugula
	carrots
	raisins
	pecans
fresh	lemon
	lemon
	salt
ground	black pepper

Sheet1

	sour cream
	celery
	apples
	walnuts
	grapes
	mayonnaise
rice	vinegar
	sesame
superfine	sugar
	cucumber
	yogurt
	cucumber
	salt
	garlic
	salt
white wine	vinegar
	mint
fresh	dill
	Salt
olive	oil
sesame	oil
white wine	vinegar
soy	sauce
	sugar
	sesame
	asparagus
	beets
red wine	vinegar
	Salt
olive	oil
vegetable	oil
heavy	cream
	horseradish
ground	white pepper
fresh	dill
olive	oil
	garlic
fresh	tarragon
	Salt
fresh	lemon
	Salt
	mushrooms
	fennel
Parmesan	cheese
	celery
	Sauce
	Watercress
	jÝcama
	cucumbers

Sheet1

navel	oranges
	radishes
red	onion
	limes
	Salt
chili	pepper
fresh	cilantro
navel	oranges
red	onion
	fennel
Gaeta	olives
	mint
ground	black pepper
olive	oil
	potatoes
	celery
fresh	chives
fresh	parsley
	mayonnaise
	milk
	Salt
	potatoes
red wine	vinegar
	shallot
fresh	parsley
	capers
whole-grain	mustard
fresh	tarragon
	Salt
olive	oil
	potatoes
	bacon
	onion
	celery
dill	pickle
	chicken
white wine	vinegar
	sugar
	paprika
dry	mustard
	Salt
fresh	parsley
low-fat	yogurt
	cucumber
	salt
olive	oil
fresh	dill
	mint
red wine	vinegar

Sheet1

ground	black pepper
	garlic
	salt
	potatoes
	Salt
Fresh	cucumber
	dill
	mint
peanut	oil
	onion
	garlic
	peanuts
	milk
ricotta	cheese
peanut	oil
jalape±o	pepper
	salt
ground	turmeric
Peruvian blue	potatoes
	Lettuce
	Salt
	eggs
Pickled	onions
Black	olives
	corn
	Mayonnaise
white	vinegar
	sugar
	Vinaigrette
green	cabbage
	Salt
	Dill
fresh	parsley
	bacon
	Pineapple
	carrots
	onions
nonfat	yogurt
cider	vinegar
	sugar
fresh	dill
	horseradish
dry	mustard
	Salt
	cabbage
	carrots
	cabbage
	salt
rice	vinegar

Sheet1

fresh	sugar
	ginger
	red pepper
	carrots
Fresh	cilantro
	bacon
cider	vinegar
	water
brown	sugar
	caraway seeds
	Salt
	cabbage
	apple
	chickpeas
red	onion
fresh	parsley
fresh	lemon
olive	oil
Dijon	mustard
	garlic
	Salt
chicory, escarole, or romaine	lettuce
kidney	beans
	celery
Spanish	olives
fresh	tarragon
red wine	vinegar
	garlic
	paprika
	salt
olive	oil
ground	black pepper
green	beans
wax	beans
kidney	beans
bell	pepper
	onion
vegetable	oil
tarragon	vinegar
	sugar
fresh	tarragon
	salt
ground	black pepper
	Lettuce
	corn
red wine	vinegar
	garlic
	salt
ground	black pepper

Sheet1

olive	oil
fresh	basil
black	beans
cherry	tomatoes
red	onions
Fresh	basil
red	potatoes
	scallions
fresh	parsley
	lentils
olive	oil
sherry	vinegar
	garlic
	salt
ground	black pepper
	chicken
	peaches
black	olives
bell	peppers
white	rice
Herb	Vinaigrette
Champagne	vinegar
Dijon	mustard
olive	oil
	Salt
Italian	sausage
wild	rice
white	rice
	celery
	grapes
brown	rice
	dates
navel	oranges
	scallions
dark	raisins
fresh	parsley
olive	oil
fresh	lemon
ground	cinnamon
ground	cumin
	red pepper
	Salt
elbow	macaroni
olive	oil
white wine	vinegar
	chicken
	Salt
cherry	tomatoes
plum	tomatoes

Sheet1

red	onion
black	olives
fresh	basil
fresh	parsley
	mint
	lemon
nonfat	yogurt
	garlic
red wine	vinegar
	sugar
	Salt
elbow	macaroni
bell	peppers
	fennel
red	onions
fresh	basil
	parsley
	capers
fresh	oregano
jalapeño	pepper
	garlic
olive	oil
feta	cheese
Kalamata	olives
	Salt
	penne
red	onion
	chicken
	fusilli
Hass	avocado
	tomatoes
	scallions
	garlic
	capers
fresh	basil
olive	oil
	lemon
	Salt
bell	peppers
	penne
olive	oil
	garlic
	shrimp
black	olives
flat-leaf	parsley
	pine nuts
ground	red pepper
	Salt
	tortellini



Sheet1

	tomatoes
	artichoke
Niçoise	olives
	capers
fresh	basil
red wine	vinegar
	Salt
mozzarella	cheese
	couscous
Lime	Vinaigrette
	pine nuts
bell	pepper
dried	apricots
golden	raisins
dried	currants
fresh	cilantro
	Salt
	bulgur
	water
	tomatoes
	parsley
	mint
	purslane
	scallions
	onion
ground	allspice
	salt
ground	black pepper
fresh	lemon
olive	oil
romaine	lettuce
	salad greens
	Vinaigrette
	chicken
smoked	ham
Swiss	cheese
	tomatoes
	eggs
black	olives
fresh	parsley
	Salt
low-fat	mayonnaise
	shallot
chili	sauce
	relish
fresh	parsley
	Salt
	egg
	parsley

Sheet1

Swiss	salad greens
smoked	cheese
	turkey
cherry	ham
English	tomatoes
	cucumber
	garlic
	salt
red wine	vinegar
fresh	lemon
	Roquefort cheese
	Salt
olive	oil
Bibb	lettuce
	watercress
	avocado
	chicken
	bacon
	eggs
	tomatoes
fresh	chives
Roquefort	cheese
low-fat	mayonnaise
	buttermilk
	shallots
fresh	parsley
fresh	tarragon
	Salt
Bibb	lettuce
	parsley
	watercress
	chicken
plum	tomatoes
	avocado
fresh	chives
	turkey
Roquefort	cheese
red new	potatoes
green	beans
red wine	vinegar
Dijon	mustard
	Salt
olive	oil
Boston	lettuce
	tomatoes
	eggs
	tuna
Nipoise	olives
fresh	parsley

Sheet1

	capers
	anchovy
	Salt
	chicken
	celery
	mayonnaise
	Salt
	Lettuce
fresh	parsley
	chicken
red	onion
plum	tomatoes
	avocado
fresh	cilantro
olive	oil
	lime
fresh	lime
ground	cumin
	chili powder
	Salt
red	cabbage
green	cabbage
	peanuts
	chicken
mandarin	oranges
	scallions
	peanuts
mandarin	orange
peanut	oil
fresh	lemon
chili	oil
fresh	ginger
	salt
Szechuan	peppercorns
Chinese (Napa)	cabbage
	peanuts
chow mein	noodles
	mayonnaise
	sour cream
mango	chutney
	curry
	Salt
	turkey
	scallions
	celery
	cashews
dried	currants
	Salad greens
	eggs

	mayonnaise
	onions
	celery
	Salt
	curry
	tuna
	celery
	mayonnaise
	capers
fresh	parsley
fresh	lemon
	Salt
	Lettuce
	lobster
	sour cream
	cucumber
	egg
snow	peas
fresh	chives
fresh	parsley
fresh	tarragon
fresh	lemon
	lemon
Boston	lettuce
fresh	chives
	Lemon
olive	oil
fresh	lemon
Dijon	mustard
	garlic
	capers
bell	pepper
green	olives
black	olives
fresh	parsley
	squid
	shrimp
sea	scallops
cherrystone	clams
	mussels
	Salt
Boston	lettuce
Boston	lettuce
lump	crabmeat
	Sauce
	eggs
fresh	chives
	gelatin
	water

Sheet1

seafood	seafood
white wine	stock
	vinegar
	Salt
	savory
	Lettuce
	tomato
	tomato
	onions
	celery
fresh	lemon
balsamic	vinegar
	sugar
dried	basil
	salt
black	peppercorns
	garlic
	bay leaf
	gelatin
	water
Hass	avocado
bell	peppers
jalapeño	pepper
lump	crabmeat
fresh	cilantro
	vegetables
	cucumber
	water
	salt
	lemon
	gelatin
	water
	milk
white wine tarragon	vinegar
	salt
heavy	cream
	shrimp
fresh	parsley
	Vinaigrette
	pineapple
	gelatin
	gelatin
	water
	carrots
	garlic
	salt
red wine	vinegar
	shallot
Dijon	mustard

Sheet1

olive	Salt
red wine	oil
Dijon	vinegar
	mustard
	garlic
	Salt
	Chicken
olive	oil
fresh	lemon
white wine	vinegar
	honey
whole-grain	mustard
	Salt
olive	oil
	tomato
	mint
	shallot
red wine	vinegar
fresh	lime
Dijon	mustard
	garlic
	Salt
olive	oil
	shallot
balsamic	vinegar
	walnuts
Dijon	mustard
	Salt
hot	red pepper
olive	oil
walnut	oil
cider	vinegar
fresh	parsley
Worcestershire	sauce
	Salt
olive	oil
blue	cheese
balsamic	vinegar
Parmesan	cheese
	fennel
	shallot
	garlic
	Salt
olive	oil
	garlic
	salt
rice	vinegar
	shallots
fresh	ginger

Sheet1

soy	sauce
sesame	oil
	Salt
hot	red pepper
peanut	oil
fresh	lime
fish	sauce
	sugar
	Salt
ground	red pepper
vegetable	oil
bell	peppers
balsamic	vinegar
fresh	basil
	garlic
	Salt
olive	oil
	garlic
	salt
	tangerine
fresh	lemon
	shallots
vegetable	oil
	apricot
balsamic	vinegar
dried	apricots
fresh	parsley
	garlic
whole-grain	mustard
	sugar
	Salt
olive	oil
	garlic
	shallots
olive	oil
olive	oil
fresh	lemon
white wine	vinegar
Dijon	mustard
fresh	thyme
fresh	rosemary
	Salt
olive	oil
	shallots
	garlic
sun-dried	tomato
black	olives
balsamic	vinegar
fresh	thyme

Sheet1

olive	Salt oil
cider	honey
olive	vinegar
	oil
Dijon	shallot
	mustard
	poppy seeds
feta	Salt
red wine	cheese
fresh	vinegar
	oregano
olive	Salt
	oil
Chili	Mayonnaise
	Sauce
Worcestershire	horseradish
fresh	sauce
	parsley
	onions
	Salt
Chili	Mayonnaise
	Sauce
	egg
	gherkins
fresh	onions
fresh	chives
	parsley
	Salt
	Mayonnaise
fresh	sour cream
fresh	chives
fresh	parsley
white wine	lemon
	vinegar
	anchovy
	Salt
	Mayonnaise
fresh	sour cream
fresh	parsley
	lemon
Worcestershire	garlic
	sauce
	Salt
ground	red pepper
blue	cheese
	buttermilk
fat-free	mayonnaise
blue	cheese



ground	garlic
fresh	red pepper
	chives
	Buttermilk
	Mayonnaise
heavy	cream
Chili	Sauce
bell	peppers
	scallions
fresh	lemon
Worcestershire	sauce
	Salt
fresh	lemon
	Crème fraiche
	caraway seeds
whole-grain	mustard
	shallots
fresh	thyme
olive	oil
	Salt
	oil
	sour cream
fresh	lime
fresh	cilantro
	chili powder
ground	cumin
	Salt
cider	vinegar
	sugar
light	cream
	celery
	Salt
	tahini
	water
	lemons
	garlic
fresh	cilantro
ground	coriander
ground	cumin
	Salt
ground	red pepper
	garlic
	salt
	buttermilk
fresh	lime
fresh	cilantro
fresh	chives
	Salt
goat	cheese

Sheet1

white wine	buttermilk
Dijon	vinegar
fresh	mustard
fresh	thyme
	parsley
	lemon
	Salt
	Buttermilk
nonfat	yogurt
	shallots
fresh	dill
Dijon	mustard
	Salt
	sour cream
bell	peppers
	onions
	celery
	Salt
fresh	lime
fresh	cilantro
ground	cumin
	garlic
chili	peppers
olive	oil
	avocados
	tomato
	Salt
	water
pearl	barley
	salt
Pearl	Barley
	butter
	pecan
	butter
	onions
shiitake	mushrooms
pearl	barley
white	wine
	garlic
	salt
ground	black pepper
	chicken
pearl	barley
olive	oil
	shallots
	morel
fresh	lemon
fresh	parsley
	lemon

vegetable	Salt asparagus kasha egg oil water salt chicken onions mushrooms garlic
bowtie	Salt pasta egg kasha chicken
fresh	parsley cornmeal water salt water butter Molasses
ground	beef
green	salsa olives chili powder
ground	cumin
ground	cinnamon water vegetable baking powder
vegetable	salt oil cornmeal
Cheddar	eggs cheese water butter onions water water
Parmesan	cornmeal cheese salt butter onions water water

Sheet1

GruyPre	cornmeal
mozzarella	cheese
Parmesan	cheese
heavy	cheese
	cream
	Polenta
	water
	butter
	onions
	garlic
	grits
	salt
Cheddar	cheese
	milk
	eggs
ground	red pepper
	corn
	water
	baking soda
	water
	water
	salt
vegetable	butter
	oil
	onions
baked	ham
	hominy
	tomatoes
	salt
ground	black pepper
	breadcrumbs
Cheddar	cheese
	butter
New Mexico	peppers
negro	peppers
olive	oil
	onions
bell	peppers
	garlic
dried	oregano
	hominy
	chicken
Anaheim	peppers
jalape±o	peppers
	orange
fresh	lemon
	salt
	corn
ground	cumin

	chili powder
ground	salt
	red pepper
	chicken
	butter
instant	onions
	grits
	cornmeal
	sugar
	baking powder
	salt
	water
jalapeño	butter
Monterey Jack	peppers
	cheese
	water
	salt
	millet
	butter
	millet
	water
	salt
rolled	water
	oats
	raisins
	salt
ground	vanilla
	cinnamon
brown	nutmeg
	sugar
steel-cut	water
	oats
	raisins
	salt
ground	vanilla
	cinnamon
brown	nutmeg
rolled	sugar
	oats
	water
	raisins
	walnuts
dried	coconut
brown	apricots
	sugar
	milk
vegetable	oil
rolled	oats
	wheat flakes

	rye
	walnuts
	sunflower seeds
	wheat germ
	sesame
dried	raisins
	apricots
olive	quinoa
	oil
	garlic
	water
acorn	salt
	squash
	butter
	onions
	quinoa
	chicken
ground	salt
	black pepper
	hazelnuts
fresh	parsley
Parmesan	cheese
Parmesan	cheese
	water
	butter
	salt
white	rice
white	rice
	water
	butter
	salt
brown	rice
	butter
	onions
white	rice
	chicken
	salt
	butter
	mushrooms
	onions
	garlic
brown	rice
ground	black pepper
	chicken
	salt
	eggs
	salt
vegetable	oil
vegetable	oil

Sheet1

fresh	rice
	ginger
	scallion
vegetable	oil
	onions
	tomatoes
	chicken
	rice
	salt
	Salt
black-eyed	peas
	water
	onions
	garlic
smoked	ham
dried	thyme
	red pepper
	bay leaves
	Salt
	chicken
	butter
	bacon
	rice
	salt
fresh	parsley
	butter
	onions
white basmati	rice
	water
	salt
	walnuts
	butter
	onions
	garlic
brown basmati	rice
	raisins
	cinnamon
	chicken
	butter
	onions
white basmati	rice
	bulgur
	cinnamon
	water
	salt
	butter
	dates
	lentils
vegetable	oil

white basmati	garlic cumin rice chicken salt walnuts bacon onions
bell	peppers garlic
white	rice chicken
canned	tomatoes paprika
ground	black pepper water salt
white basmati	rice cinnamon cloves
black	peppercorns cardamom butter onions
dried	saffron apricots cherries pistachios coconut
jasmine	rice
fresh	ginger salt coconut
Fresh	cilantro water rice
fresh	ginger scallion salt chicken sesame scallion butter onion
Italian	chicken rice
white	wine butter
Parmesan	cheese



Sheet1

	Salt
	saffron
	chicken
	butter
	onion
	chicken
Italian	rice
white	wine
Parmesan	cheese
	Salt
Parmesan	cheese
	tomatoes
fresh	basil
fresh	lime
	salt
	chicken
fresh	corn
	butter
	scallions
Italian	rice
white	wine
	Salt
Parmesan	cheese
	risotto
	egg
	butter
Parmesan	cheese
olive	oil
	chicken
	rabbit
	onion
	tomatoes
	chicken
kidney	beans
butter	beans
green	beans
fresh	rosemary
	Salt
Valencia	rice
	butter
	chicken
	Salt
bell	pepper
	celery
white	rice
ground	red pepper
	water
fresh	parsley
	salt

dried	thyme
ground	black pepper
	bay leaf
	ham
	rice
	water
	kombu
	rice
	rice
	rice
rye	berries
	garlic
	salt
red	peppers
olive	oil
fresh	lemon
white wine	vinegar
	shallot
ground	cumin
	Salt
ground	red pepper
	carrot
	celery
	radishes
	zucchini
	fennel
bell	pepper
red	onion
fresh	cilantro
	Salt
triticale	berries
vegetable	oil
	scallions
fresh	ginger
	garlic
sesame	oil
	Salt
	red pepper
	cashews
	wheat
	water
	butter
	onions
dried	fruits
	wheat
	cinnamon
	chicken
	salt
ground	black pepper

Sheet1

blanched	almonds couscous water salt couscous water
olive	oil
portobello	mushrooms
olive	oil
red	onion celery
white	turnips rutabaga leeks cauliflower
dried	thyme
dried	marjoram
	vegetable chickpeas Salt couscous
	Salt vegetable mint zucchini Salt
olive	oil onions couscous garlic chicken
dried	currants
ground	cinnamon pine nuts
olive	oil onion garlic chicken zucchini
fresh	thyme couscous
cherry	butter tomatoes couscous water carrots celery

	lemon
	mint
fresh	parsley
ground	cumin
	Salt
olive	oil
	lemon
ground	turmeric
	water
wild	rice
	salt
Wild	Rice
olive	oil
button	mushrooms
shiitake	mushroom
	onions
fresh	parsley
	garlic
fresh	thyme
	Salt
unblanched	almonds
olive	oil
	mushrooms
	onions
wild	rice
pearl	barley
	garlic
fresh	thyme
	chicken
	salt
black	beans
vegetable	oil
	onion
	water
fresh	epazote
jalape±o	pepper
	Salt
black	beans
	water
Italian	sausage
olive	oil
	onion
bell	pepper
	garlic
ground	cumin
	red pepper
ground	cardamom
	orange
dry	sherry

Sheet1

ground	salt black pepper sour cream
olive	oil onions garlic pepper tomatoes water rice salt
black	beans
vegetable	oil
white	onion garlic
Black	Beans
queso fresco	Salt cheese Tortilla chips
black	beans
vegetable	oil onions garlic
habanero	peppers chili powder
ground	cumin sugar salt
ground	black pepper orange
fresh	orange lime lime tomatoes water sour cream
fresh	cilantro scallions Lime
dried	peas
smoked	ham onion carrot celery bay leaf garlic water escarole

Sheet1

red wine	vinegar
	salt
ground	black pepper
vegetable	oil
	cumin
fresh	ginger
	garlic
	curry
	chickpeas
sweet	potatoes
	cauliflower
green	beans
	chicken
	salt
ground	black pepper
	yogurt
all-purpose	flour
jalapeño	peppers
	coconut
	cashews
olive	oil
blanched	almonds
	garlic
	paprika
ground	cumin
ground	coriander
hot	red pepper
	chicken
	chickpeas
	raisins
	couscous
	Salt
fresh	parsley
	chickpeas
	onions
	parsley
	garlic
ground	cumin
	salt
	coriander
	baking soda
ground	red pepper
all-purpose	flour
Vegetable	oil
	tahini
	water
fresh	lemon
	salt
pita	bread

Sheet1

	lettuce
	tomato
hot	red pepper
	chickpeas
olive	oil
	garlic
	salt
fava	beans
	garlic
	bay leaf
fresh	oregano
fresh	thyme
	red pepper
	celery
fresh	parsley
olive	oil
fresh	lemon
	garlic
	salt
ground	black pepper
brown	lentils
	water
	onion
	garlic
	bay leaf
	Salt
	sesame
	carrots
	broccoli
yellow	squash
snow	peas
vegetable	oil
bell	peppers
	garlic
fresh	ginger
	red pepper
brown	lentils
	scallions
soy	sauce
sesame	oil
olive	oil
	carrots
	garlic
brown	lentils
	spinach
soy	sauce
	rice
	turkey
	Salt

vegetable	oil
	onion
white	wine
	water
fresh	thyme
	butter
	carrots
	celery
	leek
brown	lentils
	water
	spinach
green	olives
fresh	lemon
	Salt
	water
cotechino	sausage
	water
brown	lentils
olive	oil
red	onion
	carrot
	celery
	bay leaf
	garlic
fresh	marjoram
	tomatoes
	chicken
	Salt
olive	oil
	onions
	garlic
brown	lentils
	water
	tomatoes
ground	cumin
ground	coriander
ground	allspice
	salt
ground	black pepper
elbow	macaroni
	cumin
	red pepper
lima	beans
	onion
	bacon
chili	sauce
dark	molasses
cider	vinegar



Sheet1

	salt
dry	mustard
kidney	beans
heavy	cream
	corn
lima	beans
	butter
fresh	thyme
	salt
ground	black pepper
kidney	beans
	water
	ham
	celery
	onions
bell	peppers
	garlic
	bay leaves
dried	thyme
dried	oregano
ground	white pepper
ground	red pepper
andouille	sausage
	rice
olive	oil
	carrots
bell	peppers
bell	peppers
	onions
	garlic
chili	peppers
chili	pepper
ground	cumin
plum	tomatoes
kidney	beans
cannellini	beans
black	beans
	tomato
	Salt
	sour cream
	Salsa
fresh	cilantro
kidney	beans
	water
	onion
	celery
	bay leaf
	garlic
	cinnamon

Sheet1

olive	oil
	pork
	onion
bell	pepper
sweet	potato
	garlic
	salt
	paprika
Cheddar	cheese
vegetable	oil
	onions
	garlic
	chili powder
kidney	beans
	tomatoes
	salt
ground	black pepper
split	peas
	water
	onion
	garlic
fresh	ginger
ground	turmeric
	water
	salt
serrano	peppers
plum	tomato
fresh	cilantro
	rice
cannellini	beans
fresh	sage
	garlic
olive	oil
	Salt
olive	oil
white	beans
	water
	water
light	molasses
	salt
ground	black pepper
ground	cloves
salt	pork
	onions
Brown	Bread
pinto	beans
	water
	onions
	bacon

Sheet1

	garlic
	honey
ground	ginger
dry	mustard
	salt
ground	black pepper
flageolet	beans
	water
fresh	oregano
fresh	thyme
	onion
	garlic
salt	pork
	onions
	garlic
	tomatoes
	salt
ground	black pepper
	breadcrumbs
	butter
olive	oil
	onions
	garlic
	chicken
	bay leaf
Savoy	cabbage
navy	beans
	carrots
fresh	thyme
	shrimp
fresh	parsley
	Salt
great Northern	beans
	chicken
	onions
	duck
olive	oil
	bacon
	fat
butt	pork
	garlic
fresh	thyme
	tomato
	Salt
white	wine
Italian	sausage
unseasoned	breadcrumbs
	soybeans
	water

	water
	water
peanut	oil
fresh	ginger
	garlic
baby	corn
	bok choy
	onion
	chicken
soy	sauce
black	bean
dry	sherry
	chili paste
	cornstarch
	sugar
Szechuan	peppercorns
	tofu
Chinese-style egg	noodles
	carrots
	scallions
vegetable	oil
	cumin
	onion
fresh	ginger
	garlic
jalapeño	peppers
ground	turmeric
	water
	coconut
	chicken
	potatoes
	broccoli
	tofu
	tomato
fresh	lime
	water
all-purpose	flour
	chili paste
	Salt
brown	rice
fresh	cilantro
	cashews
shiitake	mushrooms
chili sesame	oil
	broccoli
red	peppers
	scallions
fresh	ginger
	garlic

Sheet1

smoked	tofu
brown	rice
unseasoned	breadcrumbs
	eggs
soy	sauce
canola	oil
sesame	oil
	orange
rice	vinegar
jalapeño	pepper
fresh	ginger
	garlic
brown basmati	rice
	tofu
adzuki	beans
red	onions
bell	peppers
fresh	cilantro
	Salt
	Lettuce
	sesame
	water
all-purpose	flour
Sesame	oil
	water
shiitake	mushrooms
wood	mushrooms
	tempeh
soy	sauce
sesame	oil
	eggs
sesame	oil
	bamboo
	scallions
fresh	ginger
soy	sauce
dry	sherry
	cornstarch
	sugar
	plum
	scallion
	tempeh
soy	sauce
fresh	ginger
	garlic
Szechuan	peppercorns
vegetable	oil
	cucumbers
bell	peppers

Sheet1

	scallions
	peanut butter
soy	sauce
rice	vinegar
dry	sherry
sesame	oil
	chili paste
bell	peppers
	scallions
	peanuts
rice	noodles
	water
chili	pepper
textured	vegetable
Mexican-style	tomato
black	beans
	water
	egg
	raisins
	onion
jalape±o	pepper
corn	bread
all-purpose	flour
fresh	cilantro
	salt
ground	cumin
wood	mushrooms
textured	vegetable
	water
soy	sauce
dry	sherry
fresh	ginger
	garlic
chili sesame	oil
	chili paste
	bamboo
	water chestnuts
brown	rice
unseasoned	breadcrumbs
all-purpose	flour
	scallions
	egg
peanut	oil
bell	peppers
	scallions
	garlic
fresh	ginger
Napa	cabbage
	chicken

Sheet1

soy	sauce
dry	sherry
	cornstarch
vegetable	oil
	onions
	leeks
	carrots
	garlic
	sugar
	mushrooms
all-purpose	flour
baking	potato
	parsnip
butternut	squash
	vegetable
white	wine
dried	rosemary
dried	thyme
	nutmeg
	Brussels sprouts
plum	tomatoes
Jerusalem	artichokes
	seitan
	Salt
	bulgur
	bulgur
	water
	seitan
fresh	parsley
	onions
	garlic
	eggs
all-purpose	flour
dried	mint
	salt
ground	black pepper
feta	cheese
vegetable	oil
	pine nuts
all-purpose	flour
	eggs
	salt
olive	oil
olive	oil
fresh	parsley
	onion
	carrot
	celery
	garlic

Sheet1

fresh	basil
	tomatoes
	tomato
	Salt
	tomatoes
olive	oil
	garlic
fresh	basil
fresh	parsley
	Salt
olive	oil
	onion
	carrots
	garlic
	tomatoes
dried	basil
dried	oregano
	sugar
	red pepper
	Salt
	tomatoes
fresh	basil
olive	oil
	garlic
	Salt
balsamic	vinegar
olive	oil
	garlic
chili	pepper
black	olives
	anchovy
dried	oregano
	tomatoes
fresh	parsley
	capers
	Salt
olive	oil
	pork
	onions
	prosciutto
	garlic
	water
	tomatoes
red	wine
	tomato
fresh	basil
	Salt
Italian	sausage
	eggs



Sheet1

fresh	breadcrumbs
Parmesan	parsley
	cheese
	salt
ground	black pepper
olive	oil
	garlic
	parsley
Parmesan	cheese
	onion
ground	beef
	breadcrumbs
	egg
red	wine
	tomato
	salt
ground	black pepper
All-purpose	flour
olive	oil
	onion
	garlic
dried	oregano
	tomatoes
olive	oil
	pancetta
	carrot
	celery
	onion
	beef
	chicken
white	wine
	tomato
	milk
olive	oil
salt	pork
	onion
	carrot
	celery
	chicken
	Salt
white	wine
	chicken
plum	tomatoes
fresh	sage
	Salt
	butter
	mushrooms
	Salt
fresh	basil

	pine nuts
	garlic
Parmesan	cheese
olive	oil
	Salt
sun-dried	tomatoes
	garlic
fresh	basil
	garlic
fresh	basil
olive	oil
Parmesan	cheese
	Salt
	water
porcini	mushrooms
olive	oil
	pancetta
	onion
	lemon
	sage
button	mushrooms
	garlic
red	wine
	chicken
	Salt
olive	oil
fresh	parsley
	garlic
	anchovy
black	olives
	water
	fennel
	red pepper
	tuna
	capers
fresh	parsley
	Salt
	water
	salt
	spaghetti
olive	oil
	garlic
chili	pepper
	Salt
	water
	salt
fresh	fettuccine
unsalted	butter
Parmesan	cheese

	Salt
	butter
	onion
plum	garlic
	tomatoes
	vodka
	red pepper
heavy	cream
fresh	basil
	Salt
	water
	salt
	penne
	water
fresh	salt
	fettuccine
	garlic
olive	oil
fresh	basil
fresh	chives
fresh	oregano
Parmesan	cheese
	Salt
	water
	salt
	asparagus
olive	broccoli
	oil
	butter
	onion
	carrots
	peas
	Salt
fresh	fettuccine
heavy	cream
fresh	basil
Parmesan	cheese
olive	oil
	onion
	carrot
fresh	celery
	parsley
	garlic
	tomatoes
	cannellini beans
	chicken
green	beans
lima	beans
	escarole

Sheet1

elbow	macaroni
	Salt
	Stock
ground	black pepper
pecorino	cheese
pecorino	cheese
	water
	salt
fresh	fettuccine
unsalted	butter
heavy	cream
Parmesan	cheese
	Salt
	water
white	wine
dried	oregano
	parsley
	bay leaf
	red pepper
	clams
olive	oil
	garlic
fresh	parsley
	water
	salt
	linguine
fresh	parsley
	water
	salt
	penne
olive	oil
	garlic
	orange
chili	peppers
	shrimp
	Salt
	water
	salt
	asparagus
	spinach
unsalted	butter
heavy	cream
	lemon
smoked	salmon
fresh	chives
fresh	parsley
	Salt
olive	oil
	pancetta

Sheet1

	water
	salt
	spaghetti
	eggs
pecorino	cheese
ground	black pepper
pecorino	cheese
olive	oil
Italian	sausages
	garlic
	red pepper
	broccoli
	water
	salt
	orecchiette
pecorino	Salt
	cheese
	cheese
	water
fresh	salt
	farfalle
	chicken
	broccoli
	lemon
ground	red pepper
ground	black pepper
	salt
olive	oil
white	wine
	tomato
black	olives
	capers
pecorino	cheese
baking	potatoes
all-purpose	flour
	salt
	nutmeg
	butter
all-purpose	flour
	butter
ricotta	cheese
Parmesan	cheese
mozzarella	cheese
	onion
	scallions
fresh	oregano
fresh	basil
	garlic
	Salt

dried	egg currants water spinach
olive	oil onions pancetta garlic
ricotta Parmesan	cheese cheese pine nuts nutmeg Salt
Parmesan	egg cheese butter turkey pork onions Salt
white	wine mortadella prosciutto nutmeg Salt Tomato
ricotta mozzarella	cheese cheese water salt
fresh	lasagne Salt
Parmesan Bolognese Parmesan	cheese Sauce cheese butter
all-purpose	flour milk onion carrot celery cloves nutmeg Salt water salt spinach Tomato
bell	peppers

Sheet1

Parmesan	cheese garlic scallions herbs
goat	cheese
heavy	cream Salt
heavy	cream water salt
fresh	lasagne eggplants zucchini
olive	oil salt
ground	black pepper tomatoes
olive	oil salt
Ground	black pepper water salt
ricotta	cheese eggs
Parmesan	cheese salt
Ground	black pepper nutmeg
mozzarella	cheese
fresh	lasagne
Parmesan	cheese
Ground	black pepper
Parmesan	cheese breadcrumbs
dried	currants Pesto spinach
olive	oil onions pancetta pine nuts garlic
ricotta	cheese
Parmesan	cheese egg nutmeg Salt water salt

Sheet1

fresh	lasagne
Italian	sausages
bell	peppers
canned	tomatoes
heavy	cream
pecorino	cheese
fontina	cheese
ricotta	cheese
	salt
	water
	salt
	pasta shells
unsalted	butter
	Tomato
	water
	salt
	manicotti
Cheese	Filling
mozzarella	cheese
Parmesan	cheese
	CrÛpes
Cheese	Filling
	Tomato
all-purpose	flour
unsalted	butter
	salt
	egg
	eggs
	water
	salt
Egg	Noodles
unsalted	butter
	Salt
unsalted	butter
unseasoned	breadcrumbs
	garlic
fresh	parsley
Egg	Noodles
Egg	Noodles
unsalted	butter
	poppy seeds
	sugar
Egg	Noodles
unsalted	butter
pot	cheese
	Salt
	bacon
fresh	parsley
unsalted	butter



Sheet1

	sour cream
	onions
fresh	chives
fresh	parsley
	garlic
Egg	Noodles
	chicken
	water
egg	noodles
vegetable	oil
	onions
portobello	mushroom
button	mushrooms
	Salt
	eggs
	walnuts
	water
	salt
Egg	Noodles
	sour cream
cottage	cheese
	cream cheese
	eggs
	sugar
	vanilla
ground	cinnamon
	salt
brown	sugar
	walnuts
all-purpose	flour
ground	cinnamon
	butter
	water
	salt
elbow	macaroni
Cheddar	cheese
	butter
all-purpose	flour
	milk
	onion
	bay leaf
	paprika
	Salt
	butter
	breadcrumbs
	water
	salt
elbow	macaroni
unsalted	butter

Sheet1

evaporated	milk
Cheddar	cheese
	eggs
dry	mustard
	salt
ground	red pepper
unsalted	butter
	mushrooms
bell	peppers
	onions
all-purpose	flour
	milk
Cheddar	cheese
white	tuna
egg	noodles
fresh	parsley
	Salt
unseasoned	breadcrumbs
unsalted	butter
all-purpose	flour
	baking powder
	salt
	butter
	milk
baking	potatoes
	eggs
all-purpose	flour
	salt
	water
	salt
	butter
unseasoned	breadcrumbs
	beef
all-purpose	flour
	cornmeal
	baking powder
	salt
	butter
	egg
	milk
all-purpose	flour
	baking powder
	salt
	nutmeg
	eggs
	milk
	water
	butter
	butter

Sheet1

unsalted	breadcrumbs
	butter
	egg
all-purpose	flour
	salt
	milk
	cornstarch
	salt
sesame	oil
	chicken
	bok choy
	bamboo
	scallions
	mushrooms
	garlic
	chicken
	oyster
soy	sauce
	sugar
bean	sprouts
	water
Chinese egg	noodles
sesame	oil
peanut	oil
peanut	oil
black	peppercorns
dried	rice noodles
soy	sauce
	cornstarch
sesame	oil
flank	steak
black	beans
	garlic
fresh	ginger
green	beans
chili	peppers
	scallion
	chicken
	oyster
Chinese cooking	wine
soy	sauce
	sugar
	cornstarch
	water
sesame	oil
peanut	oil
peanut	oil
peanut	oil
Fresh	cilantro

Sheet1

rice	vermicelli
soy	pork
chili	sauce
	onions
	pepper
	curry
	coconut
	salt
	sugar
	chicken
	oyster
	salt
	peanuts
	red pepper
dried	shrimp
bean	sprouts
fresh	basil
	lemon
peanut	oil
peanut	oil
	peanut butter
rice	vinegar
soy	sauce
soy	sauce
	garlic
serrano	peppers
	sugar
	salt
sesame	oil
chili	oil
black	tea
	water
Chinese egg	noodles
sesame	oil
	cucumber
Fresh	cilantro
dried rice stick	noodles
	cornstarch
sesame	oil
	shrimp
	eggs
	scallion
chili	peppers
	garlic
	tofu
fish	sauce
fresh	lemon
	sugar
bean	sprouts

Sheet1

fresh	peanuts
fresh	basil
dried	cilantro
	shrimp
	red pepper
ground	black pepper
peanut	oil
peanut	oil
peanut	oil
black	bean
	sugar
	scallion
sesame	oil
peanut	oil
ground	pork
	water
Chinese egg	noodles
red wine	vinegar
chili	oil
fresh	ginger
	garlic
chili	peppers
	bamboo
	chicken
soy	sauce
black	bean
	sugar
	scallion
peanut	oil
ground	pork
	water
Chinese egg	noodles
sesame	oil
	water
Chinese egg	noodles
soy	sauce
	cornstarch
sesame	oil
flank	steak
	cornstarch
sesame	oil
	shrimp
	mushrooms
	bok choy
	bamboo
	chicken
soy	sauce
	salt
	sugar

Sheet1

	cornstarch
	water
sesame	oil
peanut	oil
peanut	oil
peanut	oil
peanut	oil
black	peppercorns
dried	mushrooms
	water
	eggplant
peanut	oil
	bok choy
snow	peas
	bamboo
	scallions
	chicken
	oyster
soy	sauce
	sugar
	salt
bean	sprouts
	water
Shanghai-style	noodles
sesame	oil
peanut	oil
black	peppercorns
	scallions
	Japanese seven-spice mix
	water
udon	noodles
	chicken
soy	sauce
	sugar
	salt
soy	sauce
	mirin
	sugar
dried	bonito
	nori
	wasabi
	scallion
	radishes
	water
dried soba	noodles
	water
	chicken
	water

Sheet1

snow	peas
bell	pepper
bell	pepper
soy	sauce
	mirin
Chinese black	vinegar
	sugar
safflower	oil
	garlic
jalapeño	peppers
fresh	cilantro
	parsley
sesame	oil
	water
dried soba	noodles
	artichokes
	lemon
	water
fresh	lemon
	salt
olive	oil
	garlic
	salt
ground	black pepper
fresh	parsley
	lemon
	garlic
	Sauce
	artichokes
olive	oil
all-purpose	flour
	Salt
	eggs
	salt
	Lemon
	artichokes
	lemon
olive	oil
	breadcrumbs
fresh	parsley
	garlic
Parmesan	cheese
	Salt
	lemon
olive	oil
	artichokes
olive	oil
	onion
	garlic

Sheet1

	peas
	butter
	stock
	Salt
fresh	lemon
fresh	basil
	artichoke
	onions
olive	oil
	garlic
summer	savory
	Salt
fava	beans
	tomatoes
white	wine
	peas
	asparagus
unsalted	butter
	asparagus
olive	oil
	Salt
olive	oil
fresh	parsley
	Lemon
	asparagus
peanut	oil
fresh	ginger
	garlic
	salt
	chicken
	sesame
sesame	oil
	asparagus
	butter
	orange
	hazelnuts
	orange
	Salt
	water
	salt
	asparagus
dry	mustard
	water
light-colored	miso
	scallions
fresh	lemon
rice	vinegar
soy	sauce
green	beans



Sheet1

olive	oil
minced	mushrooms
	shallots
	Salt
olive	oil
white	onion
	garlic
	dill
green	beans
	tomatoes
	water
fresh	dill
fresh	parsley
	salt
peanut	oil
yard-long	beans
fresh	ginger
	garlic
	salt
	stock
lima	beans
	vegetable
heavy	cream
	butter
fresh	thyme
	salt
ground	black pepper
fava	beans
olive	oil
white	onions
fresh	parsley
	bacon
	water
	salt
ground	black pepper
bean	sprouts
	scallions
	salt
soy	sauce
white	vinegar
peanut	oil
	beets
	Salt
	butter
fresh	parsley
Fresh	lemon
fingerling	potatoes
	garlic
olive	oil

Sheet1

Fresh	rosemary
	Salt
cipolline	onions
olive	oil
	Salt
	beets
olive	oil
	Salt
	Vinaigrette
	herbs
	beets
Granny Smith	apples
	onions
fresh	lemon
	salt
	nutmeg
brown	sugar
unsalted	butter
	beet
	butter
	shallot
	Salt
Balsamic	vinegar
black	mushrooms
	water
	bok choy
	chicken
	salt
	sugar
	mushroom
Scotch	whiskey
	cornstarch
ground	white pepper
peanut	oil
sesame	oil
	bok choy
soy	sauce
balsamic	vinegar
	water
fresh	ginger
	boniatos
unsalted	butter
	sour cream
	sugar
ground	cinnamon
fresh	chives
	Salt
	Butter
green	breadfruit

olive	Salt broccoli oil garlic red pepper Salt water salt broccoli cornstarch water
peanut fresh	oil ginger garlic
Shaoxing soy brown sesame	wine sauce sugar oil breadcrumbs broccoli Sauce butter breadcrumbs broccoli
peanut fresh	oil garlic ginger red pepper chicken oyster
sesame	oil water salt broccoli
olive	oil garlic
chili	pepper Salt butter hazelnuts Brussels sprouts Salt butter shallots chestnuts chicken bay leaf
fresh fresh	thyme parsley

	port
	salt
ground	black pepper
	Brussels sprouts
	Brussels sprouts
	butter
Parmesan	garlic
	cheese
	water
	salt
green	cabbage
	butter
	crème fraîche
fresh	dill
	salt
ground	black pepper
dry	sherry
	Salt
	carrots
	chicken
	butter
	cabbage
heavy	cream
fresh	dill
fresh	parsley
	Salt
Parmesan	cheese
	water
	salt
	cabbage
	eggs
	milk
Emmentaler	cheese
all-purpose	flour
	salt
	caraway seeds
ground	cardamom
Parmesan	cheese
	water
boiling	potatoes
	salt
green	cabbage
smoked	ham
fresh	parsley
ground	black pepper
	Lemon
	Horseradish
ground	beef
	egg

white	breadcrumbs rice water carrot onion garlic Salt water salt
Savoy vegetable	cabbage oil onion
white plum	wine tomatoes water raisins
brown	sugar gingersnaps lemon salt sour cream cabbage
white wild olive	rice rice oil salmon leeks
shiitake fresh	mushrooms tarragon lemon Salt
red	cabbage bacon onions apple
red wine	vinegar honey salt caraway seeds butter onions sauerkraut apple caraway seeds
white brown	beef wine sugar cactus

Sheet1

olive	oil
	Salt
	Salsa
olive	oil
	salt
romaine	lettuce
queso a±ejo	cheese
	carrots
olive	oil
dried	thyme
	Salt
	carrots
	shallots
	butter
fresh	lemon
	Salt
	Paprika
fresh	parsley
	carrots
	water
	butter
	sugar
	salt
fresh	parsley
ground	black pepper
GruyPre	cheese
	carrots
	parsnips
	chicken
	butter
	salt
fresh	parsley
ground	black pepper
all-purpose	potatoes
	carrots
	milk
	butter
	salt
ground	white pepper
	cauliflower
	butter
fresh	garlic
	parsley
	Salt
	cauliflower
olive	oil
	garlic
	red pepper

Sheet1

fresh	parsley
Parmesan	salt
	cheese
	Lemon
	Anchovy
vegetable	cauliflower
	oil
	Salt
	water
	Butter
	Salt
fresh	paprika
	parsley
	Salsa
	cauliflower
	cheese
	Sauce
	breadcrumbs
	Paprika
	cauliflower
	potatoes
	apple
fresh	garlic
chili	ginger
	peppers
	onions
vegetable	oil
	curry
all-purpose	flour
	coconut
	water
	salt
	chickpeas
Ground	spinach
	black pepper
	rice
	celery
fresh	chicken
	lemon
	butter
	sugar
	salt
	butter
	celery
olive	oil
	Mustard
fresh	parsley
	chard
olive	oil

Sheet1

chili	garlic pepper Salt lemon
Soy	Lemon Sauce chayotes
olive	oil shrimp scallion
bell flat-leaf	garlic pepper parsley ham
fresh	thyme Salt
ground	red pepper breadcrumbs chestnuts water butter nutmeg Salt
Light peanut	cream oil
fresh	garlic ginger carrots
Napa soy sesame	cabbage sauce oil
fresh	chili paste cilantro water
salt	pork collard greens
chili Red wine olive sweet	pepper vinegar oil onion collard greens
fresh	rice chicken dill salt
ground Hot	black pepper red pepper corn Salt



	Butter
	lime
	corn
olive	oil
	Salt
fresh	parsley
	tomato
fresh	tarragon
	chili powder
jalape±o	peppers
	bacon
	corn
	butter
	scallions
	half-and-half
	Salt
fresh	tarragon
	corn
	egg
all-purpose	flour
	sugar
	salt
ground	black pepper
	egg
	butter
	corn
heavy	cream
	sugar
	Salt
	butter
poblano	peppers
	corn
	butter
	onion
	garlic
dried	oregano
	eggs
Monterey Jack	cheese
Cheddar	cheese
	Salt
	corn
Monterey Jack	cheese
	eggs
jalape±o	peppers
chili	peppers
	Salt
	corn
	garlic
vegetable	oil

Sheet1

white	onion
chili	peppers
	salt
	masa harina
	water
	butter
	lard
	baking powder
Muenster	cheese
poblano	peppers
fresh	cilantro
	corn
	tomato
red	onion
fresh	basil
	Vinaigrette
Fresh	basil
	cucumbers
	Salt
	butter
	shallot
	water
fresh	dill
	Salt
	eggplant
	Garlic
olive	oil
	herbs
Fresh	lemon
	Yogurt
	Salt
	eggplants
light	olive oil
Ground	black pepper
feta	cheese
olive	oil
plum	tomatoes
	Salt
dried	oregano
provolone	cheese
ricotta	cheese
Parmesan	cheese
fresh	marjoram
	garlic
	eggplant
Olive	oil
	Tomato
Fresh	basil
	Tomato

Sheet1

all-purpose	eggplants
	flour
olive	eggs
	oil
olive	breadcrumbs
	oil
dried	Salt
ground	oregano
mozzarella	black pepper
Parmesan	cheese
fresh	cheese
	parsley
olive	eggplant
	oil
	celery
	onion
	garlic
olive	oil
plum	tomatoes
green	olives
	capers
red wine	vinegar
	tomato
	sugar
fresh	oregano
	salt
Ground	black pepper
fresh	parsley
	bread
olive	oil
	eggplant
	zucchini
olive	oil
	onions
bell	peppers
	garlic
	Salt
	tomatoes
fresh	thyme
	bay leaf
fresh	basil
olive	oil
red wine	vinegar
	eggplant
	fennel
	zucchini
plum	tomatoes
	leeks
bell	peppers

Sheet1

fresh	garlic
olive	basil
	oil
	orange
	Salt
Belgian	endives
unsalted	butter
fresh	lemon
	chicken
	breadcrumbs
Parmesan	cheese
olive	oil
	pancetta
	radicchio
	onion
	carrot
white	wine
	chicken
heavy	cream
	Salt
	radicchio
Olive	oil
	Salt
Balsamic	vinegar
	fennel
olive	oil
olive	oil
	Salt
	Lemon
	water
white	wine
	onion
	garlic
olive	oil
	lemon
white wine	vinegar
	salt
	coriander
	fennel
fresh	peppercorns
	thyme
	bay leaf
	fennel
fresh	fennel
	cilantro
plum	fennel
olive	tomatoes
	oil
	Salt

Sheet1

black	olives
fresh	basil
olive	oil
	lemon
	Salt
olive	oil
	fennel
	onion
	Salt
olive	oil
	zucchini
olive	oil
	tomatoes
	Salt
	Salt
	garlic
	Chicken
olive	oil
fresh	thyme
Sunflower	oil
Jerusalem	artichokes
	Salt
fresh	parsley
	Lemon
Jerusalem	artichokes
olive	oil
	salt
ground	black pepper
	thyme
	bay leaves
	kale
	bacon
olive	oil
	onion
	garlic
	Salt
	Salt
red wine	vinegar
Yukon gold	potatoes
	onions
	kale
	butter
fresh	tarragon
	salt
ground	black pepper
	milk
	kohlrabi
	butter
Parmesan	cheese

Sheet1

Ground	black pepper chicken leeks Vinaigrette
fresh	chervil Salt leeks meat butter butter Salt Lemon
fresh	parsley leeks
Olive	oil Salt
olive	oil Mustard Vinaigrette Dressing butter leeks chicken
fresh white heavy	thyme wine cream curry Salt
fresh fresh olive	chives parsley oil leeks chicken
red	wine chicken
red wine fresh Dijon	vinegar parsley mustard Salt
fresh	chives bacon onions carrots
butter	lettuce Salt
portobello unsalted	mushrooms butter lard Salt

Sheet1

fresh	chives
fresh	chervil
fresh	parsley
	scallions
fresh	tarragon
	butter
	mushrooms
fresh	parsley
	garlic
	Salt
	mushrooms
	butter
	Salt
	Boursin
	Snail
	Butter
	Lobster
Creamed	Spinach
	toast
Portobello	mushrooms
	garlic
plum	tomatoes
smoked	ham
Parmesan	cheese
ground	black pepper
	thyme
portobello	mushrooms
olive	oil
	garlic
fresh	rosemary
ground	black pepper
	Salt
portobello	mushrooms
Olive	oil
	Salt
flat-leaf	parsley
Italian	bread
	garlic
Olive	oil
olive	oil
	onion
olive	oil
	mushrooms
	garlic
fresh	rosemary
	Salt
	tomato
	vegetable
	butter

Sheet1

balsamic	vinegar
Parmesan	cheese
fresh	parsley
porcini	mushrooms
	butter
olive	oil
	onions
	mushrooms
heavy	cream
	garlic
fresh	thyme
	Salt
fresh	parsley
	mushrooms
	butter
vegetable	oil
	shallots
dry	sherry
heavy	cream
	Salt
dried	thyme
mustard	greens
	bacon
	onions
	Salt
cider	vinegar
	Salt
	Sugar
	butter
	onions
	garlic
ground	cumin
mustard	greens
	curry
ground	ginger
ground	coriander
ground	red pepper
	vegetable
	chickpeas
	tomatoes
	salt
	okra
olive	oil
red	onion
	garlic
bell	peppers
	salt
fresh	cilantro
	okra



Sheet1

red wine	vinegar
	salt
olive	oil
	onions
	garlic
	tomatoes
	sugar
	Salt
	Grits
	onions
	Butter
	Salt
fresh	parsley
Balsamic	vinegar
olive	oil
	onions
	Salt
red wine	vinegar
	butter
olive	oil
	onions
	salt
white	wine
	Salt
Parmesan	cheese
pearl	onions
	butter
all-purpose	flour
	milk
	half-and-half
	salt
ground	black pepper
Swiss	cheese
	onions
	butter
	water
dark	raisins
brown	sugar
fresh	rosemary
plum	tomato
red wine	vinegar
	Salt
	onions
	sausage
	spinach
heavy	cream
	breadcrumbs
	nutmeg
ground	sage

Vidalia olive	Salt breadcrumbs butter onions oil
Herb white	Salt Vinaigrette onions milk water
Peanut ground	oil Salt red pepper scallions
sesame ground	oil Salt parsnips water butter sugar salt white pepper parsnips butter onion curry chicken yogurt Salt
Fresh	scallions cilantro parsnips water butter salt
ground fresh	black pepper parsley peas butter Salt mint peas chicken scallions butter sugar salt Salt

Sheet1

fresh	parsley
snow	peas
peanut	oil
fresh	ginger
fresh	basil
	salt
	butter
sweet	onion
	water
	peas
fresh	basil
	water
	salt
	Salt
	carrots
green	peas
	butter
fresh	parsley
	Salt
olive	oil
pearl	onions
	water
	peas
	prosciutto
	water
	Salt
olive	oil
bell	peppers
Anaheim	pepper
	Salt
red wine	vinegar
fresh	marjoram
fresh	parsley
	garlic
Niipoise	olives
bell	peppers
red	onions
olive	oil
	Salt
olive	oil
balsamic	vinegar
fresh	parsley
	garlic
	Salt
bell	peppers
olive	oil
ground	beef
	onion
dried	thyme

Sheet1

	rice
	tomato
	eggs
	garlic
dried	basil
Worcestershire	sauce
	Salt
	breadcrumbs
olive	oil
bell	peppers
olive	oil
	scallions
	garlic
	saffron
white	rice
	water
provolone	cheese
	pine nuts
fresh	parsley
fresh	marjoram
	Salt
	chicken
fresh	parsley
poblano	peppers
Mexican Chihuahua	cheese
	scallions
	salsa
fresh	cilantro
	Picadillo
jalapeño	peppers
brown	sugar
	salt
vegetable	oil
all-purpose	flour
	eggs
	salt
all-purpose	flour
	salsa
fresh	cilantro
	plantains
	butter
vegetable	oil
	salt
fresh	cilantro
	plantains
vegetable	oil
	salt
	potatoes
	garlic

	onion
	celery
	bay leaf
	cream
	butter
	Salt
	butter
	garlic
	saffron
	Duxelles
fresh	basil
Gruyère	cheese
russet	potatoes
	potatoes
	buttermilk
olive	oil
	salt
ground	black pepper
	nutmeg
Yellow Finn	potatoes
	scallions
green	cabbage
	milk
	butter
	salt
ground	black pepper
red-skinned	potatoes
	milk
	butter
	Pesto
	Salt
olive	oil
Yellow Finn	potatoes
fresh	rosemary
	lemon
	Salt
all-purpose	potatoes
	onions
	salt
ground	black pepper
vegetable	oil
	potatoes
	eggs
all-purpose	flour
	onions
	salt
vegetable	oil
	Sour cream
fresh	chives

Sheet1

all-purpose	potatoes
	salt
	butter
Gruyère	cheese
fresh	chives
	butter
baking	potatoes
	Salt
baking	potatoes
Peanut	oil
Yukon gold	potatoes
	Salt
ground	red pepper
all-purpose	potatoes
	butter
vegetable	oil
fresh	parsley
baking	potatoes
Olive	oil
Monterey Jack	cheese
	sour cream
	bacon
	scallions
Dijon	mustard
hot	red pepper
fresh	parsley
baking	potatoes
vegetable	oil
	salt
	Paprika
	butter
Yukon gold	potatoes
	Salt
	butter
	garlic
	butter
baking	potatoes
	milk
	salt
ground	black pepper
	nutmeg
Gruyère	cheese
new	potatoes
olive	oil
	Salt
fresh	chives
Olive	oil
balsamic	vinegar
olive	oil

Sheet1

fresh	garlic
fresh	parsley
fresh	basil
	savory
	salt
Ground	black pepper
russet	potatoes
sweet	onion
	Salt
	chicken
red	radishes
	butter
	scallions
	chicken
	Salt
	lemons
	water
	salsify
	water
all-purpose	flour
fresh	lemon
	salt
	butter
fresh	parsley
fresh	tarragon
fresh	chives
	Lemon
	shallots
	lard
	Salt
peanut	oil
ground	turmeric
	shallots
	sugar
	spinach
	Salt
olive	oil
white wine	vinegar
Ground	black pepper
	Sauce
	spinach
heavy	cream
	salt
	nutmeg
Ground	black pepper
	milk
	eggs
	bacon
battered	croutons

Sheet1

White	Sauce
Hollandaise	Sauce
olive	oil
	garlic
	anchovies
	spinach
	Salt
	Sauce
	spinach
	Salt
olive	oil
	pine nuts
	garlic
dried	currants
	Salt
	milk
fresh	lemon
	spinach
canola	oil
	cumin
	onion
	garlic
chili	peppers
	salt
	spinach
olive	oil
	onion
	scallions
fresh	dill
	eggs
feta	cheese
kefalotiri	cheese
	salt
	black pepper
	nutmeg
	butter
phyllo	dough
summer	squash
olive	oil
fresh	parsley
	garlic
	lemon
	Salt
summer	squash
	mostaccioli
	Pesto
	butter
	onion



Sheet1

crookneck	squash
	water
fresh	tarragon
	Salt
corn	oil
white	onion
summer	squash
	corn
chili	peppers
	water
	salt
serrano	pepper
	Salt
	scallions
fresh	cilantro
	zucchini
	Salt
	eggs
feta	cheese
unseasoned	breadcrumbs
all-purpose	flour
	scallions
	garlic
fresh	parsley
	mint
	Salt
olive	oil
	zucchini
all-purpose	flour
	club soda
flat-leaf	parsley
fresh	thyme
	salt
	club soda
Vegetable	oil
Sea	salt
Fresh	lemon
	Relish
	zucchini
	salt
	onions
shiitake	mushrooms
olive	oil
	salt
baking	potatoes
	eggs
ground	black pepper
ground	red pepper
GruyPre	cheese

Sheet1

Parmesan	cheese
olive	oil
	squash
	garlic
	salt
goat	cheese
Parmesan	cheese
fresh	parsley
fresh	basil
Ground	black pepper
	egg
All-purpose	flour
olive	oil
	zucchini
olive	oil
	onions
	garlic
	egg
Parmesan	cheese
unseasoned	breadcrumbs
fresh	parsley
fresh	marjoram
	lemon
	Salt
Olive	oil
	squash
	Salt
Parmesan	cheese
fresh	marjoram
olive	oil
	Lemon
yellow	squash
	butter
	onion
Monterey Jack	cheese
	crème fraiche
Parmesan	cheese
white	vermouth
ground	coriander
	Salt
	breadcrumbs
	butter
unsalted	butter
olive	oil
	onion
red	pepper
red-skinned new	potatoes
	garlic
	squash

Sheet1

	zucchini
	cornmeal
all-purpose	flour
Parmesan	cheese
fresh	thyme
	salt
ground	black pepper
	milk
	eggs
Gruyere	cheese
winter	squash
	butter
brown	sugar
ground	ginger
	Salt
	butter
fresh	garlic
	parsley
	Salt
heavy	cream
	Onions
spaghetti	squash
	Butter
Parmesan	cheese
	Salt
	red pepper
	garlic
	milk
butternut	squash
all-purpose	flour
	salt
Ground	black pepper
fontina	cheese
fresh	parsley
acorn	squash
	apples
	pear
dried	currants
brown	sugar
	orange
ground	cinnamon
	nutmeg
	butter
	apple
	bourbon
butternut	squash
vegetable	oil
	sausage
	apple

Sheet1

brown	butter
ground	sugar
	sage
	Salt
	butter
brown	sugar
red	onions
	carrots
	parsnips
	celery
butternut	squash
acorn	squash
portobello	mushrooms
olive	oil
unsalted	butter
	Salt
fresh	marjoram
	vegetable
Rolled	Biscuits
Cheddar	cheese
	garlic
cracked	black pepper
sweet	potatoes
	butter
	Salt
heavy	cream
	pineapple
	pecans
crystallized	ginger
brown	sugar
	bourbon
	orange
ground	cloves
	orange
sweet	potatoes
sweet	potatoes
Vegetable	oil
Brown	sugar
	Salt
	nutmeg
	Peanut
	butter
vegetable	oil
sweet	potatoes
red	apples
brown	sugar
	salt
	apple
Ground	black pepper

Sheet1

sweet	potatoes
	Salt
	butter
brown	sugar
	butter
	apple
sweet	potatoes
light	molasses
light	rum
	butter
jalape±o	peppers
ground	mace
	Salt
peanut	oil
	onion
bell	pepper
jalape±o	pepper
	garlic
fresh	ginger
	chili powder
ground	cumin
	red pepper
sweet	potatoes
	tomato
	Salt
peanut	oil
ground	beef
	zucchini
	peanut butter
	Salt
	rice
	yams
olive	oil
	salt
Ground	black pepper
	chili powder
	Orange
	tomatoes
	salt
ground	black pepper
Parmesan	cheese
olive	oil
	Sauce
	tomatoes
blue	cheese
fresh	marjoram
Ground	black pepper
olive	oil
green	tomatoes

Sheet1

Olive	oil
ground	Tomatoes
	red pepper
	Mayonnaise
powdered	tomatoes
	sugar
	salt
ground	black pepper
Olive	oil
fresh	basil
	breadcrumbs
Parmesan	cheese
flat-leaf	parsley
fresh	basil
	garlic
olive	oil
	tomatoes
	Salt
Olive	oil
	tomatoes
unsalted	butter
	Salt
fresh	parsley
Swiss	cheese
	tomatoes
unsalted	butter
	breadcrumbs
unsalted	butter
	onions
bell	pepper
	sugar
	salt
ground	black pepper
	Salt
fresh	parsley
olive	oil
	shallots
cherry	tomatoes
flat-leaf	parsley
fresh	tarragon
	Salt
Mint	Chutney
	tomatoes
	tomatoes
	cornmeal
all-purpose	flour
fresh	parsley
fresh	thyme
	paprika

Sheet1

vegetable	Salt milk oil
white	turnips chicken butter salt
ground	black pepper butter leeks garlic pancetta turnips chicken
red wine fresh	vinegar thyme salt
ground	black pepper Turnips leek
Mashed	Potatoes Butter
fresh fresh	parsley thyme Salt butter
olive	oil butter bay leaf
fresh	thyme onions mushrooms garlic
white	wine turnips rutabagas celery
all-purpose	flour salt chicken
heavy Dijon ground Fresh	cream mustard black pepper thyme turnips
butternut	squash shallots turkey

Sheet1

fresh	butter
	rosemary
	salt
ground	black pepper
	Salt
fresh	parsley
salt	pork
	bacon
	water
	turnip
	mustard
	salt
ground	black pepper
hot	red pepper
	water chestnuts
soy	sauce
	garlic
fresh	ginger
sesame	oil
	sugar
	chili paste
vegetable	oil
bell	peppers
snow	peas
bean	sprouts
fresh	cilantro
	scallion
	yuca
	salt
vegetable	oil
	onion
	garlic
	grapefruit
	orange
	salt
fresh	parsley
dried	oregano
	sugar
	Water
	vanilla
	lemon
	lemon
fresh	ginger
	cinnamon
	herbs
balsamic	vinegar
	oranges
	lemon
	honey



Sheet1

green eating	apples pear banana Kiwis Strawberries raspberries
sweet	cherries Melon Peaches grapes sugar water strawberries bananas pineapple
Sponge	Cake Chocolate
cooking	apples apple
fresh	lemon cinnamon
white ground ground	sugar ginger mace nutmeg
heavy	cream Anise apples lemon
fresh white ground	sugar cinnamon apples
brown	sugar walnuts raisins lemon nutmeg
ground unsalted	cinnamon butter water
heavy unsalted brown baking	cream butter sugar apples apple
brown all-purpose frozen	sugar flour orange nutmeg

ground	cinnamon apples sugar water
corn	syrup cinnamon food coloring apples caramels water peanuts butter apples sugar
all-purpose	flour sugar baking powder salt milk egg butter lemon apples
Vegetable	oil egg
Powdered	sugar
white	sugar
crab	vinegar apples cinnamon
allspice	berries cloves apricots orange sugar pistachios Sauce bananas butter
brown	sugar
ground	cinnamon nutmeg
dark	rum brandy
Vanilla	ice cream bananas honey
Ground	cinnamon
Ground	ginger

	oranges
	apple
	pineapple
	cranberries
	sugar
	lemon
ground	cinnamon
	cloves
	gooseberries
	wine
	sugar
heavy	cream
	vanilla
	raspberries
	Sauce
brown	sugar
	strawberries
	orange
	sugar
heavy	cream
vanilla	ice cream
	orange
powdered	sugar
cottage	cheese
	sour cream
plain	yogurt
heavy	cream
	strawberries
	Strawberry
	strawberries
	cream cheese
	sour cream
powdered	sugar
	vanilla
	strawberries
bittersweet	chocolate
sweet	cherries
	sugar
	crème de cacao
bittersweet	chocolate
	salt
	lemons
	Lemon
	grapefruit
	orange
	apple
	banana
	grapes
navel	oranges

	tangelos
	grapefruit
	Sugar
orange	liqueur
navel	oranges
	bananas
	pineapple
	marshmallows
	coconut
orange	liqueur
	grapefruit
	sugar
	star anise
	berry
	oranges
	sugar
corn	syrup
	water
	sugar
	dates
	brandy
	orange
blanched	almonds
	sugar
ground	cinnamon
	orange
	prunes
	sugar
	orange
Earl Grey	tea
	orange
	Cream
	sugar
	water
sweet	Marsala
fresh	figs
ricotta	cheese
heavy	cream
	sugar
bittersweet	chocolate
	mangoes
powdered	sugar
	lime
	orange
heavy	cream
	mint
	cantaloupe
sweet	cherries
	orange

	crème de cassis
	raspberries
	mint
	cantaloupes
ruby	port
	cantaloupe
	prosciutto
	watermelon
	orange
	strawberries
	Blackberries
	Blueberries
	Cantaloupe
	nectarines
	plums
	kiwis
	mint
	sorbet
	nectarines
raspberry	vinegar
brown	sugar
	butter
ground	black pepper
	peaches
Ruby	port
	mint
	Syrup
	vanilla
vanilla	peaches
	ice cream
	Raspberry
	Syrup
	pears
	mint
ground	mace
red	wine
	sugar
	lemon
fresh	lemon
	cloves
	pears
	pears
	butter
	sugar
	kirsch
heavy	cream
	pineapple
	butter
	sugar

Sheet1

unsalted	butter
brown	sugar
dark	rum
ground	allspice
	pineapple
	macaroon
	pomegranates
	lemons
	sugar
	melon
prickly	pears
	orange
fresh	lemon
	sugar
	mint
	orange
	quinces
	sugar
	apple
	Apple
	Ice cream
	rhubarb
	sugar
	pineapple
	passion fruits
	mint
white sandwich	bread
unsalted	butter
	onions
	celery
fresh	parsley
dried	sage
dried	thyme
	salt
ground	black pepper
	nutmeg
ground	cloves
	chicken
	eggs
	Stock
	pork
green	apples
	Stuffing
unsalted	butter
button	mushrooms
	Stuffing
	butter
	onions
	celery

fresh	breadcrumbs parsley lemon salt
ground corn unsalted	black pepper bread butter onions celery
bell bell	pepper pepper garlic
fresh dried dried	parsley sage thyme salt
ground	black pepper chicken eggs Stock
poblano jalapeño	peppers peppers Stuffing
ground dried	cumin oregano corn
white sandwich	bread Butter salt
dried dried dried unsalted	thyme sage rosemary butter onions celery
unsalted	butter turkey turkey Salt
breakfast mozzarella	sausage cheese pepperoni chicken
unsalted	butter onions potatoes
unseasoned fresh dried	breadcrumbs parsley sage

Sheet1

dried	thyme
	Salt
	egg
	milk
unsalted	butter
Parmesan	cheese
sweet	potatoes
unsalted	butter
	onions
	celery
	salt
ground	black pepper
green	apples
	apple
ground	cinnamon
	nutmeg
ground	cloves
unseasoned	breadcrumbs
	chicken
unsalted	butter
olive	oil
	onions
	garlic
ground	cumin
ground	coriander
ground	turmeric
	paprika
ground	ginger
ground	black pepper
	salt
	rice
	chicken
golden	raisins
	prunes
blanched	almonds
	lemon
fresh	lemon
	egg
unsalted	butter
	onions
	carrots
	chicken
dried	apricots
	lemons
	salt
ground	black pepper
ground	cinnamon
ground	ginger
	couscous



Sheet1

fresh	pistachios
porcini	parsley
	mushrooms
	water
unsalted	butter
	onions
	celery
	shallots
	garlic
wild	rice
	cranberries
fresh	parsley
dried	thyme
dried	sage
	Salt
poblano	peppers
olive	oil
	onions
	garlic
	chorizo
white	rice
	egg
	scallions
fresh	cilantro
	salt
ground	black pepper
	spinach
olive	oil
	onions
	garlic
ricotta	cheese
	breadcrumbs
Parmesan	cheese
olive	oil
	salt
ground	black pepper
	nutmeg
unsalted	butter
	onions
	mushrooms
	spinach
ground	veal
	breadcrumbs
fresh	parsley
dried	thyme
	salt
ground	black pepper
	nutmeg
	eggs

	butter
	chicken
	chicken
	chicken
	fennel
dried	rosemary
	salt
ground	black pepper
	sausage
	breadcrumbs
	eggs
red wine	vinegar
	shallots
fresh	parsley
black	peppercorns
	Salt
sea	scallops
fresh	lemon
soy	sauce
	red pepper
	Salt
fresh	parsley
sea	scallops
olive	oil
sherry	vinegar
	Salt
	Lemon
	garlic
	chili powder
ground	red pepper
peanut	oil
	Salt
sea	scallops
	Lime
fresh	lemon
olive	oil
	garlic
hot	red pepper
	herbs
	Salt
sea	scallops
olive	oil
	breadcrumbs
	parsley
	garlic
	Salt
sea	scallops
olive	oil
	Lemon

Sheet1

fresh	coconut
	lime
fresh	curry
	ginger
sea	red pepper
	scallops
	Salt
	scallions
sea	sesame
soy	scallops
	sauce
	sake
	sauce
	scallions
	squid
olive	oil
sherry	vinegar
sherry	vinegar
	butter
	garlic
	Salt
soft-shell	crabs
	Lemon
	lobsters
	Salt
	red pepper
olive	oil
	garlic
fresh	parsley
	Lemon
	tomatoes
	onions
olive	oil
	paprika
ground	red pepper
	Salt
sea	scallops
fresh	parsley
	octopus
fresh	lemon
olive	oil
	onion
	garlic
fresh	marjoram
olive	oil
	Lemon
	potatoes
littleneck	clams
	corn

Sheet1

	onions
	mussels
	chicken
	lobsters
	butter
soft-shell	steamers
salted	butter
	Salt
Cocktail	Sauce
olive	oil
	garlic
chili	pepper
littleneck	clams
white	wine
ground	black pepper
fresh	parsley
	Lime
	garlic
	scallions
	red pepper
rice	wine
littleneck	clams
fresh	basil
fish	sauce
	water
somen	noodles
peanut	oil
	lobsters
	salt
	butter
	lobsters
	butter
	spinach
	nutmeg
	salt
heavy	cream
dry	sherry
GruyPre	cheese
Dijon	mustard
	salt
	salt
GruyPre	cheese
cider	vinegar
blue	crabs
	salt
	seasoning
	butter
	mussels
white	wine

Sheet1

fresh	parsley
	garlic
olive	oil
	lemon
	bread
	Mussels
	butter
fresh	tarragon
heavy	cream
	Salt
	leek
	carrot
bay	scallops
soy	sauce
fresh	ginger
fresh	chives
	water
	celery
	onion
	lemon
fresh	parsley
black	peppercorns
	bay leaves
	salt
ground	red pepper
	shrimp
Cocktail	Sauce
	Sauce
Tartar	Sauce
	carrots
	carrot
	lemon grass
fresh	lime
	lime
jalapeño	pepper
	shrimp
fresh	cilantro
	mint
	butter
	mint
	shrimp
	coconut
fish	sauce
	curry
ground	red pepper
	Salt
flour	tortillas
	lettuce
	Tomato

Sheet1

fresh	cilantro
	cucumber
	carrots
	scallions
	water
	bay leaf
	onion
	garlic
fresh	thyme
ground	black pepper
	coriander
chili	pepper
	shrimp
peanut	oil
all-purpose	flour
bell	pepper
	onion
jalapeño	pepper
	garlic
	scallions
	butter
fresh	lemon
ground	red pepper
	Salt
	rice
Tuscan	Beans
fresh	sage
	shrimp
Italian	sausage
	garlic
fresh	parsley
fresh	sage
	onions
	shrimp
peanut	oil
	Salt
	tomatoes
bell	pepper
	garlic
fresh	cilantro
fresh	lemon
ground	cumin
ground	coriander
ground	black pepper
ground	turmeric
	fenugreek
ground	red pepper
	Salt
fresh	cilantro

Sheet1

olive	rice
	oil
	onion
	tomatoes
red	wine
Kalamata	olives
fresh	parsley
	capers
	anchovies
fresh	garlic
fresh	thyme
	rosemary
	Salt
	octopus
fresh	basil
	bread
	squid
olive	oil
	garlic
	breadcrumbs
fresh	parsley
pecorino	cheese
	onions
	anchovies
	Salt
	Tomato
fresh	parsley
	bread
olive	oil
chili	pepper
	garlic
	tomatoes
fresh	rosemary
	Salt
	shrimp
	mussels
fresh	parsley
	bread
olive	oil
	mushrooms
	garlic
	greens
	shrimp
	mussels
	Salt
olive	oil
olive	oil
	shrimp

Sheet1

Fresh	lemon
fresh	parsley
	shrimps
olive	oil
	garlic
fresh	parsley
	garlic
fresh	lemon
fresh	parsley
	Polenta
	shrimp
olive	oil
	garlic
fresh	basil
fresh	marjoram
fresh	parsley
	paprika
white	wine
	Salt
vegetable	oil
olive	oil
	garlic
	parsley
	pine nuts
	water
	salt
	shrimp
	salt
ground	black pepper
olive	oil
Olive	oil
fresh	lemon
	shrimp
peanut	oil
	cornmeal
	chili powder
	Salt
	vinegar
	Salt
salad	greens
unsalted	butter
olive	oil
	onion
bell	pepper
bell	pepper
	celery
	bay leaf
dried	thyme



Sheet1

	salt
	garlic
	tomato
canned	tomatoes
	chicken
	salt
olive	oil
	shrimp
ground	red pepper
	salt
olive	oil
smoked	ham
dry	sherry
hot	red pepper
	celery
	rice
	shrimp
peanut	oil
	garlic
fresh	ginger
	red pepper
	Salt
fresh	basil
fresh	basil
	rice
littleneck	clams
peanut	oil
	garlic
fresh	ginger
soy	sauce
	oyster
dry	sherry
	scallions
	scallions
	rice
black	beans
dry	sherry
	shrimp
peanut	oil
	garlic
fresh	ginger
	tomatoes
	scallions
soy	sauce
	scallions
	rice
	lobsters

Sheet1

peanut	oil
fresh	garlic
fresh	ginger
	chives
soy	oyster
	sauce
	paprika
sesame	oil
fresh	chives
	rice
lump	crabmeat
	butter
red	peppers
	scallions
	garlic
	egg
	mayonnaise
Dijon	mustard
	Salt
ground	red pepper
fresh	parsley
	breadcrumbs
	breadcrumbs
	butter
	Lemon
Vegetable	oil
	shellfish
	milk
	cornmeal
all-purpose	flour
ground	cumin
	salt
Ground	black pepper
	Lemon
	shellfish
dry	bread
	Salt
	eggs
Vegetable	oil
	Lemon
Vegetable	oil
	shellfish
	milk
all-purpose	flour
	Salt
	Lemon
Vegetable	oil
	shellfish

Sheet1

self-rising cake	water flour Lemon
all-purpose	flour baking powder salt
dried	thyme
ground	black pepper
ground	red pepper
ground	allspice
ground	cinnamon nutmeg
fresh	beer lemon clams
Vegetable	oil Lime
hot	red pepper sugar
Champagne	vinegar pineapple sambal oelek pineapple tomato salt cornstarch
geoduck	water clam onion
fresh	parsley
fresh	chives salt
ground	white pepper
all-purpose	egg
vegetable	flour oil egg Salt
soft-shell	crabs cornstarch
fresh	ginger lemon
chili	peppers scallions garlic
black	beans
Shaoxing	wine chicken lemon

soy	oyster sauce sugar salt cornstarch water
Peanut peanut	oil oil Cilantro
vegetable	lobsters oil shallots tomato paprika
white	wine chicken
heavy	cream salt
unsalted	butter mushrooms
dry	sherry egg
heavy fresh fresh	cream tarragon parsley rice
unsalted	butter breadcrumbs
Parmesan fresh fresh	cheese parsley thyme salt
ground unsalted	black pepper butter shallots garlic mushrooms salt
white heavy sea fresh	wine cream scallops lemon breadcrumbs
fresh	parsley garlic salt
ground	black pepper lobsters
olive	oil

Sheet1

white	wine
	shrimp
	Salt
	breadcrumbs
	butter
flat-leaf	parsley
	garlic
	salt
ground	black pepper
white	wine
	Snail
	snail
	escargot
unsalted	butter
	onions
	garlic
	breadcrumbs
	eggs
fresh	parsley
	salt
ground	black pepper
unsalted	butter
	mushrooms
bell	pepper
	shrimp
sea	scallops
	milk
unsalted	butter
all-purpose	flour
fresh	lemon
Worcestershire	sauce
	salt
	lobster
	peas
	scallions
unsalted	butter
	garlic
all-purpose	flour
	milk
	Pernod
whole-grain	mustard
fresh	parsley
fresh	tarragon
	salt
ground	red pepper
lump	crabmeat
Parmesan	cheese
	fish
olive	oil

fresh	Salt
fresh	lemon
	parsley
	fish
olive	oil
	Salt
	Lemon
	fish
olive	oil
	Salt
	Lemon
soy	sauce
	mirin
	sugar
	salmon
	sake
	salt
beefsteak	tomatoes
olive	oil
soy	sauce
fresh	lemon
fresh	basil
	mint
black	peppercorns
	salmon
olive	oil
	Salt
	onions
Olive	oil
	Salt
	paprika
	chili powder
ground	cumin
	salt
ground	cinnamon
ground	red pepper
	salmon
olive	oil
Vegetable	oil
	Lime
	fish
olive	oil
fresh	lemon
fresh	thyme
	Salt
Cherry	tomatoes
	Bay leaves
	vinaigrette
	fish

Sheet1

balsamic	vinegar
fresh	lemon
	garlic
	sugar
	Salt
olive	oil
fresh	lemon
fresh	basil
	garlic
	Salt
	nectarines
bell	peppers
red	onions
	monkfish
fresh	cilantro
	onions
ground	cumin
ground	coriander
ground	cinnamon
	Salt
olive	oil
cherry	tomatoes
	snapper
olive	oil
fresh	parsley
	salt
ground	black pepper
	Lemon
sesame	oil
peanut	oil
rice	vinegar
fresh	lime
soy	sauce
hot	red pepper
fresh	cilantro
fresh	ginger
	Salt
	coriander
	red pepper
	Salt
	snappers
	mackerel
	Salt
	bacon
	fish
olive	oil
	Salt
fresh	parsley
	milk

	salt
	breadcrumbs
	cod
olive	oil
fresh	parsley
	Lemon
	eggplant
	tomatoes
	onions
olive	oil
fresh	thyme
	Salt
olive	oil
	cod
	Salt
olive	oil
fresh	thyme
Fresh	thyme
olive	oil
	salmon
olive	oil
fresh	tarragon
	garlic
	Salt
	butter
olive	oil
	salt
	salmon
	Salt
fresh	parsley
olive	oil
	onions
fresh	parsley
	garlic
	capers
fresh	rosemary
	Salt
	tomatoes
olive	oil
	Salt
	breadcrumbs
white	wine
	pine nuts
	Salt
	swordfish
	Salt
red	snapper
olive	oil
sherry	vinegar



fresh	Salt parsley blackfish
olive	oil
fresh	Salt thyme lemon
fresh	garlic thyme Lemon
olive	salmon oil
fresh	Salt lemon
fresh	thyme
fresh	parsley monkfish parsley garlic
all-purpose	salt
ground	flour
olive	black pepper
white	oil
white	wine wine parsley rice salt fish Lemon
olive	oil Sauce salmon salt Salt herb mayonnaise
vegetable	oil
all-purpose	flour Salt snapper
porcini	mushrooms
olive	oil mushrooms onions
fresh	garlic thyme
red	Salt wine

Sheet1

fresh	bay leaf
white	parsley
	wine
rice	water
	vinegar
	salt
	peppercorns
	coriander
	cloves
fresh	bay leaf
	garlic
	parsley
	fish
	mayonnaise
fresh	garlic
	ginger
	scallions
soy	sauce
dry	sherry
	halibut
	tomatoes
fresh	onion
	basil
olive	Salt
white	oil
	wine
	fish
fresh	scallions
	ginger
	garlic
	sugar
soy	sauce
	mirin
	water
rice	vinegar
	fish
	water
white wine	vinegar
	bay leaves
	carrot
	celery
	onion
	cloves
	salt
	peppercorns
	coriander
	parsley
	trout
	potatoes

Sheet1

fresh	parsley
Hollandaise	Sauce
	fish
	Salt
	Fish
olive	oil
	Lemon
	salmon
olive	oil
	Salt
	Tomato
fresh	parsley
	Lemon
white	wine
	water
	celery
	carrot
	onion
	garlic
fresh	thyme
fresh	parsley
fresh	sage
	tomato
	butter
	Salt
	sorrel
	Fish
Boiled	potatoes
black	peppercorns
	tuna
red	wine
	shallots
	butter
	salt
fresh	tarragon
all-purpose	flour
	Salt
	fish
	butter
fresh	parsley
	Lemon
	Fish
white	wine
	butter
	capers
	Fish
	egg
	milk
	breadcrumbs

Sheet1

Parmesan	cheese
fresh	parsley
olive	oil
	garlic
	cod
fresh	parsley
	parsley
	fish
	milk
	cornmeal
	Salt
olive	oil
fresh	parsley
	shallots
fresh	tarragon
white	wine
fresh	lemon
	Butter
Dijon	mustard
	Salt
	sardines
	eggs
	breadcrumbs
	butter
fresh	dill
olive	oil
	garlic
red	onions
	swordfish
fresh	basil
	mint
fresh	oregano
	Salt
	tomatoes
Gaeta	olives
	capers
	red pepper
fresh	basil
	mint
	skate
	salt
	bay leaf
fresh	thyme
all-purpose	flour
	Salt
olive	oil
	butter
	butter
	capers

Sheet1

white wine	vinegar
fresh	parsley
all-purpose	flour
	water
	spice
	Salt
	fish
Fresh	lime
Peanut	oil
fresh	cilantro
	Lime
fresh	thyme
fresh	oregano
	paprika
ground	red pepper
black	peppercorns
	salt
clarified	butter
	fish
	Lemon
Corn	oil
	cornmeal
	chili powder
	Salt
	fish
	Hushpuppies
Tartar	Sauce
	Lemon
baking	potatoes
all-purpose	flour
	baking powder
	salt
ground	black pepper
ground	cinnamon
	milk
	egg
Peanut	oil
Peanut	oil
	dogfish
Malt	vinegar
chili	pepper
	shallot
	garlic
fresh	ginger
fish	sauce
	lime
	salt
	sugar
	fish

fresh	egg cilantro scallions
Corn fresh	oil cilantro Lime fish
fresh fresh	lemon lime
olive	tomato oil tomato onion
green fresh jalape±o dried	olives cilantro peppers oregano salt
Fresh	sugar cilantro avocado salmon sugar salt
ground fresh	black pepper dill brandy Mustard
white	vinegar water garlic sugar
ground jalape±o	cumin pepper Salt
all-purpose	flour salt
black	peppercorns cod
vegetable fresh	oil cilantro limes
unsalted	butter onion celery curry
heavy	cream eggs breadcrumbs

Sheet1

fresh	parsley
fresh	tarragon
fresh	chives
	salt
ground	black pepper
	fish
	fish
	onion
	carrots
	salt
	onions
	fish
	eggs
	water
	matzo meal
	sugar
	salt
ground	black pepper
	carrots
	horseradish
	salmon
mashed	potatoes
heavy	cream
fresh	parsley
fresh	chives
fresh	dill
ground	red pepper
	Salt
	breadcrumbs
all-purpose	flour
	eggs
unsalted	butter
salt	cod
olive	oil
heavy	cream
	garlic
olive	oil
heavy	cream
Fresh	lemon
ground	black pepper
	nutmeg
	Croutons
	sour cream
	horseradish
	lemon
hot	red pepper
fresh	dill
	Salt
	fish

Sheet1

	mayonnaise
	celery
fresh	parsley
	egg
fresh	lemon
ground	red pepper
	salt
ground	black pepper
	breadcrumbs
vegetable	oil
unsalted	butter
heavy	cream
ground	red pepper
	turmeric
	salt
	rice
	scallions
smoked	trout
	eggs
	butter
	shad roe
	Salt
	Lemon
	capers
	wine
fresh	parsley
	chicken
	Salt
	butter
	Sauce
white	wine
	chicken
unsalted	butter
all-purpose	flour
fresh	lemon
	Salt
	chicken
	Salt
	butter
Poultry Pan	Sauce
fresh	rosemary
	lemon
	garlic
	red pepper
	salt
	chicken
	Salt
	Chicken



boiling	potatoes
	carrots
	onions
	celery
	butter
dried	thyme
	salt
ground	black pepper
	chicken
	Salt
	Chicken
	chicken
	chicken
	Salt
	Stuffing
Cornish	hens
dried	thyme
	salt
ground	black pepper
	butter
fresh	thyme
	Sauce
Cornish	hens
	Salt
	Stuffing
	fruit
soy	sauce
Poultry Pan	Sauce
	chicken
	Spinach
	butter
	chicken
Olive	oil
dried	thyme
dried	sage
	salt
dried	rosemary
ground	black pepper
	lemon
	garlic
	chicken
white	wine
	parsley
	Salt
	chicken
	butter
	Salt
	butter
	Salt

fresh	Sauce
olive	lemon
	oil
	garlic
Dijon	mustard
dried	thyme
	salt
ground	black pepper
	Chicken
white	wine
fresh	parsley
	chicken
	Salt
	onions
	garlic
olive	oil
fresh	rosemary
olive	oil
boneless	chicken
dried	thyme
	Salt
portobello	mushrooms
	mushrooms
	garlic
	Salt
white	wine
Olive	oil
	water
heavy	cream
fresh	parsley
	chicken
Dijon	mustard
	onions
unsalted	butter
	Salt
	orange
brown	sugar
	chicken
	Salt
smoked	ham
	onion
	tomatoes
	garlic
whole-grain	mustard
sweet	sherry
white	wine
olive	oil
dried	marjoram
	salt

Sheet1

ground	black pepper
Olive	oil
Parmesan	cheese
fresh	parsley
	chicken
	Salt
barbecue	sauce
	chicken
Dijon	mustard
unseasoned	breadcrumbs
fresh	parsley
unsalted	butter
	garlic
	salt
ground	black pepper
	chicken
	chicken
	Salt
all-purpose	flour
unsalted	butter
olive	oil
	Chicken
	shallots
fresh	chicken
	lemon
	capers
unsalted	butter
	Chicken
	shallots
	mushrooms
	sherry
heavy	cream
	chicken
fresh	parsley
	nutmeg
	Salt
fresh	lemon
	Chicken
	shallots
white	wine
	tomatoes
nonpareil	capers
	garlic
fresh	basil
	Salt
	Chicken
	shallots
	honey

Sheet1

ground	allspice
	chicken
fresh	lemon
heavy	cream
balsamic	vinegar
	Salt
	chicken
unseasoned	breadcrumbs
Parmesan	cheese
fresh	parsley
	salt
ground	black pepper
	egg
	water
all-purpose	flour
olive	oil
	Chicken
Soy-Sherry	Marinade
	breadcrumbs
unsalted	butter
ground	black pepper
BÚarnaise	Sauce
	Chicken
	Tomato
Parmesan	cheese
	Tomato
mozzarella	cheese
Parmesan	cheese
fresh	parsley
	chicken
	Salt
	ham
GruyPre	cheese
unseasoned	breadcrumbs
fresh	parsley
	salt
ground	black pepper
	egg
	water
all-purpose	flour
unsalted	butter
olive	oil
olive	oil
	onions
Gorgonzola	cheese
	walnuts
	chicken
	walnuts
	cornmeal

Sheet1

	Salt
	butter
	butter
olive	oil
unsalted	butter
fresh	lemon
fresh	parsley
fresh	chives
	garlic
	salt
ground	black pepper
	chicken
	Salt
unseasoned	breadcrumbs
	salt
ground	black pepper
	eggs
	water
all-purpose	flour
vegetable	oil
	chicken
	Salt
unsalted	butter
	onions
	garlic
unseasoned	breadcrumbs
Parmesan	cheese
fresh	parsley
dried	rosemary
dried	sage
	salt
ground	black pepper
	chicken
Olive	oil
	Salt
	chicken
	Salt
Kalamata	olives
sun-dried	tomato
tomato	oil
fresh	basil
	chicken
goat	cheese
jalape±o	peppers
sun-dried	tomato
	Salt
black	beans
red	onion
fresh	cilantro

olive	oil
ground	cumin
red wine	vinegar
ground	red pepper
	paprika
	Lime
	cornstarch
Chinese cooking	wine
soy	sauce
	oyster
	salt
	sugar
	chicken
	garlic
fresh	ginger
snow	pea
	onion
	sauce
	ketchup
sesame	oil
soy	sauce
	red pepper
	chicken
	scallions
peanut	oil
	egg
	cornstarch
	salt
	chicken
	scallions
fresh	ginger
	sugar
	salt
	ketchup
white	vinegar
Chinese cooking	wine
soy	sauce
	cornstarch
	water
peanut	oil
	chicken
	Salt
unsalted	butter
	onions
all-purpose	flour
	water
	chicken
	mushrooms
	carrots

Sheet1

dried	celery
	thyme
	salt
ground	black pepper
heavy	cream
	Salt
fresh	lemon
	chicken
	paprika
dried	thyme
	salt
ground	black pepper
dried	basil
ground	red pepper
all-purpose	flour
vegetable	oil
	onions
	celery
bell	peppers
bell	peppers
andouille	sausage
	garlic
dried	sage
dried	thyme
	chicken
	tomato
Worcestershire	sauce
hot	red pepper
	scallions
fresh	parsley
	Salt
hot	red pepper
	rice
	chicken
all-purpose	flour
unsalted	butter
	onions
bell	pepper
	curry
ground	ginger
ground	cinnamon
ground	cloves
	nutmeg
	tomatoes
	chicken
dried	currants
fresh	lemon
brown	sugar
	garlic

Sheet1

dried	thyme
	salt
ground	black pepper
	rice
	chicken
	Salt
ground	red pepper
	bacon
	onions
	celery
lima	beans
barbecued	pork
	tomatoes
barbecue	sauce
	tomato
	chicken
	garlic
	bay leaves
	Salt
ground	red pepper
	corn
	Salt
Worcestershire	sauce
hot	red pepper
fresh	parsley
	breadcrumbs
	chicken
	Salt
olive	oil
	onions
	bay leaf
fresh	rosemary
fresh	sage
	garlic
red	wine
	tomatoes
	chicken
black	olives
	mushrooms
	chicken
	Salt
	bacon
	onions
	carrots
all-purpose	flour
red	wine
	chicken
	tomato
	bay leaves



Sheet1

dried	thyme
dried	marjoram
pearl	onions
unsalted	butter
	mushrooms
	Salt
fresh	parsley
	potatoes
	chicken
olive	oil
bell	peppers
jalape±o	peppers
	ham
	garlic
	salt
ground	black pepper
olive	oil
	onions
	tomatoes
	salt
ground	black pepper
	Salt
white	rice
	chicken
	Salt
	butter
	onions
Hungarian	paprika
all-purpose	flour
	chicken
	garlic
	bay leaf
	salt
ground	black pepper
	sour cream
	Salt
fresh	lemon
	noodles
	chicken
	Salt
vegetable	oil
	onions
bell	pepper
smoked	ham
white	rice
	garlic
	paprika
	salt
ground	black pepper

dried	chicken oregano saffron
green	peas pimientos olives
vegetable	chicken chicken oil onions celery garlic chili powder
ground dried	cumin oregano salt tomatillos cilantro
Anaheim jalapeño fresh	peppers peppers lime Salt
unsalted	chicken butter onions scallions chickpeas water
ground	garlic ginger salt
ground ground ground fresh	black pepper cinnamon red pepper parsley Salt
vegetable	chicken oil onion
fresh	garlic ginger
ground low-fat	turmeric yogurt water
fresh serrano	cilantro pepper salt rice

Sheet1

Mint	Chutney
unsalted	butter
	onions
	garlic
fresh	ginger
	cinnamon
ground	turmeric
	cloves
	nutmeg
	cardamom
	chicken
	lemon
	Salt
	onions
	water
	paprika
ground	red pepper
ground	ginger
ground	cinnamon
ground	cloves
ground	coriander
	water
	garlic
fresh	ginger
	nutmeg
	salt
dry	wine
ground	black pepper
	eggs
	rice
Cornish	hens
	water
soy	sauce
	sugar
Chinese black	vinegar
fresh	ginger
	garlic
	star anise
	cinnamon
	red pepper
	juice
sesame	oil
	salad greens
	sesame
	scallions
Fresh	cilantro
	chicken
	Salt
unsalted	butter

Sheet1

vegetable	oil
	Sauce
	chicken
	buttermilk
	salt
ground	black pepper
all-purpose	flour
	salt
ground	black pepper
ground	red pepper
	vegetable
Poultry Pan	Sauce
	chicken
	Salt
	eggs
	milk
	salt
all-purpose	flour
	salt
ground	black pepper
	vegetable
	Sauce
	chicken
whole-milk	yogurt
	sour cream
Dijon	mustard
	garlic
unseasoned	breadcrumbs
Parmesan	cheese
ground	sage
dried	oregano
	salt
ground	black pepper
	chicken
	buttermilk
fresh	lemon
olive	oil
	shallots
fresh	thyme
	salt
	chili powder
	lemon
Parmesan	cheese
unseasoned	breadcrumbs
	cornmeal
fresh	parsley
	chili powder
	salt
ground	black pepper

	eggs
	butter
	butter
	chicken
	Salt
	eggs
	milk
	corn
	salt
ground	black pepper
	butter
	chicken
unsalted	chicken
all-purpose	butter
	flour
	milk
	sherry
	lemon
	Salt
	nutmeg
unsalted	Chicken
	butter
	mushrooms
heavy	egg
	cream
	rice
fresh	almonds
	parsley
	Chicken
unsalted	butter
	onion
	carrots
	celery
fresh	peas
	parsley
	egg
unsalted	Chicken
	butter
	mushrooms
	spaghetti
Parmesan	almonds
	cheese
	water
	chicken
sesame	sesame
soy	oil
	sauce

Sheet1

white	vinegar
chili	oil
	sugar
fresh	ginger
	scallion
	cucumber
	Chicken
Parmesan	broccoli
	cheese
chili	Chicken
ground	peppers
	cumin
Cheddar	tortilla chips
	cheese
	Chicken
unsalted	butter
	mushrooms
white	rice
	walnuts
unseasoned	breadcrumbs
Parmesan	cheese
	butter
	Sauce
unsalted	butter
	onions
	chicken
fresh	parsley
ground	white pepper
dried	thyme
	nutmeg
	Salt
	breadcrumbs
all-purpose	flour
	eggs
vegetable	oil
	Lemon
	chicken
	Salt
olive	oil
barbecue	sauce
	turkey
	salt
	water
	butter
	water
	butter
Giblet	Gravy
Herb	Vinaigrette
olive	oil

Sheet1

fresh	lemon
	garlic
	salt
ground	black pepper
	chicken
red	onion
	mushrooms
cherry	tomatoes
bell	pepper
	chicken
	Salt
fresh	parsley
	garlic
	lemon
	chicken
olive	oil
fresh	lemon
Dijon	mustard
	garlic
	salt
ground	black pepper
	chicken
new	potatoes
	garlic
	lime
fresh	cilantro
chili	peppers
olive	oil
	Salt
	fennel
ground	coriander
dry	mustard
	salt
ground	cinnamon
ground	red pepper
	chicken
olive	oil
fresh	cilantro
fresh	lemon
	garlic
	salt
fresh	lime
habanero	peppers
white	vinegar
	orange
	scallions
dried	basil
dried	thyme
yellow	mustard

Sheet1

ground	allspice
ground	cloves
	salt
ground	black pepper
	Lime
	chicken
Tandoori	Marinade
	chicken
	turkey
	Salt
	Stuffing
	butter
	Turkey
	chicken
	water
	cornstarch
	Sherry
	Salt
	turkey
vegetable	oil
	onions
	chicken
white	wine
	carrots
	celery
	parsley
	bay leaf
dried	thyme
	cloves
	turkey
unsalted	butter
all-purpose	flour
	sherry
	Salt
	turkey
	salt
	water
	onion
	carrot
	celery
dried	thyme
	butter
	water
	butter
	Turkey
	turkey
	Salt
	Stuffing
	butter



	Turkey
	turkey
	Salt
	butter
	Turkey
olive	turkey
	oil
	garlic
	onions
sun-dried	tomatoes
fresh	rosemary
	turkey
Kalamata	olives
white	wine
	red pepper
fresh	parsley
	Salt
	garlic
chili	peppers
	turkey
dried	oregano
ground	black pepper
ground	cloves
vegetable	oil
	almonds
	onion
	raisins
	bread
	turkey
canned	tomatoes
Mexican	chocolate
ground	cinnamon
vegetable	oil
	turkey
	salt
	sugar
vegetable	oil
	turkey
	parsley
	sesame
olive	oil
	onions
	garlic
ground	turkey
	egg
Parmesan	cheese
	milk
unseasoned	breadcrumbs
	tomato

Sheet1

fresh	basil
fresh	parsley
	salt
ground	black pepper
	duck
	Salt
	Duck
	chicken
vegetable	oil
	onions
all-purpose	flour
	chicken
white	wine
	tomato
	bay leaf
fresh	parsley
dried	thyme
	fennel
ground	black pepper
	water
green	olives
	duck
	water
soy	sauce
	honey
	water
	orange
rice	vinegar
soy	sauce
	honey
	five-spice powder
	duck
raspberry	vinegar
olive	oil
	onions
	honey
	garlic
dried	marjoram
dried	sage
dried	thyme
ground	allspice
	salt
ground	black pepper
Olive	oil
red	wine
	duck
	sugar
dried	thyme
	lemon

Sheet1

	garlic
	bay leaf
ground	cloves
dried	figs
	Duck
	goose
Giblet	Gravy
	Stuffing
	Madeira
	Salt
	goose
kosher	salt
ground	black pepper
dried	thyme
ground	allspice
	onions
	garlic
fresh	thyme
	lard
	lard
	hen
guinea	wine
white	hen
guinea	Salt
	butter
	Butter
	quail
	Salt
maple	syrup
soy	sauce
red wine	vinegar
	chili paste
	garlic
	five-spice powder
	quail
	Mustard
	chicken
	Salt
	Watercress
	pheasant
	Salt
	Sauce
	pheasant
	Salt
	pork
vegetable	oil
	shallots
	Game

Sheet1

	gin
dry	sherry
juniper	berries
	bay leaves
fresh	parsley
	butter
	Salt
	partridge
red	onion
	bay leaves
sherry	vinegar
	Salt
dry	sherry
	chicken
olive	oil
sherry	vinegar
golden	raisins
	garlic
	bay leaves
	cloves
black	peppercorns
	salt
	grouse
	Salt
	apple
	onion
	celery
	Gravy
	Relish
	squab
	butter
	Salt
	paprika
	toast
fresh	parsley
	squab
	Salt
olive	oil
	mushrooms
olive	oil
	shallots
fresh	thyme
	Cognac
red	wine
	Game
	butter
	Salt
fresh	parsley
	Polenta

	lemon
	orange
soy	sauce
	oyster
	honey
fresh	cilantro
fresh	ginger
	garlic
	bay leaf
ground	black pepper
	squab
wild	turkey
	Salt
	Stuffing
	celery
	onion
	cornstarch
	water
	Salt
red	wine
olive	oil
red	onions
	carrots
fresh	thyme
	bay leaves
	rabbit
olive	oil
pearl	onions
	mushrooms
	bacon
	Salt
all-purpose	flour
	prunes
raspberry	vinegar
red currant	preserves
	Salt
	rabbit
	Salt
olive	oil
	onions
	rabbit
	garlic
blanched	almonds
ground	cinnamon
	saffron
	salt
	red pepper
white	peppercorns
	cloves

Sheet1

olive	oil
white	wine
	Game
	bay leaves
dry	sherry
	Salt
fresh	parsley
Dijon	mustard
fresh	thyme
	rabbit
	Salt
olive	oil
	shallots
	chicken
white	wine
heavy	cream
fresh	parsley
yellow	mustard
fresh	lemon
	Salt
	butter
fresh	parsley
	garlic
dried	sage
dried	oregano
	venison
	Salt
	onions
red	wine
	Game
	currant
	brandy
	Salt
	hazelnuts
	breadcrumbs
fresh	parsley
vegetable	oil
ground	black pepper
	salt
	venison
vegetable	oil
	venison
olive	oil
	garlic
	Salt
	tomatoes
fresh	oregano
	red pepper
Kalamata	olives

Sheet1

white	wine
buffalo	Salt
	rib
	beef
red	wine
	Salt
	beef
	Salt
	Sauce
	rib-eye
	Salt
	Sauce
	beef
	Salt
dried	thyme
	Sauce
	beef
olive	oil
	Salt
	Ketchup
	beef
	salsa
	beef
olive	oil
	salt
ground	black pepper
BÚarnaise	Sauce
red	wine
balsamic	vinegar
fresh	rosemary
	salt
ground	black pepper
olive	oil
	beef
	butter
olive	oil
	mushrooms
	garlic
	butter
olive	oil
	Salt
	Sauce
fresh	parsley
	beef
	salt
black	peppercorns
	Ketchup
olive	oil

	onions
	pancetta
	spinach
black	olives
	garlic
fresh	basil
fresh	parsley
ground	black pepper
	salt
	breadcrumbs
	beef
	garlic
fresh	thyme
	salt
ground	black pepper
olive	oil
	beef
	Salt
	foie gras
	Duxelles
	Madeira
	Brioche
	egg
	water
	milk
	Sauce
	beef
	onion
	carrot
	celery
	bay leaf
fresh	thyme
	garlic
	beef
	Salt
	Horseradish
	potatoes
	vegetables
	beef
	egg
	onions
fresh	shallots
	parsley
	capers
	anchovies
Fresh	lemon
Worcestershire	sauce
Dijon	mustard
Hot	red pepper



ground	black pepper Salt beef Salt garlic
black	cumin peppercorns salt beef
chili black ground	peppers peppercorns cumin salt beef Salsa Onion beef
white	bread Ketchup
olive fresh	oil parsley garlic red pepper salt beef salt
black	peppercorns lemon
olive	oil garlic
black	peppercorns salt mushrooms beef salt
black dry	peppercorns sherry beef
Olive	oil Salt beef
black	peppercorns salt shallots brandy beef
heavy	cream

Sheet1

fresh	parsley
	Salt
	beef
dried	garlic
	oregano
	Salt
	beef
black	peppercorns
	salt
	onions
red	wine
	butter
fresh	parsley
	Salt
	beef
	Salt
olive	oil
	butter
	shallots
	beef
	brandy
Dijon	mustard
fresh	lemon
Worcestershire	sauce
	Salt
	butter
fresh	chives
fresh	parsley
rice	vinegar
fresh	lime
fresh	ginger
soy	sauce
	sesame
sesame	oil
	sugar
chili	oil
	scallions
bell	pepper
	water chestnuts
	sauce
soy	sauce
white wine	vinegar
	sugar
	beef
	Salt
olive	oil
	beef
	Salt
olive	oil

Sheet1

fresh plum	onion garlic thyme tomatoes beef
black fresh	olives parsley Salt beef
all-purpose ground	flour black pepper salt
ground	red pepper milk egg
Vegetable	oil onion
all-purpose	flour milk Salt
hot Mashed	red pepper Potatoes beef
vegetable red wine Dijon	oil vinegar mustard lemon
fresh	thyme garlic salt
ground bell	black pepper pepper onion
black balsamic olive	tomatoes olives vinegar oil garlic salt
ground	black pepper beef
red bell porcini	onions peppers mushrooms water beef garlic

Sheet1

dried	thyme
	salt
black	peppercorns
	mushrooms
	garlic
	salt
ground	black pepper
	beef
	tomato
fresh	pasta
Parmesan	cheese
soy	sauce
dry	sherry
	water
	sugar
	cornstarch
sesame	oil
	beef
	onion
bell	peppers
	mushrooms
	scallions
snow	peas
fresh	ginger
	garlic
chili	oil
fresh	cilantro
black	beans
	red pepper
	chicken
peanut	oil
peanut	oil
	rice
Chinese cooking	wine
	oyster
	cornstarch
soy	sauce
	salt
	sugar
flank	steak
	asparagus
black	beans
	garlic
	red pepper
	chicken
	salt
	sugar
	water
	cornstarch

sesame	oil
peanut	oil
peanut	oil
	beef
	Salt
	butter
all-purpose	flour
	beef
	butter
	onion
	sour cream
Dijon	mustard
	Salt
Egg	Noodles
	Mushrooms
	beef
	Salt
vegetable	oil
	onions
	celery
	carrots
	beef
	bay leaf
fresh	thyme
all-purpose	flour
	butter
	Potato
	garlic
	parsley
fresh	sage
fresh	rosemary
olive	oil
ground	black pepper
	beef
olive	oil
	salt
	onion
	carrot
	celery
	mushrooms
	bay leaf
red	wine
	tomato
red	wine
	beef
	tomatoes
red	wine
	beef

red wine red	Polenta vinegar wine onion bay leaves
black	peppercorns caraway seeds
juniper	berries beef
vegetable	Salt oil onions carrots celery
ground all-purpose	ginger flour beef bay leaf
gingersnap	cookies sour cream currant Potato
stewing	beef herbs salt
ground all-purpose olive	black pepper flour oil onions carrots celery leeks garlic bay leaves herbs
ground	salt black pepper beef carrots
boiling	potatoes turnips parsnips
Kneaded fresh	Butter parsley bacon beef
all-purpose	Salt flour

Sheet1

Vegetable	oil
	onions
	garlic
Hungarian	paprika
bell	peppers
	carrots
dried	marjoram
	caraway seeds
ground	black pepper
	bay leaves
	beef
white	wine
	sauerkraut
	tomato
	sour cream
	Salt
	Spätzle
	beef
red	wine
olive	oil
	onion
	carrot
	garlic
	bay leaf
fresh	parsley
fresh	thyme
black	peppercorns
	salt
	bacon
all-purpose	flour
	mushrooms
	onions
fresh	parsley
	Salt
Kneaded	Butter
new	potatoes
	beef
	Salt
olive	oil
white	wine
Dijon	mustard
plum	tomatoes
	onions
	garlic
	Bouquet garni
	Chili Powder
	beef
	salt
olive	oil

Sheet1

olive	oil
	onions
jalape±o	garlic
	peppers
plum	salt
red wine	tomatoes
	vinegar
	water
	Salt
	rice
	sour cream
round	bacon
	steak
	garlic
dark	onions
	beer
kidney	tomatoes
great northern	beans
pinto	beans
	beans
ground	chili powder
ground	cumin
	black pepper
	water
	Salt
Red	pepper
Corn	Bread
Cheddar	cheese
	water
ground	chuck
	onions
	garlic
	tomato
cider	vinegar
Worcestershire	sauce
	peppercorns
	allspice
	cloves
	bay leaf
	salt
ground	cinnamon
ground	cayenne pepper
ground	cumin
unsweetened	chocolate
	spaghetti
Cheddar	cheese
	onion
kidney	beans
Oyster	crackers



Sheet1

Red	pepper pork onion celery tomatoes tomato
maple	syrup
ground	cumin
powdered	sage
ground	black pepper
kidney	beans
Cheddar	cheese
Corn	Bread
meaty	oxtails Salt
all-purpose	flour
olive	oil onions
red	wine garlic Bouquet garni
Mashed	Potatoes beef garlic salt
ground	black pepper
all-purpose	flour
vegetable	oil onions carrots celery beef
dry	wine tomato
fresh	thyme bay leaves Salt
Mashed	Potatoes Parsnips beef salt
ground	black pepper
all-purpose	flour butter
portobello	butter mushrooms butter onions salt

Sheet1

ground	black pepper
dried	thyme
all-purpose	flour
red	wine
	beef
fresh	parsley
fresh	chives
Pastry	Dough
	egg
	milk
	beef
	salt
ground	black pepper
	herb
vegetable	oil
	onions
	celery
	carrots
	shallots
	garlic
ground	black pepper
	salt
	herb
	beef
	bay leaves
Mashed	Potatoes
	Ribs
	Salt
Dijon	mustard
Mashed	Potatoes
	brisket
	garlic
ground	black pepper
vegetable	oil
	onions
red	wine
	beef
chili	sauce
apple cider	vinegar
brown	sugar
	bay leaf
	Potato
	chicken
2- to 3-pound	brisket
	onions
	garlic
	salt
ground	black pepper

	nutmeg
	carrots
sweet	potatoes
brown	sugar
	lemon
all-purpose	flour
	potatoes
	onion
	matzo meal
	chicken
corned	beef
black	peppercorns
	bay leaves
green	cabbage
	Horseradish
whole-grain	mustard
	potatoes
Corned	Beef
brown	sugar
soy	sauce
dry	mustard
ground	ginger
German	Potato
Egg	Noodles
Corned	Beef
	beets
baby	onions
	carrots
	potatoes
	parsnips
	turnips
green	cabbage
fresh	parsley
vegetable	oil
	onions
Corned	Beef
fresh	parsley
	eggs
rump	steak
	Salt
	breadcrumbs
ground	beef
Parmesan	cheese
fresh	parsley
	prosciutto
	shallots
	egg
	salt

Sheet1

ground	black pepper
all-purpose	flour
olive	oil
	onions
	carrots
	garlic
	beef
red	wine
	tomato
	bay leaf
dried	thyme
	Salt
	Polenta
	veal
olive	oil
	Salt
white	wine
	chicken
	Salt
	veal
olive	oil
	Salt
white	wine
	chicken
	Salt
	breadcrumbs
unsalted	butter
	garlic
	Salt
	veal
Dijon	mustard
heavy	cream
	chicken
Dijon	mustard
	Salt
fresh	chives
olive	oil
	onions
	garlic
	pancetta
	breadcrumbs
	water
red wine	vinegar
	eggs
fresh	parsley
fresh	sage
fresh	thyme
	Salt
	carrots

Sheet1

	leeks
	veal
	Salt
	pancetta
white	wine
	veal
	Sauce
	Lemon
	veal
	Salt
all-purpose	flour
olive	oil
unsalted	butter
	Salt
	veal
	Salt
	prosciutto
fresh	sage
mozzarella	cheese
olive	oil
unsalted	butter
	shallots
white	wine
	chicken
fresh	lemon
unsalted	butter
fresh	parsley
	veal
all-purpose	flour
	eggs
Parmesan	cheese
fresh	parsley
	salt
ground	black pepper
olive	oil
unsalted	butter
	lemon
	Salt
fresh	parsley
	Lemon
	veal
	Salt
all-purpose	flour
	eggs
	milk
	breadcrumbs
vegetable	oil
	Salt
	Lemon

olive	veal rib oil Salt Lemon veal rib
unsalted	Salt butter chicken veal
unsalted	Salt butter chicken veal
olive	oil carrots onions celery garlic bouquet garni
white	wine veal
ground	black pepper veal
flat-leaf	parsley garlic lemon Salt Risotto
olive dried	oil thyme salt
ground	black pepper pork chicken
Red	Pepper paprika salt
ground ground	red pepper cinnamon garlic pork Salt
fresh	chives garlic
fresh	rosemary fennel salt
ground	black pepper pork

olive	oil
	yogurt
	garlic
olive	oil
fresh	lemon
dry	mustard
ground	black pepper
	pork
	almonds
	breadcrumbs
	salt
unsalted	butter
	onions
	apples
	apple
white	wine
	breadcrumbs
fresh	sage
	salt
ground	black pepper
	nutmeg
	pork
	garlic
	sage
	salt
ground	black pepper
	apples
	apple
	sugar
	Cognac
unsalted	butter
Fresh	lemon
	Salt
olive	oil
dried	thyme
ground	allspice
	salt
ground	black pepper
	pork
unsalted	butter
	pork
	milk
	milk
	Salt
	pork
	Stuffing
vegetable	oil
dried	thyme
ground	allspice

ground Madeira	salt black pepper wine chicken cornstarch water
fresh	lemon sugar
picnic shoulder	pork Salt garlic salt
dried ground red wine picnic shoulder	oregano black pepper vinegar pork chicken butt
barbecue	lard sauce Cole Slaw
hamburger	buns pork
olive	oil salt
dried ground	sage black pepper onions carrots celery bay leaf
white	wine chicken cornstarch water Stuffing
suckling olive	pig oil salt
ground white olive	black pepper wine oil chicken cornstarch water Salt apple prunes



	greens
	pork
	Salt
	butter
olive	oil
	Sauce
	pork
	Salt
	butter
olive	oil
	scallions
	honey
ground	allspice
	chicken
fresh	lemon
heavy	cream
balsamic	vinegar
	Salt
	paprika
	salt
ground	black pepper
	garlic
dried	sage
dried	oregano
dry	mustard
ground	red pepper
	pork
Vegetable	oil
all-purpose	flour
	milk
	Biscuits
Soft	rolls
	Cole Slaw
	tomatoes
	kale
	pork
	Salt
unsalted	butter
olive	oil
	Sauce
	Sauce
	pork
	Salt
	butter
olive	oil
	Salt
	pork
olive	oil

	Salt
	Salt
Pear	Chutney
soy	sauce
	sauce
	honey
brown	sugar
sesame	oil
fresh	ginger
	garlic
	pork
	sesame
	pork
	Salt
unsalted	butter
olive	oil
olive	oil
	onion
	garlic
	Salt
	peaches
fresh	basil
white	bread
heavy	cream
	pork
	Salt
	butter
olive	oil
	pork
	Salt
unsalted	butter
olive	oil
	pork
	Salt
	Lemon
	pork
	Salt
	breadcrumbs
	fennel
all-purpose	flour
	egg
unsalted	butter
olive	oil
	Lemon
olive	pork
	oil
	Salt

Sheet1

ground	pork
	sage
	salt
ground	black pepper
dried	thyme
juniper	berries
country-style	ribs
barbecue	sauce
	orange
	pork
barbecue	sauce
	paprika
	salt
ground	black pepper
dried	sage
dried	thyme
dry	mustard
Boston-style	pork
olive	oil
	cabbage
	onions
	carrots
	leeks
	garlic
	sauerkraut
	chicken
dark	beer
	caraway seeds
dried	savory
	bay leaves
	oil
	scallions
fresh	garlic
	ginger
	water
soy	sauce
rice	wine
brown	sugar
	star anise
	cinnamon
	pork
	rice
chili	peppers
apple cider	vinegar
	garlic
	salt
	cumin
dried	oregano

Sheet1

ground	black pepper
ground	coriander
ground	cinnamon
Boston-style	pork
vegetable	oil
	onions
	tomatoes
	rice
white wine	vinegar
olive	oil
	garlic
fresh	ginger
	curry
	mustard
ground	cumin
ground	cardamom
ground	cloves
	red pepper
	pork
olive	oil
	onions
	tomatoes
	cinnamon
	Salt
	mustard
fresh	cilantro
	rice
	ham
	Sauce
country	ham
brown	sugar
black	peppercorns
Rolled	Biscuits
	ham
	Apricot
	Cole Slaw
American	Potato
	ham
Franconia, or Browned	Potatoes
unsalted	butter
	ham
ground	black pepper
	bacon
	bacon
	bacon
	butter
Canadian	bacon
smoked	ham

	onions
	carrots
	celery
	garlic
	parsley
	bay leaf
dried	thyme
	salt
	red pepper
ground	black pepper
	kale
Cider	vinegar
	Salt
	red pepper
bone-in	lamb
ground	black pepper
	salt
fresh	rosemary
	garlic
olive	oil
	lamb
	garlic
	salt
ground	black pepper
	Stuffing
	garlic
olive	oil
	salt
ground	black pepper
	lamb
fresh	rosemary
	garlic
	salt
ground	black pepper
	Onion
	Salsa
	lamb
	salt
ground	black pepper
	Sauce
	Onion
	lamb
	salt
ground	black pepper
	Sauce
	lamb
	salt

Sheet1

ground	black pepper
	butter
olive	oil
	Sauce
	Lamb
	brandy
	beef
	Garlic
	butter
fresh	thyme
fresh	chives
	Salt
	lamb
olive	oil
	salt
ground	black pepper
Saffron Garlic	Mayonnaise
olive	oil
red	wine
	salt
ground	black pepper
	lamb
	Tapenade
Tandoori	Marinade
	lamb
	Naan
	lamb
	salt
ground	black pepper
	butter
olive	oil
	garlic
	herbes de Provence
white	wine
	Lamb
	tomato
Nipoise	olives
fresh	parsley
Mashed	Potatoes
vegetable	oil
	onions
	lamb
fresh	thyme
	Salt
boiling	potatoes
	chicken
Worcestershire	sauce
	potatoes

Sheet1

pearl	carrots
heavy	barley
	cream
	Salt
fresh	parsley
	tomatoes
vegetable	oil
	onion
ground	cumin
ground	coriander
	garlic
fresh	ginger
ground	turmeric
ground	red pepper
	lamb
	salt
fresh	cilantro
	rice
	Lentil
	Naan
	lamb
	salt
ground	black pepper
olive	oil
	onion
	celery
	carrot
	turnip
	salt
ground	black pepper
	spices
	beef
	tomato
	bay leaf
Mashed	Potatoes
	lamb
	olive
barbecue	sauce
	onion
	lamb
	salt
ground	black pepper
ground	ginger
	paprika
olive	oil
	onions
	garlic
	mint
	paprika

Sheet1

ground	coriander
ground	cumin
ground	black pepper
ground	ginger
ground	cinnamon
ground	allspice
	chicken
white	wine
	tomato
	carrots
winter	squash
fresh	lemon
	mint
	Harissa
	orzo
all-purpose	potatoes
	butter
	Salt
vegetable	oil
	onion
	carrot
	celery
	lamb
all-purpose	flour
	beef
fresh	thyme
fresh	rosemary
	nutmeg
	Salt
	butter
	goat
	curry
chili	peppers
	garlic
	salt
ground	black pepper
vegetable	oil
	onion
	celery
	vegetable
	bay leaf
boiling	potatoes
	rice
vegetable	oil
	onion
	garlic
fresh	ginger
ground	cumin
ground	coriander



Sheet1

	turmeric
ground	red pepper
ground	beef
canned	tomatoes
	salt
boiling	potatoes
	water
fresh	cilantro
serrano	pepper
	Pita bread
	Lentil
ground	beef
	chorizo
	onion
	garlic
	tomatoes
	vinegar
ground	cinnamon
ground	cumin
	sugar
ground	cloves
	bay leaf
	raisins
blanched	almonds
black	olives
	lamb
	lemon
	lemon
	sherry
soy	sauce
	garlic
dried	thyme
	salt
ground	black pepper
hot	red pepper
olive	oil
Soy	sauce
French	bread
ground	beef
ground	beef
	onions
rolled	oats
	ketchup
fresh	parsley
	eggs
ground	thyme
	salt
ground	black pepper

Mashed	Gravy
	Potatoes
	ham
ground	pork
	onion
	apple
	cracker
	sour cream
	eggs
dry	mustard
ground	allspice
	nutmeg
ground	black pepper
	currant
	horseradish
	breadcrumbs
ground	beef
ground	pork
	shallots
	anchovy
	juice
	lemon
	salt
	lemon
ground	white pepper
	egg
	beef
	butter
	shallots
all-purpose	flour
	egg
	capers
	lemon
	Salt
	butter
	onions
	breadcrumbs
	water
ground	beef
	pork
	egg
	salt
ground	black pepper
	nutmeg
ground	allspice
	butter
all-purpose	flour
	beef
	bacon

ground	veal
calf's	liver
	eggs
heavy	cream
	garlic
dried	thyme
	salt
ground	black pepper
	nutmeg
	paprika
ground	sage
	brandy
	bacon
	Cornichons
French	Mustard
	bread
	butter
	butter
	shallots
Golden Delicious	apple
	chicken
	butter
	Salt
heavy	Calvados
	cream
	sausages
	water
	Mustard
	oil
	sausages
	Mustard
	water
smoked	sausages
	Rolls
	Mustard
	pork
	pork
	salt
ground	black pepper
dried	sage
dried	marjoram
dried	savory
ground	ginger
ground	cloves
ground	red pepper
	water
	apple
	chicken

Sheet1

dried	apples
	salt
ground	black pepper
dried	sage
dried	thyme
ground	cinnamon
ground	ginger
calf's	liver
	Salt
All-purpose	flour
vegetable	oil
olive	oil
	onions
	salt
calf's	liver
	Salt
All-purpose	flour
olive	oil
	chicken
	Salt
unsalted	butter
	shallots
white	wine
	chicken
fresh	parsley
	Salt
	vinegar
	rice
	chicken
	pancetta
dried	basil
	fennel
	Salt
	chicken
	tomatoes
red	wine
	tomato
	bay leaves
	Rice
Parmesan	cheese
	duck foie gras
	Salt
Vegetable	oil
	port
	apple
	veal
wine	vinegar
	Polenta
	sweetbreads

	egg
	water
unseasoned	breadcrumbs
all-purpose	flour
	Salt
Olive	oil
new	potatoes
	Watercress
	Lemon
	calf brains
	Salt
all-purpose	flour
	butter
	Lemon
	capers
calf	kidneys
	Salt
	butter
	butter
	shallots
	garlic
white	wine
	chicken
fresh	rosemary
heavy	cream
	capers
Dijon	mustard
	Salt
	rice
	beef
	onions
	carrot
	celery
black	peppercorns
	bay leaves
	Sauce
	Horseradish
	chitterlings
	Salt
vegetable	oil
Apple cider	vinegar
	Salt
Corn	Bread
bread	flour
	sugar
	yeast
	salt
	water

bread	butter flour yeast water
bread	flour water butter sugar salt
bread	flour yeast water milk water butter sugar salt
bread	flour yeast water milk butter sugar egg salt
bread all-purpose	flour flour butter raisins sugar cinnamon
ground	butter egg salt butter yeast water
all-purpose	flour eggs egg
vegetable	oil sugar salt
bread	flour yeast water
bread	flour onions
fresh	dill

	sugar
	wheat germ
	salt
cottage	cheese
	egg
	egg
	salt
	water
steel-cut	oats
	butter
	salt
	yeast
	water
	water
	molasses
all-purpose	flour
	potatoes
	butter
	yeast
	buttermilk
	eggs
	sugar
	salt
bread	flour
	egg
	poppy seeds
bread	flour
	yeast
	wheat bran
	sugar
	salt
	buttermilk
	butter
bell	pepper
Cheddar	cheese
bread	flour
brown	rice
brown	sugar
	yeast
	wheat bran
	salt
	beer
	milk
dried	currants
	water
ground	cinnamon
	nutmeg
ground	ginger
Milk Bread	dough

Sheet1

powdered	sugar
fresh	lemon
	yeast
	water
	water
all-purpose	flour
	vegetable
	sugar
	salt
	egg
all-purpose	flour
	yeast
	water
all-purpose	flour
olive	oil
	salt
	sugar
Olive	oil
bread	flour
	sugar
	salt
	yeast
	butter
	water
bread	flour
	salt
	yeast
	butter
	yogurt
	water
	butter
	scallions
bread	butter
	flour
	salt
	vegetable
	water
	masa harina
	water
	yeast
	water
bread	flour
	water
	yeast
	water
bread	flour
bread	flour
	water
bread	flour



bread	water flour
bread	water flour
bread	water flour water dough
bread	water flour
bread sea	water flour salt Sourdough
bread bread	water flour flour salt
rye bread	water flour flour salt Cornmeal
whole-wheat bread	water flour flour yeast
all-purpose olive	flour oil Cornmeal
bread	flour salt
nonfat dry	milk sugar yeast
vegetable	oil
bread	water flour salt yeast
olive	oil
unsalted bread	water butter flour sugar salt eggs

	egg
	yeast
	water
	currants
bread	flour
whole-wheat	flour
quick-cooking	oats
	cornmeal
dry	milk
	salt
	yeast
	orange
	honey
	butter
	water
	sunflower seeds
white rice	flour
brown rice	flour
tapioca	flour
	potato
dry	milk
	sugar
	xanthan gum
	egg replacer
	yeast
	salt
	ascorbic acid
	egg
	egg
	water
	butter
brown rice	flour
white rice	flour
tapioca	flour
	potato
	xanthan gum
	sugar
	salt
	yeast
	buttermilk
olive	oil
rice	vinegar
	eggs
	egg
	water
	cornmeal
white rice	flour
	potato
tapioca	flour

	sugar
	salt
	xanthan gum
	cream cheese
	vegetable
	egg
	egg
gluten-free	vanilla
	water
	raisins
	orange
	orange
white rice	flour
tapioca	flour
	potato
	sugar
gluten-free	baking powder
	salt
	baking soda
	xanthan gum
unsalted	butter
	buttermilk
	egg
gluten-free	vanilla
	egg
	water
	sugar
	raisins
	citron
candied	orange
dark	rum
	yeast
	milk
all-purpose	flour
	sugar
	eggs
	vanilla
	lemon
	salt
bread	flour
	butter
	almonds
	butter
	butter
Powdered	sugar
Powdered	sugar
golden	raisins
	citron
candied	orange

dark	rum
	yeast
	milk
all-purpose	flour
bread	flour
	sugar
	sugar
	egg
	egg
	vanilla
	lemon
	orange
	salt
bread	flour
	butter
	butter
	yeast
	milk
all-purpose	flour
	eggs
	sugar
	milk
	salt
bread	flour
	butter
	currants
	rum
	yeast
	milk
all-purpose	flour
	eggs
	sugar
	salt
bread	flour
	butter
	almonds
	almonds
Powdered	sugar
Powdered	sugar
	yeast
	water
all-purpose	flour
bread	flour
	sugar
	salt
	eggs
bread	flour
	butter
	sugar

Sheet1

	water
	lemon
	vanilla
	vanilla
dark	rum
	apricot
Chantilly	cream
	Strawberries
	currants
	rum
Whipped	cream
	apricot
	Almonds
	yeast
	water
cake	flour
	sugar
	salt
	eggs
	milk
	vanilla
bread	flour
	butter
brown	sugar
	butter
	honey
	pecans
	butter
brown	sugar
ground	cinnamon
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	raisins
	caraway seeds
	egg
	buttermilk
unsalted	butter
whole-wheat	flour
	baking powder
	baking soda
ground	cinnamon
	salt
	egg
light	molasses
brown	sugar

vegetable	oil
	orange
	yogurt
	cornmeal
rye	flour
whole-wheat	flour
	baking soda
	salt
	buttermilk
	raisins
light	molasses
all-purpose	flour
	salt
	baking soda
	baking powder
unsalted	butter
	sugar
	eggs
	bananas
	walnuts
all-purpose	flour
ground	cinnamon
	baking soda
	salt
ground	ginger
	nutmeg
ground	cloves
	baking powder
	water
	vanilla
unsalted	butter
	sugar
	eggs
	pumpkin
	walnuts
	raisins
all-purpose	flour
	baking powder
	salt
	baking soda
	zucchini
Cheddar	cheese
	scallions
fresh	parsley
fresh	dill
	eggs
	buttermilk
unsalted	butter
all-purpose	flour

	baking powder
	salt
	milk
	orange
	lemon
unsalted	orange
	butter
	sugar
	eggs
dried	pecans
	cranberries
	dates
	baking soda
	water
all-purpose	flour
	salt
	baking powder
	eggs
vegetable	oil
brown	sugar
	vanilla
	walnuts
all-purpose	flour
	sugar
	baking soda
	salt
ground	cinnamon
	nutmeg
	egg
vegetable	oil
	vanilla
	lemon
fresh	lemon
	pears
	pecans
whole-wheat	flour
all-purpose	flour
rolled	oats
	sugar
	baking powder
	baking soda
	salt
	beer
all-purpose	flour
whole-wheat	flour
	baking powder
dried	rosemary
	salt
	eggs

olive	milk oil walnuts olives bacon cornmeal sugar baking powder baking soda salt eggs buttermilk Butter
all-purpose	cornmeal flour sugar baking powder baking soda salt eggs milk buttermilk
unsalted salt	butter pork cornmeal
all-purpose	flour baking powder sugar baking soda salt eggs buttermilk Jam
unsalted	milk butter salt cornmeal egg cream egg
all-purpose	cream of tartar flour cornmeal baking powder baking soda eggs
unsalted	milk butter sugar



white	vinegar
	salt
	butter
heavy	cream
	cornmeal
	salt
	sugar
	water
	butter
unsalted	butter
	cornmeal
all-purpose	flour
	baking powder
	sugar
ground	black pepper
	salt
	baking soda
ground	red pepper
	eggs
	buttermilk
	onions
Vegetable	oil
	Streusel
all-purpose	flour
	baking powder
	baking soda
	salt
	sour cream
	vanilla
unsalted	butter
	sugar
	eggs
	Streusel
all-purpose	flour
	sugar
	baking soda
ground	cinnamon
	nutmeg
	salt
nonfat	yogurt
	orange
vegetable	oil
	orange
	vanilla
	almonds
brown	sugar
all-purpose	flour
	sugar
	baking powder

unsalted	salt nutmeg butter egg milk vanilla blueberries breadcrumbs
all-purpose	flour sugar
unsalted	salt butter baking powder baking soda buttermilk egg vanilla walnuts
brown ground all-purpose	sugar cinnamon flour baking powder salt nutmeg eggs milk
unsalted	sugar butter vanilla
all-purpose	flour sugar baking powder salt baking soda nutmeg
vegetable	egg oil vanilla
nonfat	milk Cinnamon
all-purpose	flour baking powder
ground	cinnamon baking soda salt eggs sugar apples
unsalted	butter

all-purpose	walnuts
whole-wheat	flour
	flour
ground	baking powder
	cinnamon
	baking soda
	salt
	nutmeg
	walnuts
brown	egg
	sugar
vegetable	bananas
	oil
all-purpose	vanilla
	flour
	sugar
	baking soda
	salt
	egg
vegetable	bananas
all-purpose	oil
	flour
	baking powder
ground	baking soda
	cinnamon
	salt
	nutmeg
ground	cloves
ground	allspice
	eggs
	sugar
	carrots
	orange
unsalted	butter
	walnuts
golden	raisins
all-purpose	flour
	oat
	baking powder
	baking soda
	salt
	eggs
brown	sugar
	buttermilk
unsalted	butter
light	molasses
	orange
	raisins
	walnuts

	wheat bran
	water
whole-wheat	flour
all-purpose	flour
	baking soda
	salt
	honey
light	molasses
vegetable	oil
brown	sugar
	orange
	eggs
	raisins
	walnuts
unsweetened	chocolate
all-purpose	flour
	baking soda
	salt
	buttermilk
	vanilla
unsalted	butter
brown	sugar
	egg
semisweet	chocolate
all-purpose	flour
	salt
	eggs
	milk
unsalted	butter
all-purpose	flour
	salt
	eggs
	milk
	beef
all-purpose	flour
	baking powder
	salt
unsalted	butter
	milk
	Milk
all-purpose	flour
	baking powder
	salt
heavy	cream
all-purpose	flour
	baking powder
	salt
	milk
vegetable	oil

unsalted	butter
	walnuts
brown	sugar
	raisins
all-purpose	flour
	sugar
	salt
	baking powder
unsalted	butter
	milk
all-purpose	flour
	sugar
	baking powder
	salt
unsalted	butter
dried	currants
	egg
heavy	cream
	orange
	cream
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	salt
rolled	oats
	raisins
	egg
unsalted	butter
	milk
all-purpose	flour
	sugar
	baking powder
	salt
	baking soda
	egg
low-fat	buttermilk
unsalted	butter
	raisins
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	salt
	milk
unsalted	butter
	eggs
	vanilla
	raisins

	blueberries
	nuts
	bananas
	bacon
	cheese
	coconut
semisweet	chocolate
maple	syrup
	butter
	cornmeal
all-purpose	flour
	baking powder
	salt
	milk
unsalted	butter
maple	syrup
	eggs
	corn
maple	syrup
	Yogurt
whole-wheat	flour
all-purpose	flour
	cornmeal
rolled	oats
	sugar
	baking powder
	salt
	baking soda
ground	cinnamon
	nutmeg
	milk
unsalted	butter
	honey
	eggs
maple	syrup
Cottage	cheese
all-purpose	flour
	sugar
	baking powder
	baking soda
ground	cinnamon
	salt
	milk
cottage	cheese
	butter
	egg
	vanilla
	walnuts
dried	currants

Sheet1

maple	egg
Plain	syrup
all-purpose	yogurt
yellow	flour
	cornmeal
	sugar
	baking powder
	baking soda
	salt
unsalted	buttermilk
	butter
	egg
	lemon
	egg
maple	blueberries
	syrup
unsalted	milk
	butter
all-purpose	yeast
buckwheat	flour
	flour
	sugar
	salt
	eggs
maple	butter
	syrup
	yeast
	water
	milk
unsalted	butter
all-purpose	flour
	sugar
	eggs
	salt
maple	syrup
	butter
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	sour cream
	milk
fresh	lemon
unsalted	butter
	egg
	vanilla
	lemons
	Honey

all-purpose	sour cream flour sugar cocoa baking powder baking soda salt
unsalted	milk butter egg vanilla
semisweet	chocolate egg sour cream eggs
all-purpose	sour cream flour sugar salt
maple	baking soda syrup milk
all-purpose	flour sugar eggs
unsalted	butter
all-purpose	flour baking powder sugar salt eggs butter milk raisins blueberries nuts banana bacon cheese coconut
semisweet	chocolate
maple	syrup butter
all-purpose	flour cornmeal baking powder salt baking soda buttermilk



Sheet1

maple	syrup
unsalted	butter
	egg
maple	egg
	syrup
	Bacon
	yeast
	milk
	egg
unsalted	milk
	butter
	sugar
	salt
	vanilla
all-purpose	flour
	milk
	egg
	butter
	eggs
	milk
unsalted	butter
	salt
	bread
maple	syrup
	butter
all-purpose	flour
whole-wheat	flour
	bran
	baking powder
	salt
	baking soda
	buttermilk
	honey
unsalted	butter
	eggs
	vanilla
	Honey
	butter
all-purpose	flour
	cocoa
	sugar
	baking powder
	baking soda
	salt
	milk
	egg
unsalted	butter
	vanilla
semisweet	chocolate

	marshmallows
Whipped	egg
all-purpose	cream
	flour
	milk
	water
unsalted	eggs
	butter
	sugar
	salt
Unsalted	butter
buckwheat	flour
all-purpose	flour
	milk
	water
	eggs
vegetable	oil
	salt
unsalted	butter
	orange
	sugar
fresh	lemon
	orange
	Grand Marnier
	Cognac
	CrÛpes
	Grand Marnier
	apple
corn	syrup
brown	sugar
fresh	lemon
unsalted	butter
Golden Delicious	apples
unsalted	butter
	sugar
Unsalted	butter
	CrÛpes
whipped	cream
	CrÛpes
	Jelly
	Sugar
	brandy
Whipped	cream
all-purpose	flour
	milk
	eggs
unsalted	butter
	sugar
	salt

Sheet1

Unsalted farmer's	butter cheese cream cheese egg sugar vanilla salt orange raisins Blintzes
unsalted vegetable	butter oil sour cream blueberries lemon sugar
ground ground	ginger cinnamon blueberries Blintzes
unsalted vegetable all-purpose	butter oil flour sugar salt milk eggs vanilla apricot brandy
Unsalted whipped	butter walnuts cream milk eggs sugar vanilla salt
white or egg unsalted powdered maple	bread butter sugar syrup Bacon
unsalted	butter honey pecans apple eggs
ground	cinnamon

Sheet1

ground	salt
white or egg	allspice
	bread
	Honey
	cream cheese
brown	sugar
	honey
	vanilla
	orange
ground	cinnamon
	salt
	nuts
white	bread
	milk
	eggs
all-purpose	flour
	sugar
	baking powder
	vanilla
	salt
unsalted	butter
vegetable	oil
Powdered	sugar
heavy	cream
	eggs
maple	syrup
brown	sugar
	vanilla
	salt
white or egg	bread
maple	syrup
	fruit
white or egg	bread
maple	syrup
unsalted	butter
	butter
	water
	yeast
all-purpose	flour
unsalted	butter
	sugar
	eggs
	vanilla
	salt
	lemon
all-purpose	flour
Powdered	sugar
	Sugar
baking	potatoes

all-purpose	flour baking powder salt baking soda nutmeg eggs sugar buttermilk
unsalted	butter vanilla
Powdered	sugar Sugar
all-purpose	flour baking powder baking soda salt
ground	cinnamon eggs sugar sour cream vanilla
Powdered	sugar Sugar water
unsalted	butter sugar salt
all-purpose	flour eggs vanilla
Powdered unsweetened unsalted	sugar chocolate butter sugar vanilla eggs
all-purpose	flour walnuts
all-purpose	flour salt baking soda
bittersweet unsalted	chocolate butter sugar vanilla
corn	eggs syrup cream cheese sugar

Sheet1

unsalted	butter
	egg
	vanilla
	lemon
all-purpose	flour
	cocoa
	baking soda
	salt
semisweet	chocolate
corn	oil
brown	sugar
	sugar
corn	syrup
	water
	vanilla
	egg
	pecans
all-purpose	flour
	baking powder
	baking soda
	salt
unsalted	butter
brown	sugar
	sugar
	egg
	egg
corn	syrup
	vanilla
unsalted	butter
	sugar
	egg
	vanilla
all-purpose	flour
	pecans
	coconut
	eggs
brown	sugar
all-purpose	flour
	baking powder
	salt
	vanilla
unsalted	butter
powdered	sugar
fresh	lemon
	vanilla
all-purpose	flour
	sugar
	salt
unsalted	butter

unsalted	milk
brown	pecans
	butter
	sugar
	honey
	milk
	salt
	vanilla
semisweet	chocolate
	pecans
all-purpose	flour
powdered	sugar
unsalted	butter
	eggs
	sugar
	lemon
fresh	lemon
all-purpose	flour
all-purpose	flour
	sugar
	salt
unsalted	butter
	milk
	almond
	raspberry
all-purpose	flour
	sugar
ground	cinnamon
	salt
unsalted	butter
blanched	almonds
rolled	oats
	egg
	milk
unsalted	butter
powdered	sugar
	sugar
	salt
all-purpose	flour
	sugar
unsalted	butter
superfine	sugar
semisweet	chocolate
all-purpose	flour
	honey
brown	sugar
	egg
fresh	lemon
	lemon

Sheet1

all-purpose	flour
	baking soda
ground	cinnamon
ground	cloves
ground	allspice
	nutmeg
blanched	almonds
	citron
powdered	sugar
fresh	lemon
	vanilla
candied	cherry
blanched	almonds
all-purpose	flour
	baking soda
unsalted	butter
	sugar
brown	sugar
	egg
	salt
	vanilla
semisweet	chocolate
	walnuts
all-purpose	flour
	baking soda
	baking powder
	salt
corn	oil
unsalted	butter
brown	sugar
	egg
	egg
corn	syrup
skim	milk
	vanilla
rolled	oats
semisweet	chocolate
all-purpose	flour
	baking soda
	baking powder
	salt
ground	cinnamon
	nutmeg
unsalted	butter
brown	sugar
	sugar
	eggs
	vanilla
	raisins



Sheet1

rolled	oats
unsalted	butter
	egg
	salt
	sugar
	almond
	vanilla
	cake flour
blanched	almonds
	pecans
unsalted	butter
brown	sugar
corn	syrup
	milk
	salt
rolled	oats
all-purpose	flour
	vanilla
	almond
powdered	sugar
	egg
	almond
condensed	milk
	egg
	vanilla
	salt
	coconut
	egg
	salt
fresh	lemon
	sugar
	vanilla
	almond
	pecans
unsalted	butter
	sugar
brown	sugar
	eggs
	vanilla
all-purpose	flour
	baking soda
	salt
macadamia	nuts
white	chocolate
all-purpose	flour
	baking powder
	salt
unsalted	butter
	sugar

unsalted	egg milk vanilla lemon sugar butter sugar salt egg egg
all-purpose unsalted	vanilla flour butter sugar egg baking powder salt
all-purpose	vanilla flour sprinkles
unsalted all-purpose	Icing butter flour egg
powdered	sugar sugar salt
all-purpose	vanilla almond flour baking powder baking soda salt
ground ground ground	ginger cinnamon cloves
brown	butter sugar egg molasses vanilla lemon
all-purpose ground ground ground ground	Raisins flour cinnamon ginger cloves cardamom baking soda

	molasses
	vegetable
brown	sugar
	vanilla
all-purpose	flour
	cream of tartar
	baking soda
	salt
unsalted	butter
	sugar
	eggs
	sugar
ground	cinnamon
all-purpose	flour
	baking soda
	baking powder
	salt
unsalted	butter
	sugar
brown	sugar
	egg
	milk
	vanilla
rolled	oats
semisweet	chocolate
milk	chocolate
	walnuts
all-purpose	flour
	baking powder
	baking soda
	salt
	corn
	peanut butter
unsalted	butter
powdered	sugar
brown	sugar
	egg
	egg
	vanilla
all-purpose	flour
	salt
unsalted	butter
	peanut butter
	vanilla
	peanut butter
	peanuts
	sesame
all-purpose	flour
	baking powder

Sheet1

	baking soda
	salt
unsalted	butter
brown	sugar
	egg
	vanilla
	pecans
unsalted	butter
	salt
powdered	sugar
	vanilla
all-purpose	flour
powdered	sugar
unsalted	butter
powdered	sugar
	vanilla
	walnuts
all-purpose	flour
powdered	sugar
unsalted	butter
	salt
powdered	sugar
	egg
	brandy
	vanilla
all-purpose	flour
	clove
powdered	sugar
all-purpose	flour
ground	cinnamon
ground	cardamom
ground	cloves
	nutmeg
ground	black pepper
	baking powder
	baking soda
	salt
unsalted	butter
	sugar
	egg
blanched	almonds
candied	orange
	lemon
light	molasses
	brandy
powdered	sugar
all-purpose	flour
	baking powder
	baking soda

Sheet1

ground	ginger
ground	cinnamon
ground	cloves
	salt
unsalted	butter
	sugar
	eggs
dark	molasses
fresh	lemon
	lemon
all-purpose	flour
	baking powder
	baking soda
ground	ginger
ground	cloves
	salt
	sugar
	orange
	lemon
corn	oil
unsalted	butter
	egg
light	molasses
	vanilla
	sugar
all-purpose	flour
	baking powder
	salt
corn	oil
	sugar
	eggs
	egg
	lemon
	orange
	anise
	vanilla
blanched	almonds
	hazelnuts
bittersweet	chocolate
all-purpose	flour
	cocoa
	baking powder
	salt
unsalted	butter
	sugar
	eggs
	egg
corn	syrup
instant	coffee

Sheet1

bittersweet	vanilla
corn	almond
bittersweet	chocolate
unsalted	oil
all-purpose	chocolate
	butter
	flour
	egg
	sugar
	salt
	vanilla
chocolate mint	wafers
all-purpose	flour
	cornstarch
	baking powder
	baking soda
	salt
unsalted	butter
corn	oil
corn	syrup
	sugar
	egg
	lemon
	vanilla
	almond
fruit	jam
blanched	almonds
unsalted	butter
	sugar
	flour
all-purpose	almonds
unblanched	cinnamon
ground	sugar
powdered	currant
	butter
unsalted	cream cheese
	flour
all-purpose	sugar
	cinnamon
ground	flour
All-purpose	raspberry
	raisins
	walnuts
all-purpose	flour
	baking powder
	salt
unsalted	butter
	sugar
	egg

all-purpose	vanilla
	lemon
	flour
	salt
	baking powder
unsalted	baking soda
	butter
	sugar
	egg
	cream cheese
	vanilla
	lemon
	sugar
instant	Kahl·a
all-purpose	espresso
ground	flour
	cinnamon
	salt
unsalted	butter
brown	sugar
unsalted	butter
	sugar
	egg
	salt
	vanilla
all-purpose	almond
	flour
	milk
all-purpose	flour
Candied	cherry
all-purpose	flour
	baking powder
	eggs
	sugar
	lemon
	anise
all-purpose	flour
	anise
all-purpose	flour
ground	cinnamon
ground	allspice
	nutmeg
unsalted	butter
brown	sugar
	egg
	milk
	vanilla
	almond
	lemon

Sheet1

powdered Dutch-process	sugar cocoa bourbon
corn vanilla	syrup wafers pecans
powdered all-purpose	sugar flour baking powder
ground ground ground	ginger cinnamon cloves salt
unsalted brown	butter sugar eggs
dark	molasses water

bittersweet heavy bittersweet	chocolate cream chocolate sugar
corn	syrup half-and-half
heavy	cream salt
bittersweet unsalted	chocolate butter vanilla walnuts popcorn
unsalted brown	butter sugar water sugar water
unsalted	cream of tartar butter peanuts water sugar cream of tartar
Powdered	sugar



Sheet1

peppermint	vanilla oil Grand Marnier orange
bittersweet	coconut chocolate peanut butter almonds
dried Powdered unsalted	cherries sugar butter vanilla almond salt
condensed powdered powdered	milk sugar sugar pecan sugar
brown	sugar buttermilk baking soda salt
unsalted	butter vanilla sugar water cream of tartar
blanched blanched powdered	almonds almonds sugar sugar
corn	syrup almond water
Powdered blanched powdered	sugar almonds sugar sugar
corn	syrup water almond
corn	syrup water
all-purpose white	flour sugar salt vegetable water

Sheet1

all-purpose white unsalted	water flour sugar salt butter vegetable water water
all-purpose white unsalted	flour sugar salt butter cream cheese
heavy Pastry	cream Dough egg salt
Pastry all-purpose unsalted heavy	Dough flour salt butter cream egg salt
all-purpose vegetable	flour salt oil milk egg salt
all-purpose unsalted	flour sugar lemon salt butter egg egg salt
fine	crumbs butter sugar
ground unsalted	cinnamon walnuts butter sugar salt
Pastry	Meringue Dough apples

Sheet1

all-purpose	sugar
fresh	flour
ground	lemon
	cinnamon
	salt
unsalted	butter
	sugar
ground	cinnamon
Pastry	Dough
	apples
unsalted	butter
	sugar
ground	cinnamon
	salt
Pastry	Dough
	blueberries
	sugar
	tapioca
fresh	lemon
	lemon
	salt
unsalted	butter
Pastry	Dough
sour	cherries
	sugar
	tapioca
	water
fresh	lemon
	almond
	food coloring
unsalted	butter
Pastry	Dough
bottled	cherries
	sugar
	tapioca
fresh	lemon
	almond
	butter
Pastry	Dough
	peaches
	sugar
	tapioca
fresh	lemon
	almond
	salt
unsalted	butter
	Milk
	sugar
Pastry	Dough

Sheet1

dark	peaches
brown	raisins
	sugar
	tapioca
fresh	lemon
ground	ginger
ground	cinnamon
ground	mace
ground	cloves
unsalted	butter
	egg
	water
Pastry	Dough
	rhubarb
	sugar
	tapioca
	orange
	salt
unsalted	butter
	Milk
	sugar
Pastry	Dough
Golden Delicious	apples
dark	raisins
	walnuts
	sugar
	apple
	brandy
unsalted	butter
	lemon
	lemon
cider	vinegar
	salt
ground	cinnamon
	nutmeg
ground	cloves
	egg
	water
Hard	Sauce
Pastry	Dough
	pears
	apples
	cranberries
	sugar
all-purpose	flour
fresh	lemon
	salt
unsalted	butter
	egg

Sheet1

Vanilla	ice cream
Cheddar	cheese
all-purpose	flour
unsalted	butter
unsalted	butter
Golden Delicious	apples
dark	raisins
	walnuts
	sugar
	lemon
	lemon
	brandy
ground	cinnamon
	nutmeg
	salt
ground	cloves
Vanilla	ice cream
Flaky Pastry	Crust
	strawberries
	sugar
	cornstarch
	salt
	water
fresh	lemon
unsalted	butter
Whipped	cream
Flaky Pastry	Crust
	egg
	sugar
unsalted	butter
all-purpose	flour
	vanilla
	salt
	peaches
Whipped	cream
Flaky Pastry	Crust
blanched	almonds
unsalted	butter
	sugar
	almond
	egg
	apricots
	apricot
Flaky Pastry	Crust
	raspberries
	sugar
	cornstarch
fresh	lemon
	Streusel

Sheet1

Flaky Pastry	Crust pears sugar
all-purpose	flour Streusel
Flaky Pastry	Crust currant
Pastry	Cream berries jelly
Powdered Pastry Golden Delicious unsalted	sugar Dough apples butter sugar
blanched all-purpose powdered	almonds flour sugar cocoa
ground ground	cinnamon cloves salt
unsalted	butter egg lemon raspberry
Whipped Shortbread	cream Crust raspberry plums raspberries sugar
all-purpose Pastry	flour Dough blueberries sugar
unsalted	butter Milk sugar
Pastry unsalted	Dough butter sugar apples sugar
ground Flaky Pastry	cinnamon Crust sugar cornstarch

	salt
	milk
unsalted	egg
	butter
	vanilla
Whipped	Meringue
Flaky Pastry	cream
	Crust
	water
	gelatin
fresh	water
	lemon
	lemon
	sugar
	egg
	egg
	cream of tartar
Crumb	sugar
	Crust
	water
	gelatin
bittersweet	chocolate
	sugar
	cornstarch
light	cream
	egg
dark	rum
	vanilla
	egg
	cream of tartar
heavy	sugar
powdered	cream
	sugar
	vanilla
bittersweet	chocolate
Crumb	Crust
	Chocolate
heavy	cream
powdered	sugar
	vanilla
bittersweet	chocolate
sandwich	cookies
unsalted	butter
	marshmallows
milk chocolate	candy bars
heavy	cream
heavy	cream
powdered	sugar
	vanilla

Crumb	Crust cream cheese peanut butter sugar vanilla
heavy	cream
heavy	cream
unsalted	butter
bittersweet	chocolate peanuts
Whipped	cream
Flaky Pastry	Crust eggs egg sugar vanilla salt milk nutmeg
Flaky Pastry	Crust eggs pumpkin cream sugar
light	sugar
brown	sugar
ground	cinnamon
ground	ginger nutmeg
ground	cloves salt
Whipped	cream
Flaky Pastry	Crust pumpkin sour cream sugar egg
ground	cinnamon
ground	ginger nutmeg
ground	cloves salt egg cream of tartar sugar
Whipped	cream
Flaky Pastry	Crust
sweet	potatoes eggs sugar



Sheet1

light	cream
unsalted	butter
fresh	lemon
	vanilla
ground	cinnamon
	nutmeg
	salt
Whipped	cream
Flaky Pastry	Crust
	pecans
	eggs
	sugar
corn	syrup
unsalted	butter
	vanilla
	salt
Whipped	cream
Flaky Pastry	Crust
	egg
	egg
	sugar
brown	sugar
	salt
light	cream
unsalted	butter
	walnuts
	Meringue
Whipped	cream
Flaky Pastry	Crust
all-purpose	flour
brown	sugar
unsalted	butter
light	molasses
	egg
	baking soda
	water
Whipped	cream
Flaky Pastry	Crust
	sugar
	cornstarch
	salt
	water
fresh	lemon
	lemon
	egg
unsalted	butter
	Meringue
Pastry	Dough
	lemons

Sheet1

	sugar
	salt
	eggs
	butter
all-purpose	flour
Flaky Pastry	Crust
	sugar
unsalted	butter
	egg
fresh	lemon
	lemon
	Raspberry
Flaky Pastry	Crust
condensed whole	milk
	egg
fresh	lime
	lime
heavy	cream
powdered	sugar
	Meringue
Shortbread	Crust
heavy	cream
bittersweet	chocolate
	egg
Whipped	cream
Flaky Pastry	Crust
blanched	almonds
	sugar
	water
heavy	cream
	egg
	egg
	vanilla
	salt
bittersweet	chocolate
heavy	cream
Whipped	cream
Crumb	Crust
	ice cream
sandwich	cookies
Whipped	cream
	cookies
	chocolate
Pastry	Dough
	apples
maple	syrup
	cornstarch
ground	cinnamon
	nutmeg

ground	salt
unsalted	allspice
heavy	butter
all-purpose	cream
	flour
	sugar
	baking powder
unsalted	salt
heavy	butter
	cream
	butter
	sugar
	rhubarb
	strawberries
	sugar
	cornstarch
	Dough
	Sugar
whipped	cream
	blueberries
	sugar
	cornstarch
	lime
	Dough
heavy	cream
	peaches
	raspberries
	sugar
all-purpose	flour
	baking soda
	salt
unsalted	butter
	sugar
	egg
	buttermilk
whipped	cream
	Biscuits
	strawberries
	sugar
Whipped	Cream
all-purpose	flour
	baking powder
	salt
	milk
unsalted	butter
	water
	sugar
	apricots
Bing	cherries

whipped	cream
	hazelnuts
all-purpose	flour
	sugar
	baking powder
	salt
ricotta	cheese
	eggs
	milk
	water
	sugar
	peaches
	raspberries
	blackberries
	sugar
all-purpose	flour
	sugar
	baking powder
	salt
unsalted	butter
	milk
	Sauce
	Biscuit
	apples
brown	sugar
ground	cinnamon
	salt
unsalted	butter
	egg
	water
brown	sugar
unsalted	butter
ground	cinnamon
	salt
	lemon
heavy	cream
	apples
all-purpose	flour
	sugar
	salt
ground	cinnamon
	nutmeg
unsalted	butter
whipped	cream
	pears
	mangoes
all-purpose	flour
	sugar
	salt

Sheet1

unsalted	butter
crystallized	ginger
rolled	oats
brown	sugar
all-purpose	flour
	salt
unsalted	butter
fresh	cranberries
	sugar
Caramel	ice cream
	apples
unseasoned	breadcrumbs
unsalted	butter
brown	sugar
ground	cinnamon
	nutmeg
ground	cloves
fresh	lemon
fresh	lemon
	Sauce
graham	cracker
	sugar
unsalted	butter
	bananas
	milk
	vanilla
	egg
	sugar
all-purpose	flour
	cornstarch
	salt
	Strawberry
Vanilla	ice cream
all-purpose	flour
	baking powder
	salt
unsalted	butter
	sugar
	eggs
	peaches
	pecans
	sugar
ground	cinnamon
	sugar
all-purpose	flour
	nutmeg
	salt
unsalted	butter
	peach

all-purpose	boysenberries flour baking powder salt
unsalted	butter sugar egg vanilla milk
Orange	sherbet almonds
all-purpose brown ground	flour sugar cinnamon salt
unsalted	butter pears
fresh all-purpose	lemon flour baking powder salt
unsalted brown	butter sugar egg vanilla almond milk
Pear	sherbet eggs sugar milk Cognac vanilla
all-purpose	flour salt cherries
Powdered	sugar pineapple
unsalted brown maraschino	butter sugar cherries eggs buttermilk vanilla
all-purpose	flour sugar baking powder baking soda salt

Sheet1

unsalted	butter
Whipped	buttermilk
all-purpose	cream
	flour
	salt
unsalted	butter
	water
fresh	lemon
	egg
unsalted	butter
all-purpose	flour
Pastry	Cream
	apricot
Powdered	sugar
	berries
	sugar
	orange
	crème fraiche
Powdered	sugar
	egg
heavy	cream
	sugar
dark	rum
	vanilla
	bananas
brown	sugar
dark	rum
fresh	lime
	apples
	sugar
all-purpose	flour
ground	cinnamon
fresh	lemon
	salt
	egg
	Crème fraiche
	sugar
	egg
unsalted	butter
all-purpose	flour
	milk
	yeast
	sugar
all-purpose	flour

Sheet1

unsalted	salt butter
semisweet	egg chocolate
unsalted all-purpose	egg butter flour milk yeast
all-purpose	sugar flour sugar
unsalted	salt butter egg egg
	egg raspberry Sugar prunes water sugar salt lemon Armagnac Raspberry cream cheese
ground heavy	sugar cinnamon cream
powdered	egg sugar water
unsalted all-purpose	butter flour salt egg water
cider	butter vinegar apples breadcrumbs sugar walnuts currants lemon



Sheet1

ground	cinnamon
Powdered	sugar
	nuts
	sugar
	lemon
ground	cinnamon
unsalted	butter
phyllo	dough
	sugar
	water
	honey
fresh	lemon
	orange
unsalted	butter
	sugar
phyllo	dough
heavy	cream
	sour cream
	sugar
	vanilla
	pistachios
	raspberries
all-purpose	flour
	water
	milk
unsalted	butter
	salt
	eggs
	Choux Paste
Pastry	Cream
Bittersweet	Chocolate
	Choux Paste
whipped	cream
Powdered	sugar
	Choux Paste
	Chocolate
heavy	cream
Vanilla	ice cream
all-purpose	flour
	baking powder
	salt
unsalted	butter
	sugar
	eggs
	lemon
fresh	lemon
(unblanched)	almonds
	sugar
unsalted	butter

	sugar
	vanilla
	salt
	sour cream
	egg
	baking soda
	baking powder
all-purpose	flour
	chocolate
Powdered	sugar
	Orange
unsweetened	chocolate
cake	flour
	sugar
	baking soda
	salt
	sour cream
unsalted	butter
	eggs
	vanilla
	water
	Chocolate
Powdered	sugar
Whipped	cream
	sugar
all-purpose	flour
	baking soda
	salt
	water
vegetable	oil
unsalted	butter
	cocoa
	eggs
	buttermilk
	vanilla
	Mocha
	pecans
rolled	oats
	water
all-purpose	flour
	baking soda
ground	cinnamon
	nutmeg
	salt
unsalted	butter
	vanilla
	sugar
brown	sugar
	eggs

	vanilla
	Icing
all-purpose	flour
	sugar
	cocoa
	baking soda
	salt
	water
vegetable	oil
white	vinegar
	vanilla
Powdered	sugar
	Cookie
all-purpose	flour
	sugar
	baking soda
	salt
	orange
vegetable	oil
	orange
white	vinegar
	vanilla
unsalted	butter
	sugar
	salt
	eggs
	orange
all-purpose	flour
	baking powder
heavy	cream
dark	rum
Bittersweet	Chocolate
Powdered	sugar
all-purpose	flour
	sugar
	baking soda
ground	cinnamon
ground	cloves
	nutmeg
	salt
	buttermilk
vegetable	oil
	rum
	vanilla
	apples
	walnuts
Vanilla	ice cream
White	Icing
all-purpose	flour

	sugar
	baking soda
	baking powder
ground	cinnamon
ground	cloves
	nutmeg
ground	allspice
	salt
vegetable	oil
	eggs
	carrots
	walnuts
golden	raisins
	pineapple
	Cream Cheese
all-purpose	flour
	baking soda
ground	ginger
ground	cinnamon
ground	cloves
	salt
unsalted	butter
	egg
brown	sugar
light	molasses
	water
crystallized	ginger
	applesauce
light	molasses
	baking soda
all-purpose	flour
ground	ginger
ground	cinnamon
ground	cloves
	salt
	eggs
	sugar
vegetable	oil
all-purpose	flour
	baking soda
	salt
brown	sugar
light	molasses
corn	syrup
	egg
fresh	ginger
unsalted	butter
	water
	honey

vegetable	oil
	coffee
	vanilla
all-purpose	flour
	baking soda
	baking powder
ground	cinnamon
ground	ginger
	raisins
	walnuts
	eggs
	sugar
	honey
cake	flour
	baking powder
	salt
	milk
	vanilla
	almond
unsalted	butter
	sugar
	egg
	cream of tartar
cake	sugar
	flour
	baking powder
	salt
unsalted	butter
	sugar
	egg
	vanilla
fresh	lemon
	milk
	Orange
Powdered	sugar
	Fruit
cake	flour
	baking powder
	salt
	milk
	vanilla
unsalted	butter
	sugar
	egg
	egg
	cream of tartar
	sugar
cake	flour
	baking powder

unsalted	baking soda
	salt
	butter
	sugar
	eggs
	vanilla
cake	buttermilk
	flour
	eggs
	vanilla
	almond
	lemon
	orange
ground	mace
unsalted	butter
	sugar
	salt
	eggs
	milk
cake	vanilla
	flour
	sugar
	poppy seeds
	lemon
	baking powder
	salt
unsalted	butter
fresh	lemon
	sugar
cake	flour
unsalted	butter
powdered	sugar
	eggs
	vanilla
	sugar
	water
corn	syrup
	rum
cake	flour
	baking soda
	salt
	sour cream
	vanilla
unsalted	butter
	sugar
	egg
	egg
	cream of tartar
	sugar

cake	flour baking powder baking soda salt
unsalted	butter sugar egg egg vanilla
nonfat	yogurt Chocolate
Dutch-process	cocoa sugar water almond
unsalted	butter sugar eggs kirsch almond baking powder
all-purpose Powdered cake	flour sugar flour buttermilk baking soda vanilla
unsalted	butter sugar egg coconut pecans egg cream of tartar sugar
cake	flour baking powder baking soda nutmeg
ground ground	cinnamon cloves salt
unsalted	butter sugar egg yogurt egg cream of tartar

Sheet1

all-purpose	sugar
	flour
	baking soda
ground	cinnamon
ground	cloves
ground	allspice
	nutmeg
ground	mace
	salt
unsalted	butter
white	sugar
	egg
	applesauce
	walnuts
	raisins
	Caramel
Powdered	sugar
	bananas
	sour cream
	eggs
	lemon
	vanilla
cake	flour
	sugar
	baking soda
	baking powder
	salt
	butter
Powdered	sugar
	Chocolate
	sugar
	cocoa
	buttermilk
cake	flour
	baking soda
	salt
	buttermilk
	vanilla
unsalted	butter
	sugar
	eggs
cake	flour
	baking soda
	salt
sweet baking	chocolate
	water
	buttermilk
	vanilla
unsalted	butter



	sugar
	egg
	egg
	cream of tartar
cake	sugar
	Filling
	flour
	salt
	sugar
	egg
	vanilla
	lemon
	orange
	water
	egg
	cream of tartar
	sugar
	matzo meal
	potato
	salt
	egg
	sugar
	orange
	lemon
fresh	orange
	lemon
	egg
	cream of tartar
cake	sugar
	flour
	baking powder
	milk
unsalted	butter
	sugar
	eggs
cake	flour
Dutch-process	cocoa
	salt
	eggs
	vanilla
instant	coffee
	sugar
Whipped	cream
cake	flour
	egg
	sugar
	vanilla
	egg
	cream of tartar

Sponge	sugar
Powdered	Cake
cake	sugar
	flour
clarified	sugar
	butter
	eggs
cake	sugar
	vanilla
clarified	flour
	cocoa
	butter
	eggs
cake	sugar
	vanilla
	flour
	sugar
	baking powder
	salt
vegetable	egg
	water
	oil
	lemon
	vanilla
	egg
	cream of tartar
	sugar
	Lemon
	Fresh berries
	water
instant	cocoa
cake	coffee
	flour
	sugar
	baking powder
	baking soda
vegetable	salt
	oil
	egg
	vanilla
	egg
	cream of tartar
	sugar
cake	Orange
	flour
	sugar
	salt
	egg
	water

Sheet1

fresh	lemon cream of tartar vanilla almond sugar
Sponge Powdered bittersweet	Cake sugar chocolate water vanilla egg cream of tartar sugar egg cocoa cocoa egg vanilla cream of tartar
superfine	sugar nuts sugar cornstarch egg cream of tartar sugar Meringue cocoa chocolate Meringue ice cream
semisweet	cream strawberries Chocolate almonds sugar egg breadcrumbs
Whipped	lemon cinnamon almond egg cream of tartar sugar Cream sugar cream chocolate butter
ground	
Whipped Powdered Flavored whipped semisweet unsalted	

all-purpose	flour almonds egg sugar
brown	sugar brandy almond egg cream of tartar sugar
Bittersweet Powdered	Chocolate sugar Whipped cream
bittersweet unsalted	chocolate butter cocoa egg cream of tartar sugar
Whipped bittersweet unsalted	cream chocolate butter egg egg cream of tartar sugar
Powdered	sugar Whipped cream
bittersweet	chocolate sugar
Dutch-process all-purpose low-fat	cocoa flour milk egg vanilla egg cream of tartar sugar
Powdered all-purpose brown	sugar flour sugar baking powder salt milk peanut butter
unsalted vegetable	egg butter oil vanilla

Sheet1

semisweet	chocolate cream cheese sugar egg
semisweet all-purpose	chocolate flour sugar cocoa baking soda salt water
vegetable white	oil vinegar vanilla
cake	flour baking powder salt
unsalted	butter eggs egg sugar vanilla
Powdered	sugar jam
Powdered Flourless Dutch-process	sugar Chocolate cocoa Chocolate
Dutch-process White	cocoa Cake
White	Cake Filling
Sponge Pastry Bittersweet	Cake Cream Chocolate Ladyfingers egg sugar
sweet	Marsala water
heavy	cream vanilla
mascarpone	cheese espresso rum sugar
bittersweet	chocolate

Sheet1

	cocoa
	Ladyfingers
	Sauce
	wine
	preserves
	berries
blanched	almonds
heavy	cream
	sugar
	vanilla
blanched	almonds
all-purpose	flour
	baking powder
	egg
	cream of tartar
	sugar
	egg
	milk
heavy	cream
evaporated	milk
condensed	milk
corn	syrup
	egg
	Buttercream
instant	espresso
	water
bittersweet	chocolate
	water
	Syrup
	brandy
	Meringue
	water
	rum
	sugar
ricotta	cheese
powdered	sugar
candied	citron
	vanilla
ground	cinnamon
	apricot
	water
	marzipan
Candied	fruit
	Meringue
	strawberries
Bittersweet	Chocolate
heavy	cream

blanched	sugar vanilla almonds Chocolate Syrup kirsch
bittersweet	cherries chocolate water
heavy	cream sugar vanilla
cake	Chocolate flour baking powder salt milk vanilla
unsalted	almond butter sugar egg cream of tartar sugar egg cream of tartar
all-purpose	sugar flour
golden	pecans raisins kumquats baking powder salt
unsalted	butter sugar eggs vanilla
all-purpose	flour baking powder baking soda salt
ground	cinnamon nutmeg
ground	mace
ground	cloves
unsalted	butter
brown	sugar
dark	molasses orange

candied	lemon brandy fruits walnuts dates currants
golden all-purpose	raisins flour baking soda baking powder salt sugar walnut
dried	dates apricot eggs vanilla
Crumb	Crust cream cheese sugar vanilla eggs sour cream sugar vanilla salt
Shortbread	Crust egg cream cheese sugar
all-purpose	flour lemon vanilla eggs egg
heavy unsalted graham	cream butter cracker cream cheese sugar
heavy	eggs cream sour cream lemon vanilla
cottage NeufchÔtel	cheese cheese sugar vanilla



fresh	lemon
	salt
graham	cracker
	Crust
	pine nuts
blanched	almonds
candied	citron
	chocolate
all-purpose	flour
	eggs
	sugar
	vanilla
ricotta	cheese
Crumb	Crust
bittersweet	chocolate
	water
	cream cheese
	sugar
	vanilla
	eggs
	sour cream
	cocoa
Crumb	Crust
brown	sugar
ground	cinnamon
ground	cloves
ground	ginger
	nutmeg
	cream cheese
	eggs
	egg
	pumpkin
	sour cream
brown	sugar
	vanilla
cake	flour
	sugar
	salt
	egg
	cream of tartar
	sugar
	vanilla
cake	flour
	baking powder
	salt
unsalted	butter
	sugar
	egg
	milk

cake	vanilla egg flour sugar baking powder
unsalted	salt butter milk vanilla egg sugar milk
unsweetened cake	chocolate flour baking powder salt
unsalted	butter sugar egg milk
cake	egg sugar flour egg sugar salt water vanilla egg cream of tartar
fresh heavy	sugar lemon lemon cream sugar vanilla
all-purpose	sugar flour cornstarch egg milk vanilla vanilla sugar cornstarch
all-purpose	flour egg egg
low-fat	milk

heavy unsweetened	vanilla milk cream chocolate sugar cornstarch
all-purpose	flour egg salt vanilla coffee
heavy unsweetened	cream chocolate sugar cornstarch salt egg sugar cornstarch salt
fresh	lemon water
unsalted	lemon egg butter eggs sugar
fresh unsalted	lemon lemon butter vanilla lemon orange
fresh	orange lemon water
all-purpose	sugar flour salt egg
dried	apricots water sugar Filling egg sugar oranges orange
unsalted	butter

evaporated	sugar milk
unsalted	egg butter coconut pecans
brown unsalted	sugar butter water salt egg walnuts egg sugar salt
unsalted	bourbon butter pecans coconut raisins dates
maraschino	cherries nutmeg
brown heavy unsalted	sugar cream butter vanilla
heavy	rum cream water cream of tartar sugar
corn	egg syrup vanilla nuts
dried	pecans figs raisins almond sugar water cream of tartar
unsalted	eggs butter egg sugar water

	cream of tartar
	vanilla
unsalted	butter
	liqueur
heavy	cream
semisweet	chocolate
	liqueur
bittersweet	chocolate
	water
	salt
unsalted	butter
	liqueur
	sugar
	cocoa
low-fat evaporated	milk
bittersweet	chocolate
	vanilla
unsweetened	chocolate
evaporated	milk
	sugar
unsalted	butter
	vanilla
bittersweet	chocolate
	sour cream
	sugar
Dutch-process	cocoa
low-fat	milk
	vanilla
milk	chocolate
	egg
	sugar
instant	coffee
	water
bittersweet	chocolate
unsalted	butter
	eggs
powdered	sugar
	milk
	salt
unsweetened	chocolate
unsalted	butter
	vanilla
heavy	cream
bittersweet	chocolate
milk	chocolate
heavy	cream
corn	syrup
instant	coffee
ground	cinnamon

Sheet1

powdered	sugar
unsalted	butter
	milk
	vanilla
	salt
powdered	sugar
unsalted	butter
powdered	sugar
	milk
	salt
	vanilla
unsweetened	chocolate
unsalted	butter
	coffee
	vanilla
powdered	sugar
powdered	sugar
unsalted	butter
	vanilla
	salt
	milk
maple	syrup
unsalted	butter
brown	sugar
	salt
light	cream
powdered	sugar
	vanilla
Powdered	sugar
	walnuts
Hard	Sauce
brown	sugar
unsalted	butter
	water
	salt
	egg
unsalted	butter
powdered	sugar
	vanilla
	cream cheese
unsalted	butter
	vanilla
powdered	sugar
	lemon
	cream cheese
unsalted	butter
	vanilla
powdered	sugar
	lemon

powdered	sugar
Dutch-process	cocoa
low-fat	milk
NeufchÔtel	cheese
	vanilla
	peanut butter
	cream cheese
unsalted	butter
	vanilla
powdered	sugar
	cream
	bourbon
	milk
	peanut butter
	cream cheese
unsalted	butter
	vanilla
	cream
	bourbon
powdered	sugar
powdered	sugar
	water
Powdered	sugar
	egg
powdered	sugar
powdered	sugar
Powdered	sugar
powdered	sugar
	egg
	water
powdered	sugar
	water
	orange
	vanilla
	honey
	sugar
unsalted	butter
	sugar
	water
	cream of tartar
	brandy
	sugar
brown	sugar
heavy	cream
unsalted	butter
	vanilla
	salt
	coconut
blanched	almonds

Sheet1

unsalted	butter
	sugar
all-purpose	flour
	walnuts
	sugar
unsalted	butter
ground	cinnamon
	salt
Grape-Nuts	cereal
	walnuts
brown	sugar
all-purpose	flour
ground	cinnamon
	egg
vegetable	oil
	vanilla
	walnuts
brown	sugar
semisweet	chocolate
	cocoa
instant	coffee
ground	cinnamon
dried	cranberries
	cornstarch
	sugar
	water
	egg
	vanilla
	cream of tartar
	sugar
	egg
	cream of tartar
	sugar
	vanilla
	eggs
	sugar
	salt
	milk
	vanilla
	nutmeg
maple	syrup
	egg
	sugar
	milk
	vanilla
	sugar
	water
	eggs
	sugar



	salt
	milk
	vanilla
condensed	milk
	water
	lime
	cinnamon
	salt
	eggs
	egg
	vanilla
heavy	cream
	egg
	sugar
	vanilla
	sugar
	water
	sugar
	cornstarch
	salt
	milk
	milk
	vanilla
Whipped	cream
unsalted	butter
brown	sugar
heavy	cream
	milk
	salt
	cornstarch
	water
	vanilla
Whipped	cream
	sugar
	cocoa
	salt
	water
semisweet	chocolate
	half-and-half
	cornstarch
	half-and-half
	vanilla
	Whipped cream
semisweet	chocolate
	sugar
	cornstarch
	salt
	coconut
	coconut

tropical	fruits fruit sugar cornstarch salt milk egg
unsalted	butter vanilla
vanilla	wafers bananas
Whipped	cream Meringue
white	rice water salt milk sugar vanilla
Ground Whipped Rice	cinnamon cream Pudding eggs sugar
heavy	cream almonds Raspberry eggs sugar lemon
ground	cinnamon salt milk
white dried	rice currants vanilla
Whipped	cream milk sugar tapioca salt eggs vanilla
Whipped	cream water tapioca water sugar cinnamon

	salt
	apples
	tapioca
	milk
	cream of coconut
	salt
	egg
	fruit
white	bread
	raisins
	eggs
	sugar
	vanilla
ground	cinnamon
	nutmeg
	salt
	milk
Whipped	cream
unsalted	butter
French	bread
	raisins
	eggs
	milk
	sugar
	vanilla
ground	cinnamon
	Sauce
	challah
heavy	cream
	sugar
	salt
bittersweet	chocolate
	eggs
	egg
	milk
	vanilla
	Sauce
egg	bread
	egg
maple	syrup
heavy	cream
maple	syrup
Vanilla	ice cream
egg	bread
	strawberries
	blueberries
	raspberries
	sugar
fresh	lemon

heavy	cream
	cornmeal
	milk
light	molasses
unsalted	butter
	sugar
ground	ginger
	salt
Vanilla	ice cream
unsalted	butter
	sugar
	salt
	egg
all-purpose	flour
fresh	lemon
	lemon
	milk
	egg
	Raspberry
	persimmons
	eggs
	buttermilk
unsalted	butter
	sugar
all-purpose	flour
	baking powder
	baking soda
ground	cinnamon
	nutmeg
	salt
Whipped	cream
dark	raisins
dried	currants
	water
all-purpose	flour
	beef
brown	sugar
ground	cinnamon
ground	ginger
ground	cloves
	salt
	eggs
	brandy
	cream sherry
	dates
	citron
	brandy
	Sauce
unseasoned	breadcrumbs

Sheet1

bittersweet	chocolate
heavy	cream
unsalted	butter
dark	rum
	egg
	vanilla
	egg
	cream of tartar
	sugar
all-purpose	flour
Whipped	cream
semisweet	chocolate
unsalted	butter
	liquor
	vanilla
	egg
	coffee
	sugar
	egg
	cream of tartar
	sugar
heavy	cream
Whipped	cream
semisweet	chocolate
	water
	sugar
	liquor
	Chocolate
	nuts
Whipped	cream
blanched	almonds
white	chocolate
	water
	gelatin
white	chocolate
heavy	cream
heavy	cream
white	chocolate
	Raspberry
	raspberry
raspberry	liqueur
	water
	gelatin
	egg
	sugar
	vanilla
	brandy
unsalted	butter
	sugar

heavy	salt
	cream
	Raspberry
fresh	lemon
	lemon
	gelatin
	egg
	sugar
	milk
	egg
	cream of tartar
	sugar
heavy	cream
Whipped	cream
whipped	cream
semisweet	chocolate
unsalted	butter
	rum
	egg
	egg
	cream of tartar
	sugar
	Sauce
	water
dried	apricots
	sugar
fresh	lemon
	water
fresh	lemon
	water
	egg
	cream of tartar
	sugar
	Sauce
unsalted	butter
all-purpose	flour
heavy	cream
	sugar
	orange
	egg
	Grand Marnier
	egg
	cream of tartar
	salt
	Sauce
unsalted	butter
all-purpose	flour
light	cream
	sugar

fresh	lemons
	egg
	lemon
	egg
	cream of tartar
	salt
	Lemon
	water
	cream of tartar
	egg
Caramel	sugar
	vanilla
	Sauce
	Syrup
	nuts
	egg
	vanilla
	cream of tartar
	salt
	sugar
dry	Sauce
	Caramel
	Strawberry
	egg
	sugar
	Marsala
	gelatin
	tea
	raspberries
	gelatin
English breakfast	water
	club soda
	cherries
	almonds
	marshmallows
	cream
	gelatin
	water
	ice cream
	sour cream
Whipped	strawberries
	Strawberry
	gelatin
	water
	water
	water
	peaches
	cream
	sugar
	Raspberry
strawberry	
heavy	

	gelatin
	gelatin
	gelatin
	gelatin
	water
	water
heavy	cream
Whipped	cream
navel	oranges
	grapefruits
	orange
	water
	gelatin
	sugar
	cinnamon
	cloves
	vanilla
	muscatel
	vanilla
	Sauce
	mint
blanched	almonds
	sugar
	water
	milk
heavy	cream
	gelatin
	almond
	rose water
	raspberries
	water
	gelatin
heavy	cream
	milk
	sugar
	vanilla
	vanilla
	almond
	fruit
heavy	cream
	sour cream
	egg
	sugar
	milk
	vanilla
unsalted	butter
powdered	sugar
	vanilla
	nutmeg



unsalted	brandy orange butter sugar bourbon water nutmeg salt egg
maple	syrup
unsalted	sugar butter water salt egg
orange heavy	sugar liqueur cream egg
unsalted	butter
fresh	sugar lemon lemon water egg
unsalted	butter sugar cornstarch water
fresh	lemon lemon salt
unsalted unsalted powdered	butter butter sugar nutmeg salt eggs brandy water eggs sugar brandy vanilla cream egg
heavy	sugar
white	wine eggs

	egg
	sugar
	water
fresh	lemon
	lemon
light	cream
	sugar
unsalted	butter
semisweet	chocolate
	vanilla
	sugar
	cocoa
	salt
	water
heavy	cream
corn	syrup
white	vinegar
semisweet	chocolate
semisweet	chocolate
	butter
	vanilla
	espresso
	sugar
semisweet	chocolate
unsalted	butter
white	chocolate
unsalted	butter
heavy	cream
	sugar
	water
unsalted	butter
heavy	cream
	vanilla
	salt
unsalted	butter
	water
corn	syrup
	sugar
heavy	cream
	vanilla
	salt
	sugar
	water
	marshmallows
	vanilla
	water
	cream of tartar
	egg
	sugar

	raspberries
	sugar
fresh	lemon
	strawberries
	sugar
fresh	lemon
	blueberries
	sugar
fresh	lemon
	mango
	sugar
	water
fresh	lime
	kiwi
	sugar
fresh	lemon
sweet	cherries
	kirsch
	sugar
fresh	lemon
	brandy
unsalted	butter
	kirsch
	blueberries
	sugar
fresh	lemon
	water
	cornstarch
unsalted	butter
Granny Smith	apple
unsalted	butter
	apple
	sugar
	honey
unsalted	butter
	nutmeg
	salt
	brandy
all-purpose	flour
	salt
ground	black pepper
	butter
	egg
flat	beer
	egg
chili	peppers
dried	oregano
ground	cumin
ground	red pepper

Sheet1

	coriander
	cumin
	chana dal
black	peppercorns
black	mustard
chili	peppers
	curry
	fenugreek
	turmeric
	cardamom
	cloves
	cumin
black	peppercorns
	cinnamon
	white pepper
	nutmeg
	ginger
	cloves
ground	ginger
ground	black pepper
ground	allspice
	nutmeg
ground	mace
ground	cardamom
ground	cinnamon
ground	turmeric
ground	coriander
ground	cloves
ground	red pepper
plain	yogurt
all-purpose	flour
	salt
ground	black pepper
ground	ginger
	breadcrumbs
Parmesan	cheese
	herbs
heavy	cream
	buttermilk
	cocoa
	sugar
	cornstarch
	coffee
	milk
	vanilla
	nutmeg
whipped	cream
unsalted	butter
	onion

Sheet1

leek  
carrot  
turnip  
garlic  
water  
bouquet garni  
Salt  
chicken  
water  
onion  
carrot  
celery  
water  
water  
bouquet garni  
beef  
onions  
carrots  
celery  
water  
water  
leek  
bouquet garni  
lamb  
onion  
carrot  
celery  
water  
water  
bouquet garni  
veal  
veal  
chicken  
onions  
leeks  
carrots  
celery  
water  
water  
bouquet garni  
butter  
onion  
leek  
fennel  
garlic  
fish  
wine  
water  
bouquet garni

white

grated unsalted all-purpose	milk onion nutmeg butter flour Salt milk onion
grated unsalted all-purpose	nutmeg butter flour Salt milk onion
grated unsalted all-purpose	nutmeg butter flour tomato Salt
unsalted	butter milk onion
grated unsalted all-purpose	nutmeg butter flour cheese Salt
ground	red pepper grains mace
white	wine milk onion
grated unsalted all-purpose Dijon	nutmeg butter flour mustard Salt milk onion
grated unsalted all-purpose	nutmeg butter flour onion stock cream Salt milk onion
grated	nutmeg

Sheet1

unsalted	butter
all-purpose	flour
	butter
	onions
	paprika
	sour cream
	Salt
	butter
	milk
	onion
grated	nutmeg
unsalted	butter
all-purpose	flour
	butter
	onion
	curry
	Salt
	milk
	onion
grated	nutmeg
unsalted	butter
all-purpose	flour
	butter
bell	pepper
	pimiento
dry	sherry
	Salt
	Chicken
heavy	cream
	Salt
	tomato
chili	peppers
	water
	Chicken
heavy	cream
	Salt
	Veal
	butter
all-purpose	flour
	mushrooms
	Salt
	butter
	Veal
	butter
all-purpose	flour
heavy	cream
	mushrooms
	Salt
heavy	cream

Sheet1

unsalted	butter Fish
all-purpose	butter flour mushrooms Salt
unsalted	butter shallots
white fresh	wine parsley Veal
all-purpose	butter flour mushrooms Salt butter onions
white	wine sour cream Salt Lemon egg water
clarified fresh hot	butter lemon red pepper Salt
whipped	cream egg
fresh Ground	lemon white pepper Salt
clarified whipped	butter cream orange orange sugar egg water
clarified hot	butter red pepper Salt orange orange sugar egg
white	pepper Salt
clarified	butter



	citrus
	citrus
	sugar
	egg
	water
clarified	butter
hot	red pepper
	Salt
	citrus
	citrus
	sugar
	egg
Ground	white pepper
	Salt
clarified	butter
chili	pepper
ground	cumin
	water
	egg
	water
clarified	butter
fresh	lemon
hot	red pepper
	Salt
chili	pepper
ground	cumin
	water
	egg
fresh	lemon
ground	white pepper
	Salt
clarified	butter
white	wine
tarragon	vinegar
	shallot
fresh	tarragon
black	peppercorns
	egg
	water
clarified	butter
	meat
	Salt
white	wine
tarragon	vinegar
	shallots
fresh	tarragon
black	peppercorns
	egg
	water

Sheet1

Ground	white pepper
	Salt
clarified	butter
	meat
fresh	tarragon
white	wine
white wine	vinegar
	shallot
	mint
black	peppercorns
	egg
	water
clarified	butter
	Salt
white	wine
white wine	vinegar
	shallots
	mint
black	peppercorns
	egg
	water
Ground	white pepper
	Salt
clarified	butter
	mint
white	wine
tarragon	vinegar
	shallot
fresh	tarragon
black	peppercorns
	egg
	water
clarified	butter
	Salt
	tomato
white	wine
tarragon	vinegar
	shallots
fresh	tarragon
black	peppercorns
	egg
	water
Ground	white pepper
	Salt
clarified	butter
fresh	tarragon
	tomato
white	wine
white wine	vinegar

	shallot
	herbs
black	peppercorns
	egg
	water
clarified	butter
	Salt
white	wine
white wine	vinegar
	shallots
	herbs
black	peppercorns
	egg
	water
Ground	white pepper
	Salt
clarified	butter
	herbs
	butter
fresh	lemon
fresh	parsley
	Salt
	butter
white wine	vinegar
	Salt
red	wine
red wine	vinegar
	shallots
	Salt
heavy	cream
	butter
white	wine
white wine	vinegar
	shallots
	lemon
	Salt
heavy	cream
	butter
white	wine
white wine	vinegar
	shallots
	Salt
heavy	cream
	butter
Dijon	mustard
French whole-grain	mustard
Fresh	lemon
red	onion
fresh	lime

Sheet1

bell	mango
fresh	pepper
	cilantro
	garlic
	orange
jalapeño	pepper
black	beans
	Salt
yellow	mustard
dry	mustard
	water
cider	vinegar
white	wine
dried	fruit
	herbs
	lemon
ground	cloves
	horseradish
	garlic
	Salt
	water
dry	mustard
Olive	oil
	sugar
dry	mustard
	Water
	sugar
	salt
ground	turmeric
	egg
fresh	lemon
	salt
ground	white pepper
vegetable	oil
	yogurt
Dijon	mustard
	Salt
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
	yogurt
Light	cream
fresh	lemon
dry	mustard
	Salt

Sheet1

	curry
	oil
fresh	egg
	lemon
	salt
ground	white pepper
vegetable	oil
Dijon	mustard
	Salt
	curry
	oil
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
Light	cream
fresh	lemon
dry	mustard
	Salt
	curry
	oil
	egg
fresh	lemon
	salt
ground	white pepper
vegetable	oil
	yogurt
Dijon	mustard
	Salt
	curry
	oil
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
	yogurt
Light	cream
fresh	lemon
dry	mustard
	Salt
	egg
fresh	lemon
	salt

Sheet1

ground	white pepper
vegetable	oil
yellow	mustard
	Salt
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
Light	cream
yellow	mustard
fresh	lemon
	Salt
	egg
fresh	lemon
	salt
ground	white pepper
vegetable	oil
	herbs
Dijon	mustard
	Salt
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
Light	cream
	herbs
fresh	lemon
dry	mustard
	Salt
	egg
fresh	lemon
	salt
ground	white pepper
vegetable	oil
	scallions
	gherkins
	capers
	relish
fresh	lemon
Dijon	mustard
	Salt
fresh	parsley
fresh	chives

	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
Light	cream
	scallions
	gherkins
	capers
	relish
fresh	lemon
Dijon	mustard
	Salt
fresh	parsley
fresh	chives
	egg
fresh	lemon
	salt
ground	white pepper
vegetable	oil
	egg
	cornichons
	capers
fresh	parsley
fresh	tarragon
	garlic
Dijon	mustard
	Salt
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
Light	cream
	egg
	cornichons
	capers
	parsley
	tarragon
	garlic
Dijon	mustard
	Salt
fresh	lemon
	egg
fresh	lemon

Sheet1

ground vegetable	salt white pepper oil sour cream horseradish
cider	vinegar sugar Salt egg egg
dry fresh	mustard lemon salt oil oil sour cream horseradish
Light cider	cream vinegar sugar Salt egg
fresh	lemon salt
ground vegetable plum red Dijon	white pepper oil tomato pepper mustard Salt egg egg
dry fresh	mustard lemon salt oil oil
plum red Light fresh Dijon	tomato pepper cream lemon mustard Salt egg
fresh	lemon salt
ground vegetable fresh	white pepper oil cilantro



Sheet1

fresh	lime
chipotle	peppers
	tomato
	garlic
	Salt
	egg
	egg
dry	mustard
fresh	lemon
	salt
	oil
	oil
Light	cream
fresh	cilantro
fresh	lime
chipotle	peppers
	tomato
	garlic
	Salt
	egg
	garlic
	Salt
olive	oil
	potatoes
fresh	lemon
	water
	stock
unsalted	butter
	parsley
fresh	lemon
	Salt
unsalted	butter
	garlic
	herbs
	Salt
	butter
	shallots
	garlic
fresh	parsley
fresh	lemon
	celery
	Salt
	butter
	anchovy
fresh	lemon
	Salt
	butter
	watercress
fresh	lemon

	Salt
	butter
	orange
	orange
ground	red pepper
	Salt
blanched	almonds
	water
	butter
	Salt
	butter
soy	sauce
	Salt
	butter
red lumpfish	caviar
	scallions
fresh	lemon
	Salt
	caraway
peanut	oil
	hazelnuts
	garlic
fresh	cilantro
fresh	lemon
ground	coriander
ground	red pepper
ground	turmeric
	fenugreek
	Chicken
fresh	ginger
soy	sauce
olive	oil
fresh	lemon
	orange
	Salt
	water
red wine	vinegar
	onion
fresh	parsley
fresh	thyme
black	peppercorns
	allspice
	bay leaves
	Salt
	water
unsalted	butter
	onion
fresh	ginger
	curry

Sheet1

	Chicken
	orange
	carrots
heavy	cream
	Salt
ground	black pepper
fresh	parsley
	Croutons
	water
unsalted	butter
	onion
	garlic
	Chicken
dry	vermouth
	asparagus
heavy	cream
	Salt
ground	black pepper
fresh	parsley
	Croutons
	water
unsalted	butter
	onion
	garlic
	nutmeg
	Chicken
white	wine
	broccoli
heavy	cream
	salt
ground	black pepper
fresh	parsley
	Croutons
olive	oil
unsalted	butter
	mushrooms
	shallots
dry	sherry
all-purpose	flour
dried	thyme
	Chicken
	salt
ground	black pepper
heavy	cream
	salt
fresh	parsley
olive	oil
	onion
	tomatoes

Sheet1

heavy	cream
Pesto	Sauce
	salt
ground	black pepper
unsalted	butter
	leeks
baking	potatoes
	Chicken
heavy	cream
	Salt
	Stock
fresh	chives
olive	oil
	carrots
	celery
	onion
	garlic
	prosciutto
	water
	lentils
	tomatoes
dried	thyme
	potato
	sausage
	water
balsamic	vinegar
	salt
ground	black pepper
olive	oil
	carrots
	celery
	onion
	garlic
	prosciutto
	water
	lentils
	tomatoes
dried	thyme
	greens
balsamic	vinegar
	salt
ground	black pepper
	Chicken
	salt
	Ravioli
	vegetables
	greens
dry	sherry
fresh	tarragon

ground	black pepper
	onion
	carrot
	celery
	parsley
fresh	thyme
	chicken
	beef
	egg
	Chicken
	leeks
	carrots
	celery
	salt
	quahogs
	salt
	water
vegetable	oil
olive	oil
	onions
bell	pepper
	celery
plum	tomatoes
	Fish
	potatoes
Portuguese	linguiça
fresh	parsley
ground	black pepper
red	pepper
unsalted	butter
	onions
	oysters
	milk
light	cream
	salt
ground	white pepper
	egg
	water
white	wine
	Fish
	Beef
	shrimp
unsalted	butter
	onions
	carrots
	celery
	tomatoes
	rice
	bay leaf

Sheet1

fresh	tarragon
	paprika
	garlic
	salt
dried	thyme
ground	red pepper
unsalted	butter
	Cognac
	salt
ground	white pepper
heavy	cream
	Clam
fresh	lemon
	Salt
Ground	red pepper
fresh	tarragon
olive	oil
	oxtail
	water
	carrot
	celery
	onion
	garlic
black	peppercorns
	leek
	carrot
	celery
	salt
fresh	parsley
Ground	black pepper
	egg
	ham
	butter
	cream
	salt
ground	black pepper
	butter
olive	oil
	shallots
	curry
	eggs
	Sauce
	herbs
Dijon	mustard
	garlic
	salt
ground	black pepper
	nutmeg
	breadcrumbs

	butter
	butter
olive	oil
	shallots
	eggs
	Sauce
	asparagus
	herbs
Dijon	mustard
	garlic
	salt
ground	black pepper
	nutmeg
	breadcrumbs
	butter
	eggs
	mayonnaise
	herbs
Dijon	mustard
	vinegar
	shallots
	salt
hot	red pepper
Worcestershire	sauce
ground	black pepper
	curry
	paprika
	eggs
	water
white	vinegar
	food coloring
	butter
	eggs
	salt
ground	black pepper
	butter
	eggs
	salt
ground	black pepper
	butter
	eggs
	salt
ground	black pepper
	rye
smoked	salmon
	eggs
Hollandaise	Sauce
fresh	dill
	bacon

Sheet1

	tomato
	eggs
Hollandaise	Sauce
Creamed	Spinach
	eggs
	Sauce
Swiss	cheese
	bacon
	egg
melted	butter
	salt
	toast
	parsley
	Ratatouille
	egg
	Salt
olive	oil
	Ratatouille
	eggs
	salt
ground	black pepper
	milk
	butter
	egg
	herbs
	Salt
vegetable	oil
	eggs
	salt
ground	black pepper
	asparagus
Parmesan	cheese
fresh	parsley
olive	oil
	apricot
	egg
	sugar
	egg
	salt
	butter
Powdered	sugar
	breadcrumbs
	butter
	shallots
	Sauce
Swiss	cheese
	salt
ground	black pepper
ground	red pepper



	nutmeg
	egg
smoked	ham
	onions
	egg
	salt
	breadcrumbs
	butter
	shallots
	Sauce
blue	cheese
Parmesan	cheese
	salt
ground	black pepper
ground	red pepper
	nutmeg
	egg
	egg
	salt
	breadcrumbs
	Sauce
	salt
ground	nutmeg
	white pepper
	egg
Gruyere	cheese
	mushrooms
fresh	marjoram
	egg
	salt
Pastry	Dough
	eggs
	crème fraiche
	salt
ground	black pepper
	nutmeg
	ham
Gruyere	cheese
Pastry	Dough
olive	oil
red	onion
	garlic
	broccoli
	eggs
	crème fraiche
	salt
ground	black pepper
	nutmeg
Gruyere	cheese

	eggs
	egg
	milk
light	cream
	herbs
	salt
	nutmeg
Ground	black pepper
	eggs
	milk
ground	cinnamon
maple	syrup
cinnamon-raisin	bread
	cream cheese
	spinach
	scallions
	garlic
low-fat	yogurt
Parmesan	cheese
	sour cream
	nutmeg
	Salt
	egg
	cheese
black	peppercorns
	shrimp
all-purpose	flour
	salt
	baking powder
ground	red pepper
	orange
	milk
	eggs
	coconut
unseasoned	breadcrumbs
vegetable	oil
	Salsa
	kielbasa
crescent roll	dough
Dijon	mustard
	egg
	milk
	Honey-Mustard
Italian	bread
	garlic
olive	oil
mozzarella	cheese
	tomato

Sheet1

fresh	oregano
	Salt
	shrimp
	orange
fresh	cilantro
jalape±os	peppers
	salt
ground	black pepper
Corn	Tortillas
	cabbage
	Salsa
	Pork
vegetable	oil
Corn	Tortillas
	Salsa
Refried	Beans
vegetable	oil
Corn	Tortillas
Monterey Jack	cheese
	Salsa
hot dog	buns
	butter
	frankfurters
	sauerkraut
hot dog	buns
	butter
	frankfurters
American	cheese
hot dog	buns
	butter
	frankfurters
	Salsa
jalape±o	peppers
Monterey Jack	cheese
hot dog	buns
	butter
	frankfurters
	Onions
Dijon	mustard
hot dog	buns
	butter
	frankfurters
	chili
hot dog	buns
	butter
	frankfurters
	chili
kidney	beans
	onions

American ground ground	cheese red pepper chuck Salt
American hamburger	cheese rolls ketchup Mustard Relish Piccalilli Chow-Chow
ground	chuck Salt
American hamburger	cheese rolls bacon Tomato Ketchup Relish Piccalilli Chow-Chow
ground	chuck Salt
GruyPre plum Parmesan hamburger fresh	cheese tomatoes cheese rolls parsley ketchup Mustard Relish Piccalilli Chow-Chow
ground	chuck Salt
Saga blue hamburger	cheese bacon rolls ketchup Mustard Relish Piccalilli Chow-Chow
ground	chuck Salt
hamburger red	rolls onion tomato
Boston	lettuce ketchup

Sheet1

	Mustard
	Relish
	Piccalilli
	Chow-Chow
ground	chuck
hot	red pepper
	Salt
hamburger	rolls
	Guacamole
	Salsa
ground	chuck
	Salt
hamburger	rolls
	chili
	onions
ground	chuck
	Salt
hamburger	rolls
barbecue	sauce
	turkey
Brown	Sauce
	Stuffing
white	bread
	chicken
White	Sauce
	butter
yellow	mustard
white	bread
rye	bread
Russian	Dressing
	pastrami
	sauerkraut
corned	beef
Swiss	cheese
rye	bread
Russian	Dressing
roast	beef
	Cole Slaw
Calf's	Liver
Swiss	cheese
	dill
Cheshire	cheese
	butter
	beer
	egg
Worcestershire	sauce
	salt
	paprika
dry	mustard

Sheet1

ground	curry
white	red pepper
	bread
	tomatoes
Cheshire	bacon
	cheese
	butter
	tomato
	egg
Worcestershire	sauce
	salt
	paprika
dry	mustard
	curry
ground	red pepper
beer	bread
rye	bread
	Butter
Russian	Dressing
	turkey
	sauerkraut
Swiss	cheese
Dill	pickles
white	bread
unsalted	butter
French-Style	Mustard
	ham
GruyPre	cheese
	eggs
white	bread
unsalted	butter
French-Style	Mustard
	chicken
Swiss	cheese
	chicken
	limes
	scallions
	garlic
fresh	cilantro
vegetable	oil
	red pepper
ground	coriander
	anise
	salt
flour	tortillas
	Salsa
flour	tortillas
Refried	Beans
	pork

Sheet1

Monterey Jack	cheese
Cheddar	cheese
	onions
jalapeño	peppers
	Sour cream
	scallions
flour	tortillas
Refried	Beans
bell	peppers
	Salsa
	Sour cream
	scallions
Pizza	Dough
	Tomato
mozzarella	cheese
plum	tomatoes
fresh	basil
Parmesan	cheese
olive	oil
	Salt
Pizza	Dough
	Tomato
mozzarella	cheese
	mushrooms
bell	peppers
	onion
	Salt
Pizza	Dough
	Tomato
mozzarella	cheese
	prosciutto
	pineapple
	Salt
Pizza	Dough
	Tomato
mozzarella	cheese
Italian	sausages
	onion
	Salt
Pizza	Dough
	Tomato
mozzarella	cheese
Italian	sausages
	mushrooms
	pepperoni
	Salt
Pizza	Dough
	Tomato
mozzarella	cheese

Sheet1

Kalamata	prosciutto artichoke olives Salt
Basic Pizza olive	Dough oil onion fennel garlic
dried	marjoram red pepper Tomato
mozzarella	cheese Salt
Asiago Pizza	cheese Dough Tomato
mozzarella	cheese eggplant mushrooms
red sun-dried	onion tomatoes Salt
Pizza olive	Dough oil tomatoes
fresh feta	basil cheese Salt
Pizza olive	Dough oil Onions
Kalamata dried	olives rosemary Salt
Pizza olive littleneck	Dough oil clams garlic salt
fresh Pizza olive olive	parsley Dough oil oil
bell	shrimp peppers red pepper
dried	thyme Salt



Sheet1

Pizza	Dough
olive	oil
olive	oil
portobello	mushrooms
button	mushrooms
red	onion
	garlic
dried	thyme
goat	cheese
	Salt
Pizza	Dough
olive	oil
	chicken
	broccoli
	onion
mozzarella	cheese
	Salt
Pizza	Dough
	potatoes
olive	oil
dried	sage
olive	oil
	Salt
	yeast
	water
	water
all-purpose	flour
	salt
Olive	oil
Olive	oil
	anchovy
olive	oil
fresh	mozzarella
olive	oil
	mint
fresh	parsley
	yeast
	water
	water
all-purpose	flour
	salt
Olive	oil
Olive	oil
olive	oil
Olive	oil
Bolognese	Sauce
Parmesan	cheese
fontina	cheese
olive	oil

	yeast
	water
	water
all-purpose	flour
	salt
Olive	oil
Olive	oil
olive	oil
Olive	oil
fontina	cheese
pecorino	cheese
	garlic
	herbs
fresh	parsley
olive	oil
	yeast
	water
	water
all-purpose	flour
	salt
Olive	oil
Olive	oil
olive	oil
olive	oil
	Tuna
	Sausage
	radicchio
	ricotta salata
	peppers
	tomato
	Garlic
	Tapenade
Piquant	Tomato
	Broccoli
Julienned	asparagus
Pizza	Dough
	Tomato
mozzarella	cheese
Pizza	Dough
	prosciutto
Parmesan	cheese
ricotta	cheese
mozzarella	cheese
fresh	parsley
	Salt
Pizza	Dough
olive	oil
bell	pepper

Sheet1

bell	pepper onion pepperoni Salt
Pizza Italian	Dough sausages onions
ricotta mozzarella	cheese cheese Salt
Pizza	Dough chicken
Kalamata sun-dried fresh	olives tomatoes basil Salt bacon
cider olive yellow fresh	vinegar oil mustard parsley onion sugar spinach eggs tomatoes
olive balsamic fresh	oil vinegar basil Salt tomatoes
red olive balsamic fresh	onion oil vinegar parsley Salt tomatoes Vinaigrette avocados Vinaigrette orange grapefruit
fresh sesame white wine soy	parsley oil vinegar sauce sugar sesame
sugar snap	peas

Sheet1

snow	peas
green	peas
	pea
	chickpeas
bell	peppers
red	onion
fresh	parsley
fresh	lemon
olive	oil
Dijon	mustard
	garlic
	Salt
chicory, escarole, or romaine	lettuce
	chicken
	pistachios
	onion
flat-leaf	parsley
fresh	basil
	capers
olive	oil
	lemon
	Salt
white	rice
sun-dried	tomato
olive	oil
balsamic	vinegar
	garlic
	chili powder
ground	cumin
ground	coriander
white	rice
sun-dried	tomato
pine	nuts
	scallions
	Salt
	quinoa
Lime	Vinaigrette
pine	nuts
bell	pepper
dried	apricots
golden	raisins
dried	currants
fresh	cilantro
	Salt
	chicken
	raisins
	walnuts
	scallions
Curry	Mayonnaise

Sheet1

	Salt
	Lettuce
fresh	parsley
	shrimp
	sour cream
	cucumber
	egg
snow	peas
fresh	chives
fresh	parsley
fresh	tarragon
fresh	lemon
grated	lemon
Boston	lettuce
fresh	chives
	Lemon
	garlic
	salt
red wine	vinegar
	herbs
	shallot
Dijon	mustard
	Salt
olive	oil
	herbs
red wine	vinegar
Dijon	mustard
	garlic
	Salt
	Chicken
olive	oil
	garlic
	salt
red wine	vinegar
fresh	basil
fresh	chives
Dijon	mustard
	Salt
olive	oil
walnut	oil
	shallot
fresh	basil
fresh	chives
red wine	vinegar
Dijon	mustard
	garlic
	Salt
	Chicken
olive	oil

Sheet1

walnut	oil
	garlic
	salt
red wine	vinegar
	shallot
Dijon	mustard
green	peppercorns
	Salt
olive	oil
red wine	vinegar
green	peppercorns
Dijon	mustard
	garlic
	Salt
	Chicken
olive	oil
	garlic
	salt
fresh	lime
	shallot
Dijon	mustard
	cumin
	Salt
olive	oil
fresh	lime
Dijon	mustard
	garlic
	cumin
	Salt
	Chicken
olive	oil
	garlic
	salt
cider	vinegar
	shallot
	horseradish
Dijon	mustard
	Salt
olive	oil
cider	vinegar
	horseradish
Dijon	mustard
	garlic
	Salt
	Chicken
olive	oil
	garlic
	salt
fresh	lemon

Sheet1

fresh	shallot
Dijon	parsley
	mustard
	lemon
	Salt
olive	oil
fresh	lemon
Dijon	mustard
	garlic
fresh	parsley
	lemon
	Salt
	Chicken
olive	oil
	garlic
	salt
red wine	vinegar
	shallot
black	peppercorns
	lemon
Dijon	mustard
	Salt
olive	oil
red wine	vinegar
Dijon	mustard
	garlic
black	peppercorns
	lemon
	Salt
	Chicken
olive	oil
	water
	butter
	onions
	garlic
	grits
	salt
Cheddar	cheese
	milk
ground	red pepper
	egg
	water
	oats
	raisins
	salt
	vanilla
ground	cinnamon
	nutmeg
brown	sugar

	water
	butter
	salt
white	rice
	saffron
	chicken
	butter
	onion
	chicken
Italian	rice
white	wine
	artichoke
Parmesan	cheese
	Salt
Parmesan	cheese
	butter
	onion
	pancetta
	chicken
Italian	rice
white	wine
sugar snap	peas
flat-leaf	parsley
fennel	greens
Parmesan	cheese
	butter
	Salt
Parmesan	cheese
porcini	mushrooms
olive	oil
	mushrooms
	shallots
white	wine
	saffron
	chicken
	butter
	onion
	chicken
Italian	rice
white	wine
Parmesan	cheese
	Salt
Parmesan	cheese
	saffron
	chicken
	butter
	onion
	chicken
Italian	rice



white	wine fish tomatoes parsley Salt saffron chicken butter onion chicken
Italian white	rice wine seafood Garlic Shallots herbs
White	wine Salt
olive	oil chicken onion tomatoes chicken mussels shrimp
Spanish kidney butter green	chorizo beans beans beans paprika saffron Salt
Valencia pinto	rice beans water onions bacon garlic honey
ground dry	ginger mustard salt
ground	black pepper spinach
all-purpose	flour eggs salt
olive all-purpose	oil flour

olive	herbs
all-purpose	eggs
	salt
	oil
	flour
	eggs
	water
	salt
olive	oil
all-purpose	flour
whole-wheat	flour
	eggs
	salt
olive	oil
olive	oil
fresh	parsley
	onion
chili	pepper
	garlic
fresh	basil
	tomatoes
	tomato
	Salt
sun-dried	tomatoes
	water
olive	oil
fresh	parsley
	onion
	carrot
	celery
	garlic
fresh	basil
	tomatoes
	tomato
	Salt
	tomatoes
fresh	basil
olive	oil
	garlic
	Salt
mozzarella	cheese
balsamic	vinegar
	tomatoes
fresh	basil
olive	oil
	garlic
	Salt
black	olives
balsamic	vinegar

Sheet1

fresh	tomatoes
olive	oregano
	oil
	garlic
	Salt
balsamic	vinegar
	tomatoes
fresh	basil
olive	oil
chili	pepper
	garlic
	Salt
balsamic	vinegar
	garlic
	parsley
Parmesan	cheese
	onion
ground	beef
	breadcrumbs
	egg
red	wine
	tomato
	salt
ground	black pepper
All-purpose	flour
olive	oil
	Chicken
white	wine
	chicken
unsalted	butter
	water
	salt
fresh	fettuccine
Parmesan	cheese
	Salt
	water
white	wine
dried	oregano
	parsley
	bay leaf
red	pepper
	clams
olive	oil
	garlic
fresh	parsley
	tomatoes
	water
	salt
	linguine

Sheet1

fresh	parsley
	water
	salt
elbow	macaroni
NeufchÔtel	cheese
	butter
all-purpose	flour
skim	milk
	onion
	bay leaf
	paprika
	Salt
	butter
	breadcrumbs
	peanut butter
rice	vinegar
soy	sauce
soy	sauce
	garlic
serrano	peppers
	sugar
	salt
sesame	oil
chili	oil
black	tea
	chicken
	water
Chinese egg	noodles
sesame	oil
	cucumber
Fresh	cilantro
	scallions
	Japanese seven-spice mix
	water
udon	noodles
soy	sauce
	sugar
	mirin
	scallions
	Japanese seven-spice mix
	water
udon	noodles
	chicken
soy	sauce
	sugar
	salt
	eggs
green	beans

Sheet1

olive	oil
fresh	almonds
	lemon
	Salt
green	almonds
	beans
fresh	butter
	lemon
	Salt
	butter
	shallots
	chicken
fresh	bay leaf
fresh	thyme
	parsley
	port
	salt
ground	black pepper
	Brussels sprouts
Fresh	parsley
	carrots
	water
	butter
	sugar
	brandy
	mint
	carrots
	water
	butter
	sugar
	salt
light	cream
ground	black pepper
	nutmeg
all-purpose	potatoes
	celery
	milk
	butter
Dijon	mustard
fresh	thyme
	salt
ground	white pepper
all-purpose	potatoes
	parsnips
fresh	ginger
	milk
	butter
	salt

Sheet1

ground	white pepper
	Nut
all-purpose	potatoes
	rutabaga
	milk
	butter
	Salt
	Orange
	garlic
	butter
baking	potatoes
	celery
	milk
	salt
ground	black pepper
	nutmeg
GruyPre	cheese
all-purpose	flour
	salt
olive	oil
	milk
olive	oil
red	onion
	chard
	garlic
fresh	basil
	salt
ground	black pepper
ground	red pepper
	eggs
heavy	cream
Parmesan	cheese
	corn
	Salt
	Butter
	Lime
	corn
	Lime
	Butter
	herbs
	corn
	Herb
	corn
olive	oil
bell	pepper
	zucchini
	onion
	Salt
fresh	parsley

Sheet1

fresh	tomato
	tarragon
jalapeño	chili powder
	peppers
	bacon
English	cucumbers
	cucumbers
	Salt
	butter
heavy	shallot
	cream
fresh	Salt
	chives
Olive	eggplants
	oil
bell	potatoes
	peppers
	lamb
ground	onion
red	red pepper
	wine
	currants
	tomatoes
ground	Salt
	black pepper
	nutmeg
portobello	mushrooms
shiitake	mushrooms
	Garlic
	Salt
	mushrooms
olive	butter
	oil
	onions
	garlic
heavy	port
ground	cream
	black pepper
	lemon
	Salt
	parsnips
	water
	butter
	sugar
ground	salt
maple	white pepper
	syrup

	nutmeg
	parsnips
	water
	butter
	sugar
	salt
ground	white pepper
	butter
medium-dry	sherry
	milk
	Salt
fresh	lemon
baking	potatoes
	sour cream
apple cider	vinegar
Dijon	mustard
fresh	rosemary
	Salt
olive	oil
	scallions
fresh	parsley
	salt
fresh	parsley
	egg
Mashed	Potatoes
	onions
	scallions
fresh	thyme
All-purpose	flour
	egg
	breadcrumbs
	butter
baking	potatoes
Olive	oil
pepper Jack	cheese
	sour cream
	bacon
	scallions
ground	cumin
hot	red pepper
fresh	cilantro
baking	potatoes
Olive	oil
blue	cheese
	sour cream
	bacon
	scallions
Dijon	mustard
hot	red pepper



Sheet1

fresh	parsley
Yellow Finn	potatoes
	Salt
Cheddar	cheese
	onion
	flour
	milk
	lemons
	water
	salsify
	water
all-purpose	flour
fresh	lemon
	salt
fresh	Lemon
	parsley
	hazelnuts
	spinach
heavy	cream
	salt
	nutmeg
ground	black pepper
	milk
	eggs
	bacon
battered	croutons
White	Sauce
Hollandaise	Sauce
olive	spinach
	oil
	onion
	scallions
fresh	dill
	eggs
feta	cheese
kefalotiri	cheese
	salt
	black pepper
	nutmeg
	butter
phyllo	dough
	butter
	onions
	Chicken
ground	cumin
	chili powder
ground	cardamom

	cinnamon
	nutmeg
ground	cloves
butternut	squash
Idaho	potato
	carrots
	raisins
	garlic
	zucchini
	chickpeas
Kalamata	olives
	salt
ground	black pepper
fresh	parsley
fresh	lemon
red	pepper
	rutabaga
	chicken
	butter
	salt
ground	black pepper
heavy	cream
brown	sugar
ground	ginger
	Salt
	butter
	oranges
	lemon
	honey
maraschino	liqueur
orange	liqueur
green eating	apples
	pear
	banana
	Kiwis
	Strawberries
	raspberries
sweet	cherries
	Melon
	Peaches
	grapes
cooking	apples
	cranberries
	apple
fresh	lemon
	cinnamon
white	sugar
ground	ginger
ground	mace

Sheet1

Heavy	nutmeg
	cream
cooking	Anise
	apples
fresh	apple
	lemon
white	cinnamon
ground	sugar
ground	ginger
	mace
	nutmeg
	strawberries
	berries
Heavy	cream
cooking	apples
	apple
unsalted	butter
fresh	lemon
	cinnamon
white	sugar
ground	ginger
ground	mace
	vanilla
	Sauce
	Strawberry
unsalted	butter
brown	sugar
baking	apples
dark	rum
	water
brown	sugar
all-purpose	flour
	water
	nutmeg
ground	cinnamon
	oranges
	sugar
corn	syrup
	water
	sugar
bittersweet	chocolate
	Syrup
	pears
	ice cream
	Chocolate
	mint
white sandwich	bread
	bread
unsalted	butter

	onions
	celery
fresh	parsley
dried	sage
dried	thyme
	salt
ground	black pepper
	nutmeg
ground	cloves
	walnuts
dried	fruit
	chicken
	eggs
	Stock
white sandwich	bread
unsalted	butter
	onions
	celery
fresh	parsley
dried	sage
dried	thyme
	salt
ground	black pepper
	nutmeg
ground	cloves
	oysters
	eggs
	Stock
	bacon
	onions
	celery
	breadcrumbs
fresh	parsley
	pecans
	lemon
	salt
ground	black pepper
	butter
	onions
	celery
bell	peppers
	breadcrumbs
fresh	parsley
	crabmeat
	lemon
dry	mustard
	salt
ground	black pepper

Sheet1

corn	bread
unsalted	butter
	onions
	celery
bell	pepper
bell	pepper
	garlic
fresh	parsley
dried	sage
dried	thyme
	salt
ground	black pepper
ground	red pepper
	sausage
	chicken
	eggs
	Stock
corn	bread
unsalted	butter
	onions
	celery
bell	pepper
bell	pepper
fresh	parsley
dried	sage
dried	thyme
	salt
ground	black pepper
	oysters
	pecans
	eggs
	Stock
raspberry	vinegar
fresh	lemon
	shallots
fresh	parsley
black	peppercorns
	Salt
	Champagne
Champagne	vinegar
	shallots
fresh	parsley
black	peppercorns
	Salt
olive	oil
	herbs
	fish
Olive	oil

Sheet1

fresh	Salt
fresh	lemon
olive	parsley
	oil
	breadcrumbs
	Salt
	fish
Olive	oil
fresh	lemon
fresh	parsley
	shrimp
fresh	lemon
fresh	lime
	tomato
olive	oil
	tomato
	onion
green	olives
fresh	cilantro
jalapeño	peppers
dried	oregano
	salt
	sugar
Fresh	cilantro
	avocado
	chicken
	butter
	Salt
	butter
	Salt
barbecue	sauce
Teriyaki	Sauce
	chicken
vegetable	oil
vegetable	oil
	chicken
	chicken
	Curry
	chicken
	Salt
unsalted	butter
	onions
	garlic
unseasoned	breadcrumbs
Parmesan	cheese
fresh	parsley
dried	rosemary
dried	sage

ground	salt black pepper
black	chicken olives raisins pine nuts anchovy
nonpareil Olive	capers oil Salt chicken
unsalted	Salt butter
all-purpose	onions flour water Chicken mushrooms carrots celery
dried	thyme salt
ground heavy	black pepper cream Salt
fresh	lemon Dumplings turkey
vegetable	oil onions chicken
white	wine carrots celery parsley bay leaf
dried	thyme cloves turkey sherry cornstarch water Salt
olive	oil onions garlic
ground	turkey egg
Parmesan	cheese

unseasoned	milk breadcrumbs tomato
fresh	basil
fresh	parsley
ground	salt black pepper
olive	cornmeal oil duck Salt
orange	marmalade
soy	sauce orange liqueur
white wine	vinegar Salt
olive	squab oil Salt
Flavored	paprika
Dijon	butter
dry	mustard mustard sugar Salt beef Salt Sauce Sauce MadPre Horseradish
rib-eye	Gravy roast Salt Sauce Sauce Horseradish Gravy
olive	oil
dried	garlic
dry	thyme mustard
ground	salt black pepper
	Mustard
rib-eye	roast Sauce Sauce



	Horseradish
	Gravy
	beef
	Sauce
BÚarnaise	Sauce
	Sauce
	beef
Olive	oil
yellow	Salt
	mustard
	Sauce
BÚarnaise	Sauce
	Sauce
	Gravy
	beef
dried	Salt
	thyme
	Sauce
BÚarnaise	Sauce
	Sauce
	Gravy
dried	garlic
	thyme
ground	salt
	black pepper
	beef
	Ketchup
BÚarnaise	Sauce
	Sauce
	Gravy
	beef
olive	oil
	Salt
	Ketchup
BÚarnaise	Sauce
	Sauce
	Gravy
dried	garlic
	thyme
	salt
ground	black pepper
	beef
	Ketchup
BÚarnaise	Sauce
	Sauce
	Gravy
	beef

olive fresh	Ketchup beef garlic oil rosemary thyme salt
ground BÚarnaise	black pepper Sauce Sauce Sauce beef
Red	Ketchup  Horseradish beef Wine Ketchup
filet	Horseradish steak Salt foie gras Duxelles Madeira Brioche egg water milk Sauce beef Marinade
Teriyaki	Wine Butter garlic steak
Red	beef oil
sirloin	beef Salt oil shallots
Olive	
olive	

Sheet1

red	wine
fresh	chicken
	rosemary
	butter
	Salt
	Chili Powder
	beef
	salt
olive	oil
olive	oil
	onions
	garlic
jalapeño	peppers
	salt
plum	tomatoes
red wine	vinegar
	water
	Salt
black	beans
	rice
	Sour cream
	brisket
	garlic
ground	black pepper
vegetable	oil
	onions
red	wine
	beef
apple cider	vinegar
brown	sugar
	bay leaf
dried	apricots
	prunes
	Potato
	chicken
	brisket
	onions
	garlic
	salt
ground	black pepper
	nutmeg
	potatoes
	prunes
brown	sugar
	lemon
all-purpose	flour
	potatoes
	onion

	matzo meal
	chicken
vegetable	oil
	onions
Corned	Beef
	vegetables
fresh	parsley
	eggs
	prosciutto
	garlic
dried	rosemary
	veal
olive	oil
	Salt
white	wine
	chicken
	Salt
	prosciutto
	garlic
dried	rosemary
	veal
olive	oil
	Salt
white	wine
	chicken
	Salt
	veal
	Salt
all-purpose	flour
olive	oil
unsalted	butter
white	wine
fresh	lemon
unsalted	butter
	Salt
fresh	parsley
	veal
	Salt
all-purpose	flour
olive	oil
unsalted	butter
dry	Marsala
unsalted	butter
fresh	parsley
	Salt
	veal
unseasoned	breadcrumbs
Parmesan	cheese
fresh	parsley

Sheet1

ground	salt black pepper egg water
all-purpose olive	flour oil
Parmesan	Tomato cheese
mozzarella	Tomato cheese
Parmesan	cheese
fresh	parsley
porcini	mushrooms water
unsalted	butter
shiitake	mushrooms
portobello	mushrooms
ground	salt black pepper
fresh	garlic parsley veal veal rib
unsalted	Salt
olive	butter oil onions
balsamic	Salt tomato vinegar veal raisins
dried	sugar thyme
unsalted	Salt veal rib
olive	butter Salt oil onion garlic
Kalamata	Salt artichoke
fresh	olives
fresh	lemon parsley veal rib
unsalted	Salt butter

Sheet1

olive	chicken
	oil
fresh	orange
	lemon
	orange
	Salt
	arugula
	tomatoes
	veal
unsalted	Salt
	butter
	Salt
	yogurt
olive	garlic
fresh	oil
dry	lemon
ground	mustard
	black pepper
	pork
	breadcrumbs
seed	spices
	salt
unsalted	butter
	onions
	prunes
red	prune
	wine
	breadcrumbs
fresh	sage
	salt
ground	black pepper
	nutmeg
	pork
	garlic
	sage
	salt
ground	black pepper
	Armagnac
unsalted	chicken
fresh	butter
	lemon
	Salt
	butt
	lard
white	vinegar
cider	vinegar
hot	red pepper
	sugar

Sheet1

red	pepper Salt Cole Slaw
hamburger	buns pork
Pear	Chutney Salsa lemon pork
unsalted	butter ham
brewed heavy	coffee cream Salt lamb
ground	lamb black pepper salt rosemary
olive	garlic oil beef lamb
white nonpareil balsamic	wine capers vinegar Salt cornstarch water lamb
ground	garlic black pepper Tapenade
olive	garlic oil salt
ground	black pepper
olive red	Sauce Sauce oil wine lemon

	bay leaves
dried	garlic
	oregano
	lamb
	Onion
	Salsa
	lamb
Tandoori	Marinade
Red	Wine
bell	pepper
	onion
Pita	bread
Dijon	mustard
olive	oil
fresh	lemon
	rosemary
dried	rosemary
	salt
ground	black pepper
	lamb
	Sauce
	Onion
olive	oil
	mint
fresh	parsley
ground	ginger
ground	allspice
ground	cinnamon
ground	black pepper
	paprika
ground	coriander
	salt
ground	red pepper
ground	cloves
	lamb
	Sauce
	Onion
fresh	parsley
	breadcrumbs
	garlic
olive	oil
	lamb
	salt
ground	black pepper
	Sauce
	Sauce



	lamb
	salt
ground	black pepper
	Sauce
fresh	parsley
	lamb
	Tapenade
ground	beef
ground	beef
	onions
rolled	oats
	ketchup
fresh	parsley
	eggs
bell	pepper
	raisins
pine	nuts
	garlic
	chili powder
ground	cumin
ground	red pepper
dried	oregano
ground	thyme
	salt
ground	cinnamon
ground	black pepper
	Gravy
Mashed	Potatoes
ground	beef
ground	beef
mozzarella	cheese
	onions
Parmesan	cheese
rolled	oats
	ketchup
fresh	parsley
	eggs
	garlic
dried	oregano
ground	thyme
	salt
ground	black pepper
	Gravy
Mashed	Potatoes
ground	beef
ground	beef
	onions
rolled	oats

Sheet1

fresh	ketchup parsley
ground	eggs thyme
ground	salt black pepper carrots mushrooms rice
chili	almonds
Dijon	sauce mustard horseradish
Mashed	Gravy
olive	Potatoes oil onions
calf's	salt liver
All-purpose	Salt
olive	flour
balsamic	oil
curly	vinegar sugar endive Vinaigrette
	bacon sweetbreads
	egg water
unseasoned	breadcrumbs
all-purpose	flour Salt
Olive	oil
	yeast
	water
bread	flour water butter sugar salt
bread	flour
whole-wheat	flour
bread	flour sugar yeast salt water butter

bread	flour yeast water
bread whole-wheat	flour flour water butter sugar salt
bread	flour yeast water
whole wheat bread	flour flour water butter sugar salt
bread	flour yeast water milk water butter sugar salt
bread whole-wheat bread rye	flour flour flour flour sugar yeast salt water butter
bread	flour yeast water
bread rye	flour flour water butter sugar salt
bread	flour yeast water milk water

	butter
	sugar
	salt
bread	flour
rye	flour
	yeast
	water
all-purpose	flour
	eggs
	egg
vegetable	oil
	sugar
	salt
bread	flour
	egg
	salt
	poppy seeds
	yeast
	water
all-purpose	flour
	eggs
	egg
vegetable	oil
	sugar
	salt
bread	flour
	egg
	salt
	poppy seeds
	water
bread	flour
sea	salt
	water
bread	flour
sea	salt
	yeast
	milk
all-purpose	flour
	eggs
	sugar
	milk
	salt
bread	flour
	butter
	egg
	salt
	yeast

all-purpose	milk flour eggs sugar
bread	milk salt flour butter egg salt yeast water
cake	flour sugar salt eggs milk vanilla
bread	flour butter Streusel butter nuts egg salt
all-purpose	flour sugar baking powder baking soda salt poppy seeds egg buttermilk
unsalted whole-wheat all-purpose rolled Cheddar	butter flour flour oats cheese scallions sugar caraway seeds baking powder baking soda salt
light	beer Oil cornmeal sugar baking powder

	baking soda
	salt
	eggs
	buttermilk
	Butter
	bacon
	cornmeal
buckwheat	flour
	sunflower seeds
	sugar
	baking powder
	baking soda
	salt
	eggs
	buttermilk
	Butter
	cornmeal
all-purpose	flour
buckwheat	flour
	sunflower seeds
	sugar
	baking powder
	baking soda
	salt
	eggs
	milk
	buttermilk
unsalted	butter
	bacon
	cornmeal
	sugar
	baking powder
	baking soda
	salt
ground	cinnamon
	nutmeg
ground	ginger
ground	cardamom
	eggs
	buttermilk
	raisins
	walnuts
	Butter
	cornmeal
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt

ground	cinnamon
	nutmeg
ground	ginger
ground	cardamom
	eggs
	milk
	buttermilk
	raisins
	walnuts
unsalted	butter
	bacon
	cornmeal
	baking powder
	baking soda
	salt
	eggs
	buttermilk
	honey
	corn
pine	nuts
fresh	rosemary
	Butter
	cornmeal
all-purpose	flour
	baking powder
	baking soda
	salt
	eggs
	milk
	buttermilk
	corn
	honey
pine	nuts
fresh	rosemary
unsalted	butter
	butter
	onion
poblano	pepper
	bacon
	cornmeal
	sugar
	baking powder
	baking soda
	salt
	eggs
	buttermilk
	Butter
	butter
	onion

poblano	pepper
	cornmeal
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	eggs
	milk
	buttermilk
unsalted	butter
	bacon
	cornmeal
	sugar
	baking powder
	baking soda
	salt
	eggs
	buttermilk
jalape±o	peppers
Cheddar	cheese
	Butter
	cornmeal
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	eggs
	milk
	buttermilk
jalape±o	peppers
unsalted	butter
Cheddar	cheese
	bacon
jalape±o	peppers
bell	pepper
	bacon
Cheddar	cheese
	cornmeal
	sugar
	baking powder
	baking soda
	chili powder
	salt
	eggs
	buttermilk
	Butter
jalape±o	peppers



bell	pepper
Cheddar	bacon
	cheese
	cornmeal
all-purpose	flour
	sugar
	baking powder
	chili powder
	baking soda
	salt
	eggs
	milk
	buttermilk
unsalted	butter
	Streusel
all-purpose	flour
	baking powder
	baking soda
	salt
	sour cream
	orange
	vanilla
unsalted	butter
	sugar
	eggs
	cranberries
	Chocolate
all-purpose	flour
	baking powder
	baking soda
	salt
	sour cream
	vanilla
unsalted	butter
	sugar
	eggs
Powdered	sugar
	breadcrumbs
all-purpose	flour
	sugar
	salt
unsalted	butter
	baking powder
	baking soda
	buttermilk
	egg
	vanilla
	chocolate
	coconut

brown	walnuts sugar breadcrumbs
all-purpose	flour sugar salt
unsalted	butter baking powder baking soda buttermilk egg vanilla
raspberry	almond jam walnuts sugar egg almond
all-purpose	flour baking powder baking soda salt nutmeg eggs yogurt sugar butter vanilla
unsalted	cornmeal
all-purpose	flour sugar baking powder baking soda salt eggs milk buttermilk
unsalted fresh or frozen	butter blueberries Cinnamon
all-purpose	flour baking powder salt nutmeg eggs milk sugar butter vanilla

fresh or frozen	blueberries
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	salt
	baking soda
	nutmeg
	egg
vegetable	oil
	vanilla
nonfat	milk
fresh or frozen	blueberries
	Cinnamon
	cornmeal
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	eggs
	milk
	buttermilk
	almond
unsalted	butter
	raspberries
	almonds
all-purpose	flour
	baking powder
	salt
	nutmeg
	eggs
	milk
	sugar
unsalted	butter
	vanilla
	almond
	raspberries
	almonds
all-purpose	flour
	sugar
	baking powder
	salt
	baking soda
	nutmeg
	egg
vegetable	oil
	vanilla
nonfat	milk

all-purpose	almond raspberries almonds flour poppy seeds baking powder baking soda salt nutmeg eggs yogurt
unsalted	sugar butter lemon vanilla
all-purpose	flour sugar baking powder poppy seeds salt baking soda nutmeg
vegetable	egg oil lemon vanilla
nonfat	yogurt Cinnamon
all-purpose	flour baking powder baking soda salt nutmeg eggs yogurt
unsalted	sugar butter vanilla
unsalted	butter sugar cinnamon
all-purpose	flour sugar baking powder salt baking soda nutmeg
vegetable	egg oil

nonfat	milk
	Cinnamon
unsalted	butter
	sugar
	cinnamon
Parmesan	cheese
all-purpose	flour
	salt
	eggs
	milk
all-purpose	flour
	cornmeal
	sugar
	baking powder
	salt
unsalted	butter
	buttermilk
	Milk
all-purpose	flour
whole-wheat	flour
	baking powder
	salt
unsalted	butter
	milk
	Milk
all-purpose	flour
	baking powder
	salt
unsalted	butter
	milk
	Milk
all-purpose	flour
	sugar
	baking powder
	salt
unsalted	butter
	half-and-half
	Milk
all-purpose	flour
	baking powder
	baking soda
	salt
unsalted	butter
	buttermilk
	Milk
all-purpose	flour
	sugar
	baking powder
	salt

dried	currants
	orange
heavy	cream
	cream
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	salt
unsalted	butter
dried	fruit
	egg
heavy	cream
	orange
	cream
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	salt
unsalted	butter
candied	lemon
	egg
heavy	cream
	lemon
	cream
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	salt
unsalted	butter
semisweet	chocolate
	egg
heavy	cream
	orange
	cream
	Cinnamon
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	buttermilk
unsalted	butter
	eggs
	vanilla
	raisins
fresh or frozen	blueberries

	nuts
	bananas
	bacon
	cheese
	coconut
semisweet	chocolate
maple	syrup
	butter
	cornmeal
all-purpose	flour
	baking powder
	salt
	milk
unsalted	butter
maple	syrup
	eggs
jalapeño	pepper
	corn
fresh	cilantro
hot	red pepper
	chili powder
ground	black pepper
maple	syrup
	Yogurt
all-purpose	flour
	baking powder
	baking soda
	salt
	milk
cottage	cheese
	butter
	egg
	shallot
	scallion
	parsley
	dill
	egg
maple	syrup
Plain	yogurt
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	sour cream
	milk
fresh	lemon
unsalted	butter
	egg

	vanilla
	poppy seeds
	lemons
	Honey
	sour cream
	milk
all-purpose	flour
	sugar
	eggs
unsalted	butter
all-purpose	flour
	baking powder
	sugar
	salt
	baking soda
	eggs
unsalted	butter
	buttermilk
	raisins
fresh or frozen	blueberries
	nuts
	banana
	bacon
	cheese
	coconut
semisweet	chocolate
maple	syrup
	butter
all-purpose	flour
	milk
	water
	eggs
unsalted	butter
	salt
Unsalted	butter
unsalted	butter
	honey
	pecans
	orange
	eggs
ground	cinnamon
	salt
ground	allspice
white	bread
	Honey
	water
	yeast
all-purpose	flour
unsalted	butter



	sugar
	eggs
	vanilla
	salt
	lemon
all-purpose	flour
	Jelly
	egg
Powdered	sugar
	water
	yeast
all-purpose	flour
unsalted	butter
	sugar
	eggs
	vanilla
	salt
	lemon
all-purpose	flour
	Honey
unsalted	butter
	sugar
	salt
	lemon
	egg
	egg
	vanilla
all-purpose	flour
	cornmeal
unsalted	butter
	sugar
	salt
unsweetened	chocolate
	egg
	egg
	vanilla
all-purpose	flour
	cocoa
ground	cinnamon
unsalted	butter
	sugar
	salt
	egg
	egg
	vanilla
all-purpose	flour
semisweet	chocolate
unsalted	butter
	sugar

all-purpose unsalted	salt lemon egg egg vanilla flour butter sugar salt lemon egg egg vanilla
all-purpose unsalted	flour poppy seeds butter sugar salt orange egg egg vanilla
all-purpose unsalted	flour butter sugar salt walnuts egg orange egg vanilla
all-purpose unsalted	flour butter sugar salt egg egg vanilla
all-purpose unsalted	flour coconut butter sugar salt egg egg vanilla
all-purpose ground candied	flour ginger ginger

Sheet1

unsalted brown	butter sugar salt egg egg vanilla
all-purpose unsalted	flour butter sugar peanut butter salt egg egg vanilla
all-purpose unsalted brown	flour butter sugar salt egg egg vanilla
all-purpose ground ground	flour cinnamon ginger nutmeg
ground ground unsalted brown	allspice cloves butter sugar salt egg egg vanilla
all-purpose ground ground	flour cinnamon ginger nutmeg
ground ground	allspice cloves raisins
unsalted all-purpose	butter flour egg sugar
powdered	sugar salt vanilla lemon almond

Sheet1

unsalted	butter
	sugar
all-purpose	flour
unblanched	almonds
ground	cinnamon
powdered	sugar
	raspberry
milk	chocolate
heavy	cream
bittersweet	chocolate
all-purpose	flour
white	sugar
powdered	sugar
	salt
	lard
	water
	water
all-purpose	flour
	cornmeal
	salt
unsalted	butter
	vegetable
	water
	water
all-purpose	flour
	walnuts
powdered	sugar
	salt
	lemon
unsalted	butter
	vegetable
	water
	water
all-purpose	flour
powdered	sugar
	salt
unsalted	butter
	vegetable
	water
	water
all-purpose	flour
whole-wheat pastry	flour
powdered	sugar
	salt
unsalted	butter
	vegetable
	egg
	water
	water

Sheet1

Pastry	Dough
	peaches
	raspberries
	sugar
	tapioca
fresh	lemon
	almond
	salt
unsalted	butter
	Milk
	sugar
Pastry	Dough
	rhubarb
	strawberries
	sugar
	tapioca
	salt
unsalted	butter
	Milk
	sugar
Flaky Pastry	Tartlet Crusts
	currant
Pastry	Cream
	berries
	jelly
Powdered	sugar
Flaky Pastry	Crust
	sugar
	cornstarch
	salt
	milk
	egg
unsalted	butter
	vanilla
	bananas
	Meringue
Whipped	cream
	Nut
unsalted	butter
brown	sugar
heavy	cream
	cornstarch
	salt
	milk
	egg
	vanilla
	Meringue
Whipped	cream
Flaky Pastry	Crust

unsweetened baking unsalted	sugar cornstarch salt milk egg chocolate butter vanilla
Whipped	Meringue cream coconut
Flaky Pastry	Crust sugar cornstarch salt milk egg
unsalted	butter vanilla Meringue
Whipped Flaky Pastry	cream Crust eggs egg sugar vanilla salt milk
bittersweet heavy	chocolate cream sugar
Flaky Pastry	Crust coconut eggs egg sugar vanilla salt milk nutmeg potatoes eggs
light unsalted fresh	sugar cream butter lemon vanilla
ground	cinnamon nutmeg

	salt
	Sauce
Flaky Pastry	Crust
	pecans
bittersweet	chocolate
	eggs
	sugar
corn	syrup
unsalted	butter
	vanilla
	salt
Whipped	cream
Flaky Pastry	Crust
	pecans
	eggs
	sugar
corn	syrup
unsalted	butter
	vanilla
	salt
	chocolate
Whipped	cream
Flaky Pastry	Crust
	egg
	egg
	sugar
	salt
	buttermilk
unsalted	butter
	pecans
	raisins
	Meringue
Whipped	cream
Flaky Pastry	Crust
	egg
	egg
	sugar
	lemon
heavy	cream
fresh	lemon
unsalted	butter
	coconut
	walnuts
	Meringue
Whipped	cream
Crumb	Crust
condensed whole	milk
fresh	lime
	lime

Sheet1

heavy powdered Pastry	cream sugar Dough blueberries
brown	sugar cornstarch
ground	cinnamon salt
Heavy all-purpose	cream flour cornmeal sugar baking powder salt
unsalted heavy	butter cream butter sugar
all-purpose	flour sugar baking powder baking soda salt
unsalted	butter
heavy	sour cream cream butter sugar
all-purpose	apples flour sugar almonds salt
ground	cinnamon nutmeg
unsalted whipped	butter cream eggs sugar milk Cognac vanilla
all-purpose	flour salt apple
Powdered unsalted all-purpose	sugar butter flour milk



	yeast
	sugar
all-purpose	flour
	salt
unsalted	butter
raspberry	jam
	egg
unsalted	butter
all-purpose	flour
	milk
	yeast
	sugar
all-purpose	flour
	salt
unsalted	butter
	almond
	egg
	almonds
unsalted	Almond
	butter
	sugar
	salt
	eggs
	almond
	orange
all-purpose	flour
	baking powder
heavy	cream
dark	rum
Bittersweet	Chocolate
Powdered	sugar
cake	flour
	baking powder
	salt
	milk
	vanilla
unsalted	almond
	butter
	sugar
	egg
	cream of tartar
	sugar
	Lemon
	coconut
cake	flour
	baking powder
	salt
	milk

Sheet1

unsalted	almond lemons butter sugar egg cream of tartar
Powdered	sugar
cake	sugar Lemon flour baking powder
unsalted	salt butter sugar egg
fresh	vanilla lemon milk
cake	Chocolate flour baking powder salt milk
unsalted	vanilla butter sugar egg egg cream of tartar
cake	sugar Chocolate flour caraway seeds
ground unsalted	eggs vanilla mace butter sugar
cake	salt flour eggs vanilla
ground unsalted	mace butter sugar
bittersweet cake unsalted	salt chocolate flour butter

powdered	sugar eggs vanilla sugar water
corn	syrup rum
cake	flour baking powder baking soda nutmeg
ground	cinnamon allspice
ground	cloves salt
unsalted	butter sugar egg yogurt raisins matzo meal potato salt egg sugar orange lemon orange lemon
fresh	egg cream of tartar sugar walnuts
cake	flour sugar baking powder salt egg orange
vegetable	oil orange vanilla egg cream of tartar sugar Orange
cake	flour sugar baking powder

ground	salt cinnamon nutmeg
vegetable	egg bananas oil vanilla egg cream of tartar sugar walnuts
cake	flour sugar baking powder
ground	salt cinnamon
ground	ginger nutmeg
ground	cloves egg pumpkin
vegetable	oil vanilla egg cream of tartar sugar walnuts
Vanilla cake	Cream Cheese ice cream flour sugar baking powder salt
vegetable	water oil lemon vanilla egg cream of tartar sugar Lemon berries
whipped cake	cream flour sugar
ground	cinnamon nutmeg
ground	cloves salt

fresh	egg water lemon cream of tartar vanilla almond sugar
Coffee Whipped instant cake	Cream coffee flour sugar salt coffee coffee
instant	egg water lemon cream of tartar vanilla almond sugar
fresh	cream flour sugar salt egg coffee
Whipped cake	lemon cream of tartar vanilla almond sugar cream peppermint
fresh	flour sugar salt egg water lemon cream of tartar vanilla almond sugar
Whipped cake	cream flour sugar salt egg

fresh	water lemon cream of tartar vanilla coconut almond sugar coconut
Whipped cake	cream flour sugar salt
grated	lemon egg water
fresh	lemon cream of tartar vanilla lemon sugar Lemon
cake	flour sugar cocoa salt water
instant	coffee egg
fresh	lemon cream of tartar vanilla almond sugar
semisweet cake	chocolate flour sugar salt egg
fresh	water lemon cream of tartar vanilla almond sugar
cake	nuts flour sugar cocoa salt

Sheet1

instant	water coffee
fresh	egg lemon cream of tartar vanilla almond sugar nuts
semisweet semisweet cake	chocolate chocolate flour sugar salt egg water
fresh	lemon cream of tartar vanilla almond sugar
Whipped semisweet cake	cream chocolate flour sugar cocoa salt water
instant	coffee egg
fresh	lemon cream of tartar vanilla almond sugar
Whipped Angel Cocoa Angel	cream Cake Cake
Powdered chiffon Powdered	syrup Filling sugar cake sugar
Powdered Angel	Filling sugar Cake
Powdered	Filling sugar

bittersweet	chocolate water vanilla egg cream of tartar sugar cocoa cocoa egg vanilla cream of tartar
superfine powdered	sugar sugar egg cream of tartar
superfine	sugar egg cream of tartar
superfine powdered superfine instant	sugar sugar sugar espresso egg vanilla cream of tartar
superfine instant	sugar espresso egg vanilla cream of tartar
powdered	sugar egg cream of tartar
superfine instant	sugar espresso egg cream of tartar
superfine instant powdered powdered	sugar espresso sugar sugar cocoa egg vanilla cream of tartar
superfine powdered	sugar sugar cocoa egg



superfine	cream of tartar sugar hazelnuts sugar egg breadcrumbs egg cream of tartar sugar
Whipped Powdered Flavored whipped	Cream sugar cream almonds sugar egg matzo meal lemon cinnamon almond egg cream of tartar sugar
Whipped Powdered Flavored whipped	Cream sugar cream
Powdered	sugar Lemon
Powdered	sugar
Powdered	sugar Chocolate cocoa Chocolate Syrup framboise
bittersweet	chocolate water
heavy	cream sugar vanilla raspberries Chocolate Chocolate Syrup kirsch
frozen heavy	cherries cream sugar

	vanilla
	Chocolate
all-purpose	flour
	pecans
golden	raisins
dried	currants
	baking powder
	salt
unsalted	butter
	sugar
	eggs
	vanilla
all-purpose	flour
	nuts
golden	raisins
	citron
	pineapple
candied	cherries
	coconut
	baking powder
	salt
unsalted	butter
	sugar
	eggs
	vanilla
unsalted	butter
graham	cracker
cream	cheese
	sugar
	eggs
heavy	cream
	sour cream
	lemon
	vanilla
	raspberries
	sugar
	sour cream
	raspberries
cottage	cheese
NeufchÔtel	cheese
	sugar
	vanilla
fresh	lemon
	salt
Dutch-process	cocoa
	sugar
instant	espresso
	water
chocolate	cookie

Sheet1

cottage	cheese
NeufchÔtel	cheese
	sugar
	vanilla
fresh	lemon
	lemon
	salt
graham	cracker
	Lemon
cottage	cheese
	cocoa
instant	coffee
NeufchÔtel	cheese
	sugar
	vanilla
fresh	lemon
	salt
graham	cracker
cake	flour
	sugar
	cocoa
	salt
	egg
	cream of tartar
	sugar
	vanilla
cake	flour
	sugar
	salt
ground	cloves
	nutmeg
ground	cinnamon
	egg
	cream of tartar
	sugar
	vanilla
	water
	gelatin
heavy	cream
	sugar
powdered	sugar
	honey
	vanilla
heavy	cream
	sugar
instant	coffee
	vanilla
heavy	cream
	sugar

heavy	liquor
Dutch-process	cream
instant	cocoa
heavy	coffee
	cream
	sugar
	vanilla
heavy	cream
powdered	sugar
Dutch-process	cocoa
	vanilla
	salt
heavy	cream
Whipped	Cream
	pecans
dried	figs
	raisins
	almond
Whipped	Cream
	nuts
	coconut
	praline
	jam
	fruit
	half-and-half
	fruit
chocolate	candy
	wafer
	sugar
all-purpose	flour
	cornstarch
	egg
	milk
vanilla	bean
semisweet	chocolate
	vanilla
	sugar
all-purpose	flour
	cornstarch
	egg
	sugar
	cocoa
	milk
vanilla	bean
	vanilla
	sugar
all-purpose	flour
	cornstarch
	egg

instant	milk
vanilla	milk
	coffee
	bean
	vanilla
all-purpose	sugar
	flour
	cornstarch
	egg
vanilla	milk
	bean
	rum
	vanilla
	bananas
all-purpose	sugar
	flour
	cornstarch
	egg
vanilla	milk
	bean
	vanilla
	hazelnut
all-purpose	sugar
	flour
	cornstarch
	egg
vanilla	milk
blanched	bean
candied	almonds
	orange
	vanilla
	almond
all-purpose	sugar
	flour
	cornstarch
	egg
vanilla	milk
	bean
	vanilla
	almond
candied	orange
brown	sugar
all-purpose	flour
	cornstarch
	egg
	salt
	milk
	vanilla
	vanilla

	sugar
	cornstarch
all-purpose	flour
	egg
	egg
	sugar
low-fat	cocoa
	milk
	vanilla
	eggs
	sugar
	lemon
fresh	lemon
unsalted	butter
	vanilla
fresh	lemon
	water
	cream of tartar
	sugar
	egg
corn	syrup
	lemon
	vanilla
	nuts
	orange
fresh	lemon
	cream of tartar
	sugar
	egg
corn	syrup
	orange
	vanilla
	nuts
	water
	cream of tartar
brown	sugar
	egg
corn	syrup
	vanilla
	maple
	nuts
instant	coffee
	water
	sugar
	water
	cream of tartar
	eggs
unsalted	butter
instant	coffee

	water
	egg
	sugar
	water
	cream of tartar
unsalted	vanilla
	butter
	liqueur
bittersweet	chocolate
instant	coffee
	water
	sugar
	water
	cream of tartar
unsalted	eggs
	butter
	coffee liqueur
bittersweet	chocolate
instant	coffee
	water
	egg
	sugar
	water
	cream of tartar
unsalted	vanilla
	butter
	coffee liqueur
semisweet	chocolate
	water
	sugar
	water
	cream of tartar
unsalted	eggs
	butter
	rum
semisweet	chocolate
	water
	egg
	sugar
	water
	cream of tartar
unsalted	vanilla
	butter
	rum
	sugar
	water
	cream of tartar
unsalted	eggs
	butter

unsalted	nut liqueur egg sugar water cream of tartar vanilla butter
unsalted	nut liqueur sugar water cream of tartar eggs butter
orange	orange lemon liqueur egg sugar water cream of tartar
unsalted	vanilla butter orange lemon liqueur
orange	sugar water cream of tartar
unsalted	eggs butter lemon egg sugar water cream of tartar
unsalted	vanilla butter lemon sugar water cream of tartar
unsalted	eggs butter liquor egg sugar water



	cream of tartar
	vanilla
unsalted	butter
	liquor
white	chocolate
	sour cream
heavy	cream
white	chocolate
heavy	cream
milk	chocolate
heavy	cream
instant	coffee
milk	chocolate
powdered	sugar
unsalted	butter
	lemon
fresh	lemon
	vanilla
	salt
powdered	sugar
unsalted	butter
	orange
powdered	sugar
	orange
	salt
	vanilla
powdered	sugar
unsalted	butter
	cocoa
instant	coffee
	water
	vanilla
	salt
powdered	sugar
unsalted	butter
powdered	sugar
	water
	cocoa
instant	coffee
	salt
	vanilla
	cream cheese
unsalted	butter
	vanilla
powdered	sugar
	lemon
	cream cheese
unsalted	butter
	vanilla

Sheet1

powdered	sugar
	lemon
semisweet	chocolate
	water
	cream cheese
unsalted	butter
	vanilla
powdered	sugar
	lemon
semisweet	chocolate
	water
	cream cheese
unsalted	butter
	vanilla
powdered	sugar
	lemon
powdered	sugar
fresh	lemon
Powdered	sugar
	sugar
fresh	lemon juice
	cream of tartar
	egg
	sugar
	cocoa
	half-and-half
bittersweet	chocolate
	vanilla
	water
coffee	beans
	sugar
	water
	eggs
	sugar
	salt
	vanilla
heavy	cream
fresh	ginger
	egg
	sugar
crystallized	ginger
	Caramel
heavy	cream
	egg
maple	syrup
	vanilla
	Caramel
heavy	cream
	egg

	sugar
	vanilla
	raspberries
	Caramel
	eggs
	sugar
	lemon
ground	cinnamon
	salt
	milk
white	rice
dried	currants
	vanilla
	Caramel
unsalted	butter
	sugar
	salt
	egg
all-purpose	flour
	orange
fresh	lemon
	orange
	milk
	egg
	Raspberry
	eggs
canned	pumpkin
	buttermilk
unsalted	butter
	sugar
all-purpose	flour
	baking powder
	baking soda
ground	cinnamon
	nutmeg
	salt
Whipped	cream
	coffee
	gelatin
semisweet	chocolate
unsalted	butter
	liquor
	vanilla
	egg
	sugar
	egg
	cream of tartar
	sugar
heavy	cream

Whipped	cream
semisweet	chocolate
fresh	lime
	lime
	gelatin
	egg
	sugar
	milk
	egg
	cream of tartar
	sugar
heavy	cream
	food coloring
Whipped	cream
Whipped	cream
	orange
	orange
fresh	lemon
	gelatin
	egg
	sugar
	milk
	egg
	cream of tartar
	sugar
heavy	cream
Whipped	cream
	Whipped cream
	egg
	sugar
	milk
semisweet	chocolate
	vanilla
	egg
	sugar
light	cream
	coffee
	vanilla
coffee	liqueur
vanilla	bean
	milk
	egg
	sugar
unsalted	butter
	sugar
	brandy
	water
	nutmeg
	salt

Sheet1

unsalted brown	egg butter sugar water nutmeg salt egg vanilla sugar lime lime water
unsalted	egg butter sugar cornstarch water
fresh	lime lime salt
unsalted milk unsalted heavy	butter chocolate butter cream sugar water
unsalted heavy bittersweet	butter cream chocolate vanilla salt sugar water water
fresh	peaches sugar lemon water
unsalted	cornstarch butter coriander cumin fennel
black fresh	peppercorns cilantro galangal
chili	lemon grass peppers shallots

	garlic
	lime
	shrimp
	salt
	nutmeg
peanut	oil
olive	oil
	artichoke
	saffron
	Chicken
	butter
	onion
	chicken
Italian	rice
white	wine
Parmesan	cheese
	Salt
Parmesan	cheese
all-purpose	flour
	baking powder
	salt
	nutmeg
	eggs
	milk
	water
	cheese
	venison
	Marinade
vegetable	oil
	onions
	celery
	carrots
	beef
	bay leaf
fresh	thyme
all-purpose	flour
	butter
	Potato
olive	oil
dried	thyme
	salt
ground	black pepper
	pork
fresh	parsley
New	Potatoes
	yeast
	water
	milk

bread all-purpose	butter
	sugar
	egg
	salt
	flour
	flour
	egg
	salt
	yeast
	water
bread all-purpose	milk
	butter
	sugar
	egg
	salt
	flour
	flour
	egg
	salt
	yeast
bread all-purpose	water
	milk
	butter
	sugar
	egg
	salt
	flour
	flour
	butter
	butter
bread all-purpose	yeast
	water
	milk
	butter
	sugar
	egg
	salt
	flour
	flour
	butter
steel-cut	water
	oats
	butter
	salt
	yeast
	water
all-purpose	water
	molasses
	flour

Sheet1

bread	flour
	yeast
wheat	bran
	sugar
	salt
	buttermilk
	butter
bell	pepper
Cheddar	cheese
	cornmeal
	sugar
	baking powder
	baking soda
	salt
	eggs
	buttermilk
	cornmeal
all-purpose	flour
	sugar
	baking powder
	baking soda
	salt
	eggs
	milk
	buttermilk
unsalted	butter
	Biscuits
	egg
	sugar
ground	cinnamon
	cake
	rum
	Syrup
	ice cream
	cake
	Meringue
	eggshell
powdered	sugar
	liquor
coffee	liqueur
	honey
	water
brown	sugar
	sugar



Sheet1

PSP,C,55

POSTTYPE,C,21

PSEARCH,CEXPLAIN,C,15

sticks  
cubes

sticks

or other

coffee liqueur

zest

seeds  
stick

(verveine)  
slices

leaves

sprigs

concentrate

leaves

and ground

black pepper

and ground  
parts

juice

black pepper

stalk

Sheet1

carcass

stalk

stalk

shanks

parts

stalks

breast  
knucklebones

parts

stalk

heads and bones

shells (1 pound of shrimp produces about 1 1/2 cups)

stalks  
paste

(

kelp

Sheet1

parts  
(

kelp

(3 1/2 to 4 pounds)

stalk

broth

giblets

stalk

chuck

paste  
stems

juice  
broth

trimmings

shells (1 pound of shrimp produces about 1 1/2 cups)

paste

Stock

and ground

white pepper

and ground

Stock

white pepper

and ground

Stock

Stock

black pepper

and ground

white pepper

Stock

powder

Stock

Espagnole

Stock

and ground

black pepper

Espagnole

glaze

and ground

black pepper

Espagnole

puree

and ground

black pepper

Espagnole

marrow

and ground

black pepper

Stock

Espagnole

juice

and ground

black pepper

Espagnole

and ground

black pepper

from roasting pan

and ground  
from roasting pan

pan juices

and ground

and ground

sprigs

zest

black pepper

Stock

black pepper

juice

black pepper

juice  
Stock

zest

Stock

zest

leaves

, such as

glaze

and ground

Stock

black pepper

in oil

and ground

black pepper

Stock

and ground  
, preferably unsalted

black pepper

Stock  
juice

zest

and ground

juice

black pepper

yolks

juice  
sauce

and ground

black pepper

yolks

juice

yolks



and ground  
Beurre Meunière

black pepper

and ground

white pepper

, roasted

and ground

Stock

black pepper

and ground

Stock

black pepper

and ground

Stock

black pepper

seeds

Sheet1

powder

juice

and ground

juice

black pepper

and ground

black pepper

powder  
flakes

juice

juice

sprigs

juice

and ground

black pepper

juice

juice

juice

and cracked black

peppercorns

seeds

Sheet1

seeds

seeds

flakes

zest

juice

seeds

stick

and cracked black

seeds

peppercorns

juice

seeds

Sheet1

seeds

juice  
juice

juice

leaves

leaves

juice

pulp

seeds

or other

powder

chili peppers

and ground

red pepper

Sheet1

seeds

cloves

seeds  
sticks

juice

Sheet1

seeds

juice

stick

seeds

Sheet1

sticks

sauce

and ground

black pepper

seeds

sauce  
juice

seeds

and ground

black pepper

yolks

juice



and ground

black pepper

yolk

juice

juice

and ground

white pepper

yolks

juice

and ground

white pepper

juice  
juice

yolks

and ground

white pepper

juice

threads

yolk

Stock

Sheet1

puree

puree  
Aspic Glaze

Stock

and ground

white pepper

and ground

white pepper

and ground

juice

black pepper

and ground

juice

black pepper

juice

juice

and ground

juice

black pepper

and ground

juice

black pepper

leaves

jelly

leaves

and ground

black pepper

threads

leaves

fillets

fillets

juice

yolks

juice  
Stock

and ground

Stock

black pepper

yolks

juice

and ground

black pepper

juice

Stock

seeds  
seeds

flakes

juice

juice

leaves

juice

and cracked black

root  
powder

peppercorns

juice  
juice

leaves

(it can be dry or fruity)

Garam Masala

sauce

marmalade

, preferably low-sodium

flakes

seeds

powder

seeds

sticks  
pods

seeds  
seeds

seeds  
seeds  
powder

juice

juice

Sheet1

seeds

juice

flakes

zest

flakes

seeds  
seeds  
seeds

leaves

paste



Sheet1

juice

seeds  
seeds

flakes  
threads

juice  
juice

juice

and cracked black

peppercorns

juice  
preserves

stick

juice

zest

seeds  
seeds

juice  
sauce

juice

slices

Stock  
juice

Stock

kernels

paste

and ground  
or other vegetable oil

black pepper

Stock

Sheet1

seeds

(about 3 1/2 pounds each)

Stock  
Stock

seeds

Stock

juice

Fresca

Stock

juice

Stock

stalk

Stock

Stock

juice

, drained

Stock

and ground

black pepper

leaves

flakes

Stock

leaves

shavings

bulb

Stock

, preferably

seeds  
flakes

, preferably

and ground

black pepper

Stock

sauce

and ground

black pepper

leaves

juice

stalks

leaves

leaves

leaves

Stock

, preferably

stalk

Sheet1

threads

leaves

thighs

powder

Stock

milk

leaves  
wedges

Stock

stalk  
leaves

leaves

juice

chop

Stock

greens

Stock

with stems

Stock

stalks



Sheet1

hock

wedges

juice

stalks

Stock

sauce

juice

greens

stalks

hock

Sheet1

stalks

hock

stalk

and lots of ground

black pepper

Stock

Stock

Stock

juice  
juice

and ground

black pepper

seeds

Stock

Stock

Stock

powder

Stock

leaves

stalk  
leaves

breasts  
whites

Stock

Dashi

bits

caps

Dashi

Sheet1

sirloin

steak

sticks

Stock

sticks  
zest

juice

zest

juice  
juice

sprigs

juice

sprigs

juice  
juice  
juice

Sheet1

stalks

kernels

stalk

Fumet

Stock

fillet

sprigs  
fillets

or other boiling potatoes

Stock

(1 1/4 to 1 1/2 pounds each)

Stock  
Stock

,fresh

, preferably freshly ground

broth  
juice

fillets  
(1/4 pound yields about 12 small shrimps)

Stock

sauce

, picked over for shells and cartilage, with

sauce

roe

greens

yolk

powder

Sheet1

Stock

fillets

, sliced, or frozen sliced okra

milk

halves

, fresh

Stock

fillets

stalk

threads

paste

, with juice

Stock

(12 scallops weighs about 1/2 pound)

Rouille



fillets

threads  
flakes

(A'oli)

juice

chuck

Stock

stalks  
paste

juice

short ribs  
marrowbones  
shank  
thighs

stalks

Sheet1

stick

leaves

wedges

(

banh pho

stalk

shoulder

stalk

and ground

black pepper

(1 chicken weighs about 3 pounds)

Stock

stalks

cloves

and ground

black pepper

(1 chicken weighs about 3 pounds)

powder

Stock

sauce  
greens

parts  
(halve the amount if using chicken stock)

kernels

powder  
powder

(1 chicken weighs about 3 pounds)

seeds

strips

Sheet1

milk

Stock

breasts

juice

BÚchamel

BÚchamel  
, such as

, such as

(any type)

powder

BÚchamel

zest

and ground

, such as

flakes

black pepper

and ground

halves

black pepper

, such as

, shucked

juice

yolks

whites

BÚchamel

,

yolks

whites

BÚchamel

Sheet1

yolks

whites

yolks

whites

florets

sauce

Sauce



(about 6 per pound)

and ground

black pepper

yolks

liquor(s)

whites

yolks

Sheet1

root

Butter

(about 1 cup per ounce)

rings

stock

leaves  
and ground

black pepper

(chopped)

juice

,

Sheet1

hearts

juice

juice

(about 2 tomatoes per cup)

and/or

pears

juice

Sheet1

sprigs

zest

juice

powder

breast

(High-Temperature Method)

wedges

(7 ounces per log)

leaves

Sheet1

halves

Sauce

zest

halves

sheets

yolk

, cooked

greens

and ground

black pepper

links

Blue Cheese Spread with Walnuts

Mousse

soaking liquid

juice

Food Processor Puff Pastry

, such as  
and ground

black pepper

, such as

Salad

Sheet1

rounds

paste

sauce

juice

zest

peeled and deveined

powder  
powder

Rúmoulade

wings

sticks

sauce

wings

zest

juice

breast

tenders

Dipping

Sauce



Sheet1

Sauce  
Sauce

Dipping

Sauce

stalks  
slices

sprigs

Sauce

Dipping

Sauce  
livers

baby back

ribs

skins

leaves

sticks

halves

dipping sauce

fillets

and ground

black pepper

, preferably oil cured, pitted

leaves  
and ground

black pepper

packed in olive oil, drained

, such as

juice

, roasted

juice

bulb

Sheet1

seeds

in brine

stock

juice

(about 1 1/4 pound each)

Patties

pulp

Sheet1

seeds  
seeds

seeds

juice

(1 onion yields about 1 cup)

Raita I

bulb

Sheet1

wedge

, preferably

leaves

leaves  
and ground

black pepper

breasts  
legs

yolk

sirloin

steak

juice

or other seeds sauce chili peppers

Fresca

juice

Chili-Garlic Spice Paste legs

Fresca

juice

sauce

kernels

sauce

sprigs

Sheet1

Fresca

shortening

, preferably

Fresca

leaves

strips

Fresca



, preferably

juice

sprigs

flakes

leg

wedges  
Harissa

juice

juice

flakes

and ground  
wedges

black pepper

, such as  
Harissa

stock

juice

jam

juice

fillets  
with leaves

juice

Sheet1

cups

(about 1 ounce each)

wedges  
sticks

sausages

(about 8 ounces each)  
and ground

black pepper

and ground

black pepper

flakes

leaves

leaves

Sheet1

Dipping

Sauce

seeds

sirloin  
milk

canned Thai Massaman

powder

juice

and ground

black pepper

,

(2 ounces each)  
Mornay

links

stock

and ground

black pepper

and ground

black pepper

leaves  
and ground

black pepper

sauce

juice

and ground

black pepper

leaves

stalk

black pepper

leaves  
and ground

chuck

sauce

greens

tongue

and ground

black pepper

powder

leaves

and ground

black pepper

leaves

and ground

black pepper

leaves

, grated  
Salad

, grated

breast

and ground

black pepper

and ground  
Mojo

black pepper

, shucked



Sheet1

sirloin

sauce

meat

and ground  
brioche sandwich rolls

black pepper

leaves

, such as  
, such as

round

steak

and ground

black pepper

shortening

leaves

, each about 5 x 4 inches

leaves  
and ground

black pepper

flakes

seeds

Fresca

Sauce

toppings

Toppings

in heavy puree

leaves

, tough stems trimmed

leaves

and ground

black pepper

juice

and ground  
fillets

black pepper

(preferably young or inner pale green leaves)

shavings

spray

and ground

black pepper

stock

leaves  
fillets

(preferably young or inner pale green leaves)

and ground

black pepper

hearts

fillets

juice

and ground

black pepper

stock

and ground

black pepper

shavings

and ground

black pepper

halves

and ground

black pepper

halves

leaves

(any combination of arugula, escarole,

Dressing

breasts

tenderloin

leaves

leaves

zest

juice

and ground

flakes

black pepper

seeds

Sheet1

, preferably 1 each,

and ground

black pepper

flakes

, (preferably

seeds

leaves

leaves

meat

and ground

black pepper

leaves  
and ground

black pepper

steaks

and ground  
(any combination of

black pepper

bulbs

and ground

juice

black pepper

and ground

black pepper

juice

and cracked black

steaks

peppercorns

and ground

black pepper

and ground  
, (preferably vine ripened)

black pepper

and ground

black pepper

leaves  
, preferably

cubes

juice

and cracked black

peppercorns

leaves

shavings

, preferably

juice

and ground  
leaves

juice

black pepper

juice

zest



seeds

and ground  
, preferably

white pepper

seeds

and ground

juice

black pepper

RÚmoulade

bulb  
shavings  
roots

, preferably

bulbs

leaves

stalk

and ground

black pepper

and ground

black pepper

with leaves

stock

and ground

black pepper

Sheet1

and ground  
slices

black pepper

sprigs  
sprigs

salata

or other

chili pepper

leaves  
and ground

black pepper

on the cob

and ground  
,

black pepper

chunks

and ground

black pepper

flakes

leaves

juice

and ground

black pepper

stalks

, preferably

cups

kernels

leaves

and ground

black pepper

stalks

juice

flakes

, penne, wagon wheel, or other

pasta

and ground

stock

black pepper

zest

and ground

black pepper

leaves

or other

leaves

chili pepper

if needed and ground

black pepper

breast

and ground

black pepper

and ground

black pepper

Sheet1

or other oil-cured black olives  
leaves  
and ground  
(preferably fresh), cut into 1/2 -inch cubes

hearts

black pepper

sprigs  
sprigs

juice

of your choice

,

and ground

black pepper

and ground

white  
leaves

black pepper

of your choice

breast

juice

and ground

black pepper

breast

and ground

black pepper

leaves

breast

bacon

and ground

black pepper

, preferably oil packed



Sheet1

fillets  
and ground

black pepper

and ground  
leaves

black pepper

breasts

juice

zest

and ground

black pepper

(about 1/4 pound per cup)

juice

juice

and ground

powder

black pepper

meat

stalks

and ground

powder

black pepper

and ground  
leaves

meat

juice

black pepper

,

leaves

zest

juice

wedges

juice

and cracked black  
leaves

peppercorns

Louis

Sheet1

stock

ingredients of your choice  
leaves

juice

puree

stalks

juice

juice

and ground

black pepper

and ground

Stock

black pepper

juice

and ground

black pepper

juice

and ground

black pepper

sauce

and ground

black pepper

seeds

and ground

black pepper

sauce

juice

and ground

black pepper

juice  
juice

nectar

and cracked black

peppercorns

juice

leaves

and ground

black pepper

halves

leaves

and ground

black pepper

and ground

black pepper

and ground

black pepper

and ground

black pepper

and ground

black pepper

fillets  
and ground

juice

black pepper

juice

and ground

black pepper

and ground

juice

black pepper

juice

and ground

black pepper

juice

and cracked black

peppercorns

and cracked black

seeds

peppercorns

juice

and ground

black pepper

Sheet1

and ground

zest

black pepper

and ground

black pepper

and ground

seeds

juice

black pepper

and cracked black

peppercorns

pieces

stock

juice

zest



and ground

black pepper

(whole roasted buckwheat groats)

fat

and ground

black pepper

(whole roasted buckwheat groats)

stock

stock

(4 ounces yields about 1 packed cup)

with Butter and Cheese

, with juice

(also called

stock

juice  
juice

Sheet1

breast

Sheet1

seeds

stock

stock

stock

slices

stock

and ground  
(8 ounces measures about 1 1/4 cups)

black pepper

flakes

and ground

stock

black pepper

stick

stock

stick

Sheet1

seeds

stock

stock

stick

seeds

threads

milk

leaves

breasts  
seeds  
greens

stock

and ground

threads

black pepper

stock

stock

and ground

black pepper

juice

stock

kernels

and ground

black pepper

parts

stock

, preferably

leaves

(1 whole chicken weighs about 2 1/2 pounds)  
and ground

black pepper

(about 1 ounce per cup)

(

kelp

juice

and ground

black pepper

stalks

bulb

and ground

black pepper

flakes

, such as

stick

stock



root

Ras El Hanout

stock

and ground

black pepper

Ras El Hanout

stock

leaves

and ground

black pepper

stock

stock

zest

and ground

black pepper

juice

caps

leaves  
and ground

black pepper

leaves

stock

(about 2 1/2 cups per pound)

and ground

black pepper

flakes

juice

zest  
juice

zest  
juice

wedges

hock

top

Sheet1

seeds

powder

florets

stock

sauce

stock

and ground

black pepper

leaves

seeds

juice

sauce

, preferably

leaves

leaves

flakes

juice

and ground

seeds

black pepper

florets

flakes

and ground

drumsticks

black pepper

stalk

and ground

juice

black pepper

stalk

leaves

and ground

stock

black pepper

, with juice

seeds  
flakes

Sheet1

kernels

leaves

hocks

, with juice, coarsely chopped

juice

Fresca

top

stick

leaves

and ground  
, preferably Tuscan

black pepper

(including the rind)



, with juice

stock

and ground

black pepper

stock

confit

legs

from the  
, trimmed of fat

confit

and ground

paste

black pepper

stock

sauce

seeds

milk

stock

florets and cut stems

juice

and ground

black pepper

florets and stems

juice

, preferably half red and half green

and ground  
leaves

black pepper

seeds

shoots

sauce

Sheet1

protein  
sauce

protein

shoots

stock

, such as

stock

and ground

black pepper

, preferably

stone-ground organic

stalk

Sheet1

leaves

and ground

paste

black pepper

and ground

black pepper

and ground

leaves

flakes

black pepper

and ground

black pepper

, such as  
fillets

and ground  
, preferably

loin

black pepper

paste

and ground

black pepper

leaves

paste

stalks

skirt

steak  
stock

paste

stalk  
thighs

and ground

black pepper

stock

and ground

leaves

black pepper

and ground  
leaves

black pepper

and ground

black pepper

leaves

leaves

and ground

black pepper

leaves

and ground

stock

black pepper

fillets

seeds  
flakes

and ground

black pepper

and ground

black pepper



and ground

black pepper

flakes

leaves  
and ground

black pepper

leaves

leaves

and ground

black pepper

and ground

black pepper

leaves

stalk

stock

and ground

black pepper

stems

flakes

, such as

, peeled, deveined, and diced  
and ground

black pepper

fettuccine

and ground

black pepper

, preferably

flakes  
rabe

and ground

black pepper

pieces

breast  
zest

, preferably

, preferably Italian

puree

leaves

leaves

and ground

black pepper

and ground

black pepper

breast  
loin chop

and ground

black pepper

and ground

Sauce

black pepper

(preferably fresh), thinly sliced or shredded

and ground

black pepper

leaves

and ground

black pepper

lasagne

Sauce

, such as

and ground

black pepper

(about 1 1/2 pounds each)

(about 1/2 pound each)

, preferably

, preferably

(preferably fresh), shredded

Sauce

and ground

black pepper

in heavy puree

Sauce

Sauce

yolks

and ground

black pepper

and ground

black pepper

broth

cap

and ground

black pepper

and ground

black pepper

and ground

black pepper

stock



Sheet1

breast

shoots

stock  
sauce

stock  
sauce

leaves

Sheet1

loin

powder  
milk

stock  
sauce

flakes

leaves

juice

Sheet1

leaves  
leaves

flakes

sauce

shoots

stock

sauce

leaves  
shoots

stock

shoots

stock  
sauce

(

shichimi

stock

Dashi

(a dark, thin sheet of

flakes

seaweed

paste

, preferably

breast

leaves

leaves

juice

zest

and ground

black pepper

wedges

and ground

black pepper

Sheet1

(about 1 pound unshelled yields 1 cup)

and ground

juice

black pepper

hearts

in their pods  
tips

and ground

black pepper

wedges

seeds

stock

zest

and ground

black pepper

(white)

juice

and ground

black pepper

seeds

stock

and ground

black pepper

juice

Sheet1

and ground

sprigs

black pepper

and ground

black pepper

and ground

black pepper

(about 2 1/2 medium beets per cup)

juice

greens

stock

soaking liquid

and ground

black pepper



and ground

black pepper

and ground

flakes

black pepper

Mornay

flakes

stock  
sauce

rabe

and ground

black pepper

and ground

black pepper

stock

, preferably

stock

and ground

black pepper

(1 pound yields about 6 cups)

(about 1 pound per head)

wedges

Sheet1

and ground

black pepper

in puree

(2 inches across)

leaves

, skinned

zest

black pepper

and ground  
Avgolemono  
(about 2 pounds per head)

stock

paddles

Sheet1

Fresca

leaves

and ground  
(about 1/4 pound each)

black pepper

juice

stock

Cress Butter

and ground

black pepper

flakes

Sheet1

wedges  
Butter

and ground

black pepper

with Black Beans

BÚchamel

powder

milk

hearts

stock  
juice

roots

Beurre Blanc

(about 3/4 pound each)

Sheet1

wedges

Butter

(about 1/2 ounce per shrimp)

and ground

black pepper

and ground

black pepper

(about 2 pounds per head)

stock

sauce

and ground

black pepper

juice

and ground

black pepper

and ground

black pepper

yolks

whites

and ground

white pepper

and ground

black pepper

, grated

and ground

black pepper

leaves

and ground

white pepper

, such as

juice

and ground  
(about 6 ounces each)

black pepper

and ground

black pepper

leaves

Sauce

Sauce



and ground

black pepper

paste

(about 1 pound each)

and ground

black pepper

bulbs

and ground

zest

black pepper

juice  
stock

and ground

stock

black pepper

and ground

black pepper

bulbs

and ground

juice

white pepper

seeds  
seeds

bulbs  
greens

bulbs

and ground

black pepper

Sheet1

and ground

black pepper

bulbs

and ground

black pepper

and ground  
and ground

black pepper  
black pepper

stock

and ground

black pepper

wedges

(about 1 pound per bunch)

and ground

black pepper

(about 1 pound per bunch)

bulbs

Sheet1

		stock	
and ground (about 1 inch thick)			black pepper
		stock	
and ground			white pepper
		juice	
and ground			black pepper
Butter or	French Dressing		
		stock	
	powder		
and ground			black pepper
(about 1 inch thick)		stock	
		stock	
and ground			black pepper
and ground			black pepper
and ground			black pepper

and ground

black pepper

Butter

or Shrimp

Butter

and ground

black pepper

and cracked black

paste

peppercorns

stock

leaves  
and ground

black pepper

and ground

black pepper

and ground

black pepper

,

(about 12 ounces per bunch),

powder

stock

and ground

black pepper

and ground

black pepper

,

butter

and ground

black pepper

and plenty of ground

black pepper

and ground

black pepper

(about 4 ounces yields 1/2 cup)

Sheet1

and ground

black pepper

or other sweet onions

and ground

black pepper

(about 3/4 pound each)

Fritter Batter for Vegetables, Meat, and Fish

and ground

black pepper

powder

stock

and ground

black pepper

sprigs

and ground

black pepper

stock

and ground

black pepper



(about 1 pound unshelled per cup)  
leaves

and ground

black pepper

and ground

black pepper

(about 1 pound unshelled per cup)

and ground

black pepper

(about 1/2 pound each), preferably

and ground

black pepper

and ground  
(any color)

black pepper

and ground

black pepper

threads

and ground

stock

black pepper

(about 1/2 recipe)

and ground

black pepper

Sheet1

stalk

and ground

white pepper

threads

(Idaho)

,

(about 1 pound per head)

and ground

Sauce

black pepper

and ground

black pepper

and ground

black pepper

, about 2 inches in diameter

sauce

(about 1/4 pound each)

and ground

black pepper

and ground

black pepper

Sheet1

(about 8 ounces each)  
and ground

breast

black pepper

stock

juice

juice

and ground

white pepper

Beurre Blanc

and ground

black pepper

and ground

black pepper

juice

seeds

and ground

zest

black pepper

Sauce

and ground

black pepper

,

kernels

and ground

black pepper

and ground

black pepper

juice

(about 3 medium per ounce)

Sheet1

blossoms

and ground

zest

black pepper

and ground

black pepper

wedges

and ground

white pepper



leaves

and ground

black pepper

and ground

black pepper

(about 2 pounds each)

and ground

flakes

black pepper

cider

(about 8 ounces per cup)

Sheet1

and ground

black pepper

(about 2 1/2 pounds each)  
(about 1 1/2 pounds each)

root

and ground

black pepper

stock

zest

zest

Dipping

Sauce

juice

and ground

black pepper

cider

and ground

black pepper

flakes

paste

and ground

black pepper

and ground

black pepper

Butter

RÚmoulade

with Green Herbs

and ground

black pepper

(a scant 1/2 pound each)

and ground

black pepper

(about 1 1/3 cup per pound)

and ground

black pepper

, or a combination

and ground

black pepper

and ground

black pepper

Harissa

stock

stock

and ground

black pepper

root

stock

leaves

(1 1/2 pounds each)

and ground

black pepper

greens  
greens

sauce

roots

juice  
juice

,

bean

wine

stick

, preferably

Sauce

cider  
juice

stick

seeds

juice

, such as

(about 1/3 pound each)

juice

juice

Sheet1

stick

yolk

whites

, preferably red

stick

(about 1/8 pound each)

juice



juice

juice

(about 1/3 pound per cup)  
, such as

juice

liqueur

Sauce

, preferably

juice

, preferably pink

juice

juice

juice

(about 12 ounces each)

juice

juice

sprigs

juice

Sheet1

sprigs

juice

leaves  
for Poaching Fruit

for Poaching Fruit

Sauce

sprigs

zest

juice

Sheet1

crumbs

or richly flavored  
(about 1/3 pound each)

honeydew

juice  
juice

sprigs

juice  
juice

sprigs

stock

sausage

juice

stock

kernels

and ground

black pepper

heart  
gizzard

and ground

black pepper

stock

and ground

black pepper

cider

stock

stock

zest

juice

stock

and ground

black pepper

Sheet1

heart  
gizzard

liver

seeds

and ground

flakes

black pepper

and ground

wedges

black pepper

,  
and ground

wedges

black pepper

juice

sauce

and ground

black pepper

leaves

and ground

black pepper

wedges



Sheet1

milk

juice

powder

flakes

and ground

black pepper

seeds

and ground

black pepper

wedges

and ground

black pepper

flakes

wedges

and ground

black pepper

(or larger)

juice

,

wedges

Sheet1

thighs

and ground

black pepper

wedges

flakes

leaves

and ground

black pepper

stalks

, any size, fresh or frozen

RÚmoulade

juice

juice

zest

milk

powder

and ground

black pepper

ConcassÚ

, quartered

leaves

seeds

or other oil

or other fresh pepper

juice

and ground

black pepper

leaves

leaves

and ground

black pepper

juice

or other black olives

and ground  
(about 3 pounds each)

black pepper

(about 1/4 pound each)

and ground

Sauce  
black pepper

and ground

black pepper

, such as  
(see A Note About Liquids for Cooking Shellfish)

and ground

black pepper

juice

, peeled, deveined if desired

juice

Toast

leaves

and ground

black pepper

leaves

(1 tablespoon per batch)

juice

or other oil

and ground  
(see A Note About Liquids for Cooking Shellfish)

black pepper

and ground

black pepper

stalk

, crushed

paste

stock

or other oil

leaves

sauce

and ground

flakes

black pepper

(see A Note About Liquids for Cooking Shellfish)

or other oil

sauce

(see A Note About Liquids for Cooking Shellfish)

, peeled, deveined if desired; or  
or other oil

or other oil

sauce

(see A Note About Liquids for Cooking Shellfish)

and ground

black pepper

wedges

wedges

and ground

black pepper

wedges

and ground

black pepper

wedges



(low-gluten, with baking soda and salt added)

wedges

juice

wedges

sauce

juice

meat

whites

zest

stock

zest

Sheet1

sauce

sprigs

paste

stock

yolk

juice

Sheet1

(2 pounds or more)  
and ground

black pepper

shells

Butter

juice

meat

fillets

Sheet1

and ground

black pepper

fillets

and ground

wedges

black pepper

steaks

and ground

wedges

black pepper

steaks

juice

leaves

fillets

and ground

black pepper

and ground

black pepper

fillet

wedges

steaks

juice

and ground

black pepper

steaks

Sheet1

juice

and ground

black pepper

juice

and ground

black pepper

tails

and ground

black pepper

or other

wedges

or other oil  
or other mild vinegar

juice

sauce

and ground

black pepper

seeds  
flakes

and ground  
or other

black pepper

and ground

black pepper

fillets

and ground

black pepper

Sheet1

or other thick white fillets

wedges

and ground

black pepper

or other thick white fillets  
and ground

black pepper

sprigs

fillets

and ground

black pepper

fillets  
and ground

black pepper

and ground

black pepper

and ground

black pepper

and ground

steaks

black pepper

and ground

black pepper

Sheet1

and ground

black pepper

and ground

black pepper

sprigs  
slices  
(7 pounds each)

and ground

black pepper

tails

(2 to 3 pounds each), such as

wedges

Bercy  
(about 3 pounds each)

and ground  
sprigs

black pepper

and ground

black pepper

leaves  
and ground

black pepper

Sheet1

seeds

steaks

leaves  
and ground

black pepper

fillets

fillets

stalk

seeds  
stems

(at least 8 ounces each)



Sheet1

fillets  
and ground

Stock

black pepper

wedges

and ground

Sauce

black pepper

wedges

stalks

leaves  
paste

and ground

black pepper

Fillets or Steaks

steaks

and ground  
fillets

black pepper

wedges

Fillets

Fillets

fillets

and ground

black pepper

juice

and ground

black pepper

and ground

black pepper

flakes

wing

and ground

black pepper

mixture  
and ground  
fillets

black pepper

wedges

fillets

wedges

and ground  
fillets

black pepper

wedges

zest

fillets

wedges  
fillets

juice  
juice  
juice

sprigs

Butter

and ground

black pepper

fillets

stalk  
powder

, such as

heads

fillets

juice

sauce

, such as

Sheet1

stalks

yolk

juice

Old Bay seasoning

, preferably

fillets

and ground

wedges

black pepper

stock

juice

and ground

black pepper

zest

flakes

stalks

stock

or

Dressing

with Almonds, Raisins and Middle Eastern Spices

jelly

(about 3 1/2 pounds each)

Ricotta

(3 1/2 to 4 pounds each)

stock

and ground  
(3 1/2 pounds each)

black pepper

and ground

black pepper

and ground

black pepper

or Rock Cornish

Hens

parts  
and ground

black pepper

breast

and ground

black pepper

and ground

black pepper

and ground

juice

black pepper

parts  
and ground

black pepper

, fresh or canned



parts  
and ground

black pepper

parts

parts  
Chili-Garlic Spice Paste

breast

and ground

black pepper

Breasts

stock  
juice

Breasts

stock

Breasts

juice

and ground  
Breasts

black pepper

stock  
juice

and ground

breast

black pepper

Breasts

Cutlets

Sauce

Sauce

and ground

breast

black pepper

breast

and ground

black pepper

juice

and ground

breast

black pepper

and ground

breast

black pepper

stock

and ground

black pepper

and ground

breast

black pepper

halves

breast

halves  
and ground  
(dried beans triple in volume when cooked)

black pepper

wedges

sauce

thighs

Pods

flakes

stock

breast

parts

stock

stalks

parts

juice

paste

stock

sauce

and ground

sauce

black pepper

parts

powder

, with juice

stock

juice

parts  
and ground

black pepper

fat

puree

stock

and ground

black pepper

and ground

kernels

black pepper

sauce

parts  
and ground

black pepper

leaves

stock

parts  
and ground

black pepper

paste

stock

and ground

black pepper

parts

and ground

black pepper

parts  
and ground

black pepper

stock

and ground

juice

black pepper

parts  
and ground

black pepper

Sheet1

stock

threads

thighs

stock

juice

parts

and ground  
parts

black pepper

Garam Masala



Sheet1

stick

pod

parts

stick  
flakes

seeds

leaves  
parts  
and ground

black pepper

parts

shortening

parts  
and ground

black pepper

RÚmoulade

shortening

parts

juice

zest

parts  
and ground

black pepper

flakes

parts

stock

juice

or

Turkey

yolks

Bouchées

or  
Basic Rolled Biscuits

Turkey

stalks

or

Turkey

breast halves  
paste

Sheet1

or  
florets

Turkey

or

Turkey

or

Turkey

(3 1/2 to 4 pounds each)

wedges

juice

breast

and ground

thighs

black pepper

parts

juice

breast

cloves

and ground

seeds

black pepper

breast

juice

juice

juice

seeds

juice

legs

parts

or

Dressing

Gravy  
stock

and ground

neck

black pepper

stock

liver

and ground

black pepper

stalk

Gravy

or

Dressing

Sheet1

and ground

breast

Gravy

black pepper

thighs

Gravy

stock

and ground

flakes

black pepper

stock

stock

stock

breast half  
leaves  
seeds

paste

Sheet1

wings

stock

paste

seeds

juice

or other fruit-flavored vinegar

breast halves

, such as

stock

zest



Sheet1

Breasts

with Sausage and Apples

and ground

black pepper

Chili Butter

and ground

breasts

black pepper

and ground

black pepper

Butter

and ground

stock

black pepper

sprigs

and ground  
Smitane

black pepper

and ground

fat

black pepper

Stock

Sheet1

and ground

black pepper

and ground

black pepper

stock

(about 1 pound each)  
and ground

black pepper

stalk

for Poultry

(about 1 pound each)

(about 1 pound each)  
and ground

black pepper

, preferably

Stock

and ground

black pepper

Toast

Sheet1

sauce

(about 1 pound each)  
(8 to 12 pounds)  
and ground

black pepper

stalks

and ground

black pepper

leaves

and ground

black pepper

and ground

white pepper

and ground

black pepper

livers

threads

flakes

Stock

and ground

black pepper

leaves

and ground

black pepper

stock

seeds

and ground

juice

black pepper

and ground

roast

black pepper

Stock  
jelly

and ground

black pepper

loin

roast

loin

steaks

and ground

black pepper

leaves  
flakes

Sheet1

and ground black pepper

Orange Molasses Glaze

stock

and ground

black pepper

roast

and ground  
Demi-Glace

black pepper

roast

and ground  
Demi-Glace  
strip

black pepper

roast

and ground

black pepper

loin

Demi-Glace

sirloin

roast

and ground

black pepper

round

roast

filet

filet

, preferably

and ground  
Marchand du Vin

black pepper

filet

, preferably

filet

filet  
and ground  
(1/2 cup)

black pepper

dough

Marchand du Vin

stock

stalk

filet  
and ground

black pepper

Cream

, such as

yolk

juice

sauce

Sheet1

and ground		steaks	black pepper
Orange-Pineapple-Chipotle Baste	seeds		
	rib-eye	steaks	
	flank	steak	
Southern Dry Rub for Barbecue	Pickle tri-tip	roast	
	flakes		
	T-bone	steak	
	tenderloin		
and ground		steaks	black pepper
	strip	steaks	
		stock	

Sheet1

and cracked black

flank

steak

peppercorns

and ground

top round

steak

black pepper

and ground

steaks

black pepper

and ground

black pepper

stock

juice

and ground

black pepper

juice

seeds

and ground

skirt

black pepper

and ground

chuck

steaks

black pepper



, preferably  
and ground

stock

round

steak

black pepper

and ground

sauce

black pepper

top loin

zest

Basic Pilaf

, preferably

steak

Mediterranean Garlic Herb Paste

, preferably

steak

paste

stock

steak

, preferably  
, preferably

flakes

stock

sauce

flakes

stock



with Butter and Cheese

and ground

pot

roast

black pepper

stock

Braised Red Cabbage with Apples

, such as

Dumplings

jelly

used to season the meat

stock

and ground

chuck

black pepper

stock

puree

and ground

black pepper

chuck

and ground

black pepper

stew meat  
and ground

black pepper

, such as

chuck

, with juice

and ground

sauce black pepper

sauce

Sheet1

sauce  
sausage

(3 1/2 cups per can)

stalk

juice

and ground

black pepper

bottom round

stock

paste

and ground

black pepper

round

steak

stock

short ribs

, such as

used to season the meat

stock

(Basic Recipe)  
and ground

black pepper

stock

Tzimmis

Pancakes  
fat



Sheet1

fat  
brisket

Cream

Salad

New England Boiled Dinner

and ground

black pepper

Sheet1

		stock	
	puree		
and ground with Butter and Cheese			black pepper
	loin		
and ground			black pepper
and ground		stock	black pepper
	shoulder		
and ground			black pepper
and ground		stock	black pepper
and ground			black pepper
		roast	
and ground		stock	
			black pepper
leaves and ground			black pepper

Sheet1

and ground breast black pepper

roast

and ground wedges  
scaloppine slices black pepper

and ground black pepper

and ground black pepper

leaves

stock  
juice

scaloppine slices

and ground black pepper

and ground wedges  
scaloppine slices black pepper

and ground wedges black pepper

Sheet1

	chops		
and ground			black pepper
	wedges chops		
and ground			black pepper
		stock	
and ground	medallions		black pepper
		stock	
	shank		
		stock	
		stock	
and ground Milanese	zest		black pepper
	loin	roast stock Sauce	
	loin	roast	
	seeds		
	loin	roast	

juice

loin

roast

, such as

cider

loin

roast

(10 to 12 ounces each)

cider

and ground  
or other vegetable oil

juice

black pepper

loin

roast

loin

and ground

crown

roast

black pepper

stock

juice

and ground

black pepper

stock

Southern Dry Rub for Barbecue

leg

or other vegetable oil

stalks

stock

stock

and ground

black pepper

Sheet1

and ground	tenderloin	black pepper
Piquant and ground	tenderloin	black pepper
or		shallots
		stock juice
and ground		black pepper
	powder	
	tenderloins	
Gratin Dauphinois		
and ground	tenderloins	black pepper
with Leeks, Orange, and Rosemary and ground	tenderloins	black pepper
and ground		black pepper
or other vegetable oil	tenderloins	

Sheet1

and ground  
and ground

black pepper  
black pepper

and ground

tenderloins  
seeds  
loin chops

black pepper

and ground

black pepper

and ground

loin chops

black pepper

and ground

loin chops

black pepper

or other vegetable oil  
Beurre Noisette

and ground

loin

black pepper

and ground

wedges  
chops

black pepper

seeds

or other vegetable oil  
Beurre Noisette

or other vegetable oil  
and ground

wedges  
loin chops

black pepper



Sheet1

spareribs

juice  
spareribs

Southern Dry Rub for Barbecue

shoulder

stock

picnic

stick  
shoulder

seeds

shoulder

seeds

powder

flakes  
loin

and ground  
seeds

stick

black pepper

Glaze

steak

Salad

Orange Molasses Glaze

steak

steak

hocks

Sheet1

stalks

sprigs

flakes

and ground

black pepper

flakes

leg

leg

Avgolemono

leg

Peppery Dry Rub

Marmalade

rack

Marmalade

loin

chops

Chops

stock

leaves

and ground

chops

black pepper

steaks

Raita I

chops

shoulder chops

Stock

puree

stew meat  
leaves  
and ground

black pepper

stock

and ground

black pepper

stew meat

Puree

shoulder

rib

, such as ground coriander, ground cumin,

stock

puree

shoulder

shanks

stock

puree

juice

and ground

white pepper

stock

and ground

black pepper

meat  
powder

, such as

stock

Puree  
Raita

sauce

chuck  
round

for Meat

crumbs

jelly

fillets  
drained from a jar of

juice

capers

zest

stock

yolk

juice

and ground

black pepper

yolks

stock



, preferably

and ground

livers

black pepper

or another condiment of choice

or another condiment of choice  
Braised Red Cabbage with Apples

butt  
fatback

thighs

cider

Sheet1

and ground

black pepper

or

butter

and ground

black pepper

and ground

black pepper

and ground

livers

black pepper

and ground

stock

black pepper

and ground

seeds

stock

black pepper

paste

(at least 12 ounces)  
and ground

black pepper

glaze

juice

with Butter and Cheese

and ground

black pepper

slices

and ground

black pepper

Beurre Noisette

wedges

and ground

black pepper

stock

and ground

black pepper

tongue

stalks

Piquant  
Cream

and ground

black pepper

and ground

black pepper

Sheet1

yolks

, toasted

Sheet1

juice

shortening

whites

shortening

Sponge Starter

Starter

Sponge Starter

Sheet1

yolk

zest

starch

whites

starch

white

starch



Sheet1

shortening

yolks

juice

zest

starch

peel

peel

Sheet1

yolks

zest

zest

Sheet1

bean

jam

jam

Yeasted Coffeecake

Sheet1

zest

(about 2 bananas per cup)

puree

juice

zest

juice

(but not stout)

Sheet1

fat

, preferably white

(3/4 of amount if using buttermilk with salt)

yolks

whites

|

|

juice

zest

and

sugar

(1 medium apple yields about 3/4 cup)



(1 banana yields 1/2 to 2/3 cup)

(1 banana yields 1/2 to 2/3 cup)

juice

bran

zest

Sheet1

zest

chips

drippings

and

zest

sugar

and

sugar

Sheet1

kernels

or

honey

yolks

Sheet1

whites

or

honey

yolks  
zest  
whites

or

honey

juice

Sheet1

yolks

whites

or

jam

Sheet1

yolks  
whites

yolks

and

whites

yolks

chips

Sheet1

whites

juice

juice

cider

juice

or other firm, sweet apples



jam

,

, with or without crusts

cider

, such as

Sheet1

zest

whites

yolk

yolk

juice

Sheet1

chips

juice

extract

preserves

zest

juice

Sheet1

juice

chips

white

chips

Sheet1

whites

extract

(not self-rising)

paste

whites  
extract

white

whites

juice

extract

or

zest

nonpareils

yolk

yolks

extract

and/or

zest

red hots

Sheet1

shortening

chips

yolk

seeds



yolk

yolk

peel  
zest

Sheet1

zest

juice

zest  
zest

whites  
zest  
zest  
extract

white

granules

Sheet1

extract

yolks

(1 wafer per cookie)

zest

extract

jelly

jam

Sheet1

zest

zest

powder

yolks

extract

bits

zest  
extract

seeds

extract  
zest

Sheet1

couverture

Sheet1

zest

extract

pieces

extract

extract

shortening

Sheet1

shortening

yolk

yolk

yolk

zest

yolk  
yolk

Topping I

juice

zest

juice

extract

juice

extract

juice

extract

juice



Sheet1

juice

yolk

stalks

juice

yolk

(about 1/2 pound each)  
(about 1/2 pound each)  
(8 ounces yields about 2 1/2 cups)

juice

(1/2 large egg yields 2 tablespoons)

juice

extract

jam

juice

I

Sheet1

(about 1/2 pound each), preferably

I

jelly

(about 1/2 pound each)

Sour Cream Whipped Topping

yolks

jam

jam

, such as

Sheet1

yolks

Topping I

juice

zest

yolks  
whites

yolks

whites

Mousse

with

Sheet1

yolks

puree

puree

yolks

whites

Sheet1

juice

yolks

Topping I

juice

zest  
yolks

Topping I

Sheet1

Dough

yolks

juice

zest

Sauce

yolks

juice

zest

Topping I

yolk

sauce

(about 1/2 pound each)

Sheet1

stalks

zest

(about 1/4 pound each)

(about 2 ounces each)



(about 1/4 pound each)

(about 4 ounces each)

dough

(about 5 ounces each)

(about 5 ounces each)  
(about 10 ounces each)

(about 1 1/2 ounces per 1/4 cup)

juice  
juice

crumbs

bean

Sauce

(8 to 12 ounces each)

(6 to 8 ounces each)

juice

extract

yolk

juice

Food Processor Puff Pastry

jam

Food Processor Puff Pastry

juice

Food Processor Puff Pastry

Food Processor Puff Pastry  
(about 5 ounces each)

juice

juice

Food Processor Puff Pastry

Croissants de Boulanger

Danish Pastry

yolk

jam

juice

Danish Pinwheels

Danish Pastry

, such as

zest

, such as

juice

Glaze

Ganache Glaze or

Frosting

zest

juice

Sheet1

chips

Icing

Satin

Frosting

Icing

Icing

juice

zest

Glaze



Sheet1

Frosting

Sheet1

extract

whites

yolks

juice

Icing

yolks  
whites

Sheet1

extract  
zest  
zest

juice

yolks  
whites

Sheet1

whites

Frosting

Liquor Splash

paste

extract

yolks

whites

yolks

whites

Sheet1

Frosting

zest

Ganache Glaze or

Frosting

Sheet1

yolks  
whites

yolks

zest  
zest

whites

starch

yolks

zest  
zest

juice  
juice

whites

powder

yolks

whites

yolks

zest

whites

Icing

powder

yolks

whites

Icing

whites

Sheet1

juice

extract

whites

yolks

whites

whites

|

|

Sauce

yolks

extract  
whites



Sheet1

yolks

extract  
whites

Glaze

whites

yolks  
whites

and fresh

raspberries

yolks

whites

Sheet1

chips

chips

yolk

Sponge Sheet

Soufflé Sheet

Ganache

Classic Lady Baltimore Filling and Frosting

Glaze

yolks

(such as

whites

yolks

Sponge Sheet

whites

Sponge Sheet

jam

I

Glaze

GÚnoise

shavings

extract

whites

whites

halves

halves

zest

yolks

crumbs

zest

Sheet1

juice

crumbs

chips

yolks  
puree

whites

yolks

Sheet1

whites

whites

yolks

whites

yolks

whites

juice

yolks

bean

yolk

yolks

yolks

yolks

juice

juice

juice  
juice

yolks

yolks

juice



Sheet1

yolks

yolks

yolks

whites

Frosting

extract

whites

Sheet1

yolks

Sheet1

yolks

zest

zest

Sheet1

white

whites

zest

Sheet1

white

chips

whites

whites

yolks

Sheet1

stick

yolks

yolks

milk  
milk

Sheet1

sauce

yolks

Topping I

Sauce

stick

yolks

yolks

juice



Sheet1

yolks

zest

whites

juice

Sauce

suet

Sheet1

yolks

whites

yolks

whites

Mousse

Sauce  
jam

yolks

Sheet1

Sauce  
juice

zest

yolks

whites

yolks  
whites

juice

juice

whites

yolks

whites

Sheet1

yolks

juice

whites

Sauce

whites

whites

Glaze

Sauce

yolks

(unblanched)

Sauce

Sauce

juice

stick

bean

extract

bean

extract  
sauce

yolks

yolks

juice

yolks

juice

yolks

, such as

Sheet1

yolks

juice

whites

juice

juice

juice

juice

juice

, such as

juice

juice

cider

yolks

whites

, such as



Sheet1

seeds  
seeds

seeds

leaves  
seeds

Pods

seeds

sticks

, such as savory, chervil, chives, basil,

parts

stalk

bones

stalks

shoulder chops

parts

breast  
knucklebones

heads

and ground

white pepper

and ground

white pepper

and ground

paste

white pepper

and ground

white pepper

and ground

white pepper

and ground

white pepper

and ground

powder

white pepper

and ground

Stock

white pepper

and ground

sauce

pepper

, such as

Stock

and ground

Stock

red pepper

and ground

Stock

white pepper

and ground

white pepper

Stock

and ground

white pepper

Stock

and ground

white pepper

juice

yolks

juice  
sauce

and ground

white pepper

yolks

juice

juice

zest

yolks

sauce

and ground

white pepper

juice

zest

yolks

Sheet1

juice  
zest

yolks

and ground

sauce  
juice  
zest

white pepper

yolks

yolks

and ground

juice  
sauce

white pepper

yolks

juice

yolks

and ground

glaze

white pepper

yolks

Sheet1

glaze

yolks

and ground

white pepper

yolks

yolks

and ground

white pepper

paste

yolks

paste

Sheet1

yolks

and ground

white pepper

, such as

yolks

, such as

juice

and ground

black pepper

and ground

black pepper

and ground

white pepper

and ground

white pepper

and ground

white pepper

juice

juice



juice

and cracked black

seeds

peppercorns

, such as  
(such as

and ground

black pepper

yolks

juice

and ground

black pepper

yolk

juice

and ground

juice

white pepper

Sheet1

powder

yolks

juice

and ground

powder

black pepper

yolk

juice

and ground

powder

black pepper

yolks

juice

and ground

powder

black pepper

yolk

juice

and ground

yolks

juice

white pepper

juice

and ground

black pepper

yolk

juice

and ground

black pepper

yolks

juice

juice

, such as

and ground

black pepper

yolk

juice

, such as

and ground

black pepper

yolks

juice

juice

and ground

black pepper

juice

Sheet1

yolk

juice

and ground

juice

black pepper

yolks

juice

and ground

black pepper

yolk

juice

and ground

black pepper

yolks

juice

juice

and ground

white pepper

yolk

juice

and ground

white pepper

yolks

juice

and ground

white pepper

yolk

juice

and ground

white pepper

yolks

juice

juice

Sheet1

		juice	
	puree		
and ground			black pepper
	yolk		
		juice	
		juice	
	puree		
and ground			black pepper
	yolks		
and ground			white pepper
		juice	
and ground		juice	white pepper
, such as and ground			white pepper
		juice	
and ground			black pepper
	paste		
and ground		juice	red pepper
		juice	

and ground

white pepper

juice

and ground

white pepper

and ground

white pepper

and ground

juice

white pepper

juice

, preferably low-sodium

Stock

juice

juice

(preferably red)

powder

Sheet1

Stock  
juice

Stock

Stock

Stock

, preferably



and ground

Stock

black pepper

stalks

stalks

(1 bunch weighs about 10 ounces), such as

Stock

, such as  
, such as

Sheet1

leaves

stalk  
leaves

breasts  
round  
whites

Stock

Fumet  
, peeled and cut into 1-inch dice

stalk

flakes

yolks

Stock  
Stock

and ground

broth  
juice

white pepper

stalk

stalk

powder

BÚchamel

BÚchamel  
tips  
, such as

, such as

sauce

powder

Mornay

and

paprika

and ground

black pepper

whites

and ground

black pepper

jam

yolks

whites

BÚchamel

Sheet1

yolks

whites

BÚchamel

yolks

whites

BÚchamel

yolks

whites

florets

Sheet1

whites

(chopped)

Food Processor Puff Pastry

, such as  
and

salt

juice

Dipping

Sauce

and ground

black pepper

, North Carolina-Style

Fresca

Fresca

Fresca



and ground

black pepper

and ground

black pepper

and ground

black pepper

and ground

black pepper

and ground

black pepper

Sheet1

and ground	sauce	black pepper
------------	-------	--------------

and ground	Fresca	black pepper
------------	--------	--------------

and ground		black pepper
------------	--	--------------

or other soft bread	breast	
---------------------	--------	--

or other soft bread

pickles

Sheet1

powder

juice

powder

breasts

flakes

seeds

or other fresh chili peppers

,

Verde

Sauce

and ground

black pepper

Sauce

and ground

black pepper

Sauce

chunks  
and ground

black pepper

Sauce

and ground

black pepper

Sauce

with

fennel

slices  
and ground

black pepper

Sauce

Sheet1

or other brine-cured black olives and ground	hearts	black pepper
---	--------	--------------

bulb

flakes

Sauce

and ground	black pepper
------------	--------------

Sauce

and ground	black pepper
------------	--------------

and ground	black pepper
------------	--------------

or other brine-cured black olives and ground	black pepper
---	--------------

flakes

and ground	black pepper
------------	--------------

and ground

black pepper

florets

breasts

and ground

black pepper

and ground

black pepper

fillets

, such as

rabe

Sauce

Pizza toppings

Sauce

and ground

black pepper

Sheet1

and ground

black pepper

and ground

black pepper

or other brine-cured black olives

breasts

and ground

black pepper

seeds

, (preferably vine ripened)

leaves  
and ground  
, (preferably vine ripened)

black pepper

and ground  
, (preferably vine ripened)

black pepper

seeds



Sheet1

shoots

juice

and ground

black pepper

leaves

and ground  
(rice doubles in volume when cooked)  
halves

black pepper

(rice doubles in volume when cooked)  
halves

and ground  
(quinoa triples in volume when cooked)

black pepper

and ground  
leaves

black pepper

leaves

zest

juice

wedges

, such as

and ground

black pepper

, such as

and ground

Stock

black pepper

and ground

black pepper

and ground

Stock

black pepper

and ground

black pepper

and ground

Stock

black pepper

juice

and ground

seeds

black pepper

juice

and ground

seeds

black pepper

Stock

and ground

black pepper

and ground

Stock

black pepper

juice

Sheet1

and ground

zest

black pepper

juice

and ground

zest

black pepper

Stock

and ground

zest

black pepper

zest

Stock

whites

threads

stock

stock

and ground

black pepper

stock

in their pods

and a generous amount of ground

black pepper

threads

stock

stock

and ground

black pepper

threads

stock

stock

and ground

threads

black pepper

stock

stock

and ground

black pepper

parts

stock

(not Mexican)

threads

(about 2 cups per pound)

, preferably

stone-ground organic

, preferably

stone-ground organic

, preferably

stone-ground organic

, preferably

stone-ground organic

leaves

and ground  
(not in oil)

paste

black pepper

leaves

and ground

stalk

paste

black pepper

leaves

and ground

black pepper

leaves

and ground

black pepper

and ground

black pepper

leaves

and ground

black pepper

leaves

paste

Stock

stock

and ground

black pepper

stems

flakes

, such as



and ground

black pepper

breast

leaves

(

shichimi

Dashi

(

shichimi

stock

and ground

juice

black pepper

and ground

juice

black pepper

stock

roots

Cress Butter

Sheet1

Butter

and ground

black pepper

Butter

root

leaves

and ground

black pepper

juice

juice

paste  
(about 1/2 cup per ear)

and ground

black pepper

Sheet1

and ground

(about 1 1/2 pounds each)

white pepper

Ras El Hanout  
Yogurt and Olive Oil BÚchamel

and ground

Butter

black pepper

wine

zest

and

juice

pepper

and ground

black pepper

and ground

black pepper

sauce

sauce

and

pepper

Beurre Noisette

juice

juice

Beurre Blanc

Broth

(1 squash weighs 1 1/2 pounds)

sauce

juice

stock

and ground

black pepper

, preferably

balls

cider  
juice

stick

Sheet1

seeds

cider  
juice

stick

cider  
juice

stick

Sauce

for Poaching Fruit

Sauce

sprigs

cubes



, such as

stock

oyster liquor

juice

juice

stock

oyster liquor

juice

, any combination of  
fillets

and ground

juice

black pepper

and ground  
fillets

black pepper

juice

juice

juice

juice

and ground

black pepper

and ground

black pepper

parts  
Asian-Ginger Spice Paste  
parts  
Paste

breast

and ground

black pepper

stock

fillets

and ground  
parts

black pepper

Stock

stalks

juice

neck

stock

liver

and ground

black pepper

paste

, such as

and ground

black pepper

and ground

roast

black pepper

and ground  
Demi-Glace

black pepper

for Meat

Cream

and ground  
Demi-Glace  
MadPre

black pepper

for Meat

Cream

Mediterranean Garlic Herb Paste  
Paste for Roast Meats  
Peppery Dry Rub

Demi-Glace  
MadPre

Sheet1

for Meat  
strip  
Orange Molasses Glaze  
Demi-Glace  
MadPre

Cream

loin

roast

strip

loin

roast

and ground

seeds

black pepper

Demi-Glace  
MadPre

for Meat  
strip  
and ground

loin

roast

black pepper

Demi-Glace  
MadPre

for Meat

sirloin

roast

Chasseur

for Meat

sirloin

roast

and ground

black pepper

Chasseur

for Meat

sirloin

roast

Chasseur

for Meat  
filet  
Peppery Dry Rub

Sheet1

Chili-Garlic Spice Paste  
Chimichurri

filet

Foyot  
Bordelaise  
filet  
Peppery Dry Rub  
West Indies Dry Rub

Chimichurri

filet

Cream

Marinade

Chimichurri

Cream

and ground  
(about 1/4 cup)

black pepper

dough

Marchand du Vin

steaks

Mediterranean Garlic Herb Paste

Marinade

Peppery Dry Rub

steaks

Cajun Dry Rub

steaks

and ground

black pepper

Sheet1

stock

and

pepper

chuck

stock

Tzimmis

Pancakes  
fat



Sheet1

fat

loin

and ground

black pepper

and ground

stock

black pepper

shoulder

and ground

black pepper

and ground

stock

black pepper

and ground

scaloppine slices

black pepper

juice

and ground

black pepper

and ground

scaloppine slices

black pepper

and ground

scaloppine slices

black pepper

Sauce

Sauce

and ground

chops

stock

black pepper

and ground

paste

black pepper

stock

and

chops

pepper

and ground

black pepper

and ground

hearts

black pepper

juice

and ground

chops

black pepper

stock

juice  
juice

zest

black pepper

and ground  
leaves

medallions

black pepper

and ground

and

pepper

juice

loin

roast

, such as

juice

, such as

loin

roast

(3 to 4 cloves)

leaves

stock

juice

black pepper

and ground

Southern Dry Rub for Barbecue

sauce

Sheet1

and cracked black

flakes

peppercorns

Southern Dry Rub for Barbecue  
West Indies Dry Rub

tenderloins

Southern Dry Rub for Barbecue  
West Indies Dry Rub

Fresca  
wedges  
loin chops

steak

and ground

black pepper

Vermouth Baste  
Orange Molasses Glaze

leg

leg

stock

and ground

black pepper

bones

leg

Avgolemono

Piquant

zest

Sheet1

leg

Marmalade

leg

Marinade

Mediterranean Garlic Herb Paste

Basic Pilaf

Raita I

juice

Marmalade

Marmalade

loin

Marchand de Vin

Sheet1

chops

Mediterranean Garlic Herb Paste

steaks

chuck  
round

for Meat

chuck  
round

for Meat

chuck  
round

for Meat

(about 1/2 pound each)  
and ground

black pepper

and ground

black pepper

and ground

black pepper

(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)



(2 1/4 teaspoons per package)

yolks

(2 1/4 teaspoons per package)

yolks

Yeast-Leavened Sourdough Starter

Mixed Starter

(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)

I

, such as

, preferably white

(3/4 of amount if using buttermilk with salt)

, preferably white

fat

(3/4 of amount if using buttermilk with salt)

, preferably white

fat

, preferably white

fat

(3/4 of amount if using buttermilk with salt)

kernels

kernels

, preferably white

fat

fat

, preferably white

(3/4 of amount if using buttermilk with salt)

fat

, preferably white

(3/4 amount if using buttermilk with salt)

I

zest

Fruit Filling

chips

extract

yolk  
extract

(nonfat, low-fat, or full-fat)

and

sugar

and

sugar

and

sugar

extract

extract



Sheet1

extract

(nonfat, low-fat, or full-fat)

zest

zest

and

sugar

(nonfat, low-fat, or full-fat)

and

sugar

zest

and

sugar

, such as

zest

and

sugar

peel

zest

and

sugar

chips

zest

and

sugar

Sheet1

kernels

sauce

yolks

whites

juice

juice

Sheet1

white

zest  
yolk

yolk

yolk

Sheet1

zest  
yolk

zest  
yolk

zest  
yolk

yolk  
zest

yolk

yolk

Sheet1

yolk

yolk

yolk

yolk

yolks

zest  
extract



preserves

couverture

shortening

zest

shortening

shortening

shortening  
yolk

Sheet1

juice

extract

stalks

jelly

yolks

Topping I

Crust

yolks

Topping I

Sheet1

yolks

Topping I

yolks

Topping I

yolks

yolks

juice

chips

yolks

Topping I

yolks

juice

Topping I

juice

zest

Topping

paste

extract

Glaze

extract

whites

Frosting

Curd

Sheet1

extract

whites

Icing

yolks

juice

Satin

Frosting

yolks  
whites

Satin

Frosting

starch

yolks

zest

zest

juice

juice

whites

yolks

juice

zest

whites

Icing

Sheet1

(2 to 3 medium bananas yields 1 1/4 cups)

yolks

whites

yolks  
puree

whites

Frosting

zest

whites

Icing



Sheet1

whites

juice

extract

powder

whites

juice

extract

whites

juice

extract

sticks

whites

juice

extract

whites

juice

extract  
extract

zest  
whites

juice

extract

Icing

whites

juice

extract

whites

juice

extract

Sheet1

whites

juice

extract

whites

juice

extract

whites

juice

extract

GÚnoise

Sheet1

whites

whites

whites

whites

powder  
whites

powder  
whites

whites

powder  
whites

powder

whites

whites

Sheet1

yolks

whites

yolks

extract  
whites

Hot-Milk Sponge Sheet

Curd

Hot-Milk Sponge Sheet

Ganache

GÚnoise

(about 2 1/2 cups)

shavings

GÚnoise

Sheet1

shavings

, preferably

crumbs

zest

juice

crumbs

Sheet1

	juice
zest	
crumbs	
Curd	

	juice
crumbs	
whites	

whites

extract

paste

puree

, such as

yolks

yolks

, preferably

yolks



yolks

(if not using the vanilla bean)

yolks

praline

yolks

(if not using the vanilla bean)

peel

extract

yolks

macaroons

peel

yolks

yolk

, preferably

juice

juice

whites

zest

juice  
juice

whites

zest

whites

extract

crystals

crystals

Sheet1

whites

crystals

crystals

whites

whites

Sheet1

paste

whites

paste

zest

zest

whites

zest

zest

zest

whites

zest

whites

Sheet1

powder

juice

juice

zest

Sheet1

zest

zest

zest

juice

yolks

yolks

Glaze

yolks

Glaze

yolks

Sheet1

Glaze

Glaze

yolks

juice  
juice

whites

Sauce

puree

yolks

whites

Sheet1

	juice
zest	
yolks	
whites	

	juice
zest	
	juice
yolks	
whites	

yolks

yolks

yolks



juice

yolks

juice

juice

seeds  
seeds  
seeds

leaves

Sheet1

paste

threads

Stock

stock

and ground

black pepper

roast

stock

Pancakes

Becker Duxelles

loin

roast

Food Processor Puff Pastry

Topping I  
half

SSP,C,85

, from a 12- to 25- pound turkey

)

)

(with 1 bay leaf stuck to it using 2 whole cloves)

Merlot or Zinfandel

Arborio

extra virgin



with leaves

extra virgin

with leaves

with leaves

fruit

if available

, preferably packed in oil

(about 2 1/2 pounds)

)



(nam pla)

parsley, tarragon, chervil, and chives

chives, tarragon, chervil, parsley, and basil

Cheddar or Swiss

parsley, tarragon, and chives

Marinara

in oil

in oil

Parmesan, pecorino, aged Asiago, or a combination

sharp Cheddar or blue cheese

(breast fillets)

Picholine, pitted



(any combination of

extra virgin

, cooked

Mexican chorizo

Hass

Nyons

with garlic

, cooked

, cooked

, cooked



Picholine  
Kalamata

, roasted

, roasted

young dandelion greens, curly endive, mizuna, watercress, and radicchio)

baby leaves)

(curly endive)

(about 4 ounces each)

mizuna, frisé, escarole, or arugula)

(8 to 10 ounces each)

extra virgin

extra virgin

extra virgin

ancho or guajillo



extra virgin

with leaves

halves

, poached

, poached

in oil

(button, shiitake, or portobello or a combination)

(red Anaheim)  
chilaca)



(about 8 ounces each)

Italian-style flat beans

)

with leaves

dried apricot, pitted prunes, golden or dark raisins, dried currants, dried cherries

extra virgin

(about 2/3 pound each)

with leaves

Sheet1

(about 1 to 1 1/2 pounds each)

portobello, shiitake, and/or oyster mushrooms

with leaves

Gaeta

extra virgin



with leaves

littlenecks

extra virgin

halves

extra virgin

(8 to 9 ounces each)

I

Marinara  
, roasted

basil and parsley

extra virgin

extra virgin

, roasted

(about 6 ounces each)

(nam pla)



)

, available in Japanese markets)

daikon

halves

, blanched

, peeled

Savoy

with garlic

marjoram or basil

, roasted

with leaves



, clarified

halves (about 1 pound each)

, chunky or smooth

orange blossom

Rome Beauty, McIntosh, Jonagold, or Granny Smith

concentrate

muscatel

, precooked

dandelion, chard, kale, and/or collards



, at least 1 inch thick (1/2 large or 1 small steak per serving)

(6 to 7 ounces each)

(4 to 6 ounces each)

fish (1 1/2 to 2 pounds each)

fish (1 1/2 to 2 pounds each)

(about 12 ounces each)

(12 ounces each), about 1 inch thick each, skinned

(about 6 ounces each)

salmon

(1 small or 1/2 large steak per person)

(about 2 pounds each)

(1 fillet or 1/2 fillet per person)

salmon, snapper, cod, and/or halibut

salmon, snapper, cod, or halibut



basmati or jasmine

or Gravy

or Gravy

or Gravy

or Gravy

Stuffing

or Gravy

halves

halves

halves

halves

halves

halves

halves (about 6 ounces each)

halves

in oil

halves

in oil

halves

or Gravy

drumsticks, chicken thighs, or chicken breast halves (or a combination)



halves

halves

halves

(about 2 pounds each)

Zinfandel

(3 to 3 1/2 pound)

(7 to 9 ounces each)

with garlic

(2 to 3 pounds each)

(2 to 3 pounds each)

(3/4 to 1 pound each)

cremini

(3 to 3 1/2 pound each)

(3 to 3 1/2 pound each)

(3 to 3 1/2 pound each)

(3 to 5 pounds each)

(6 to 7 ounces each)

(7 to 9 pounds)

(about 3 1/2 pounds), preferably top sirloin

shiitake



Kalamata

with leaves

carrots, beets, or green beans

(6 to 12 ounces each)

(6 to 10 ounces each)

(about 1 1/2 pounds each)

(6 to 12 ounces each)

(12 to 14 ounces each), 1 1/2 to 2 inches thick

(1/2 large steak or 1 small steak per serving), 3/4 to 1 inch thick

Kalamata

Kalamata

, preferably sirloin tip

shiitake

with leaves

(4 to 5 pounds)

thyme, marjoram, savory, oregano, and/or basil

Chardonnay



, from the chuck or rib section, excess fat trimmed

marjoram, oregano, rosemary, savory, thyme, or sage

(5 to 7 pounds)

Riesling

, cut crosswise into 1/2 -inch-thick slices

(about 12 ounces each)

(about 8 to 12 ounces each)

(bone-in or boneless)

, 1/2 inch thick

(bone-in or boneless)

, preferably black

(4 to 5 pounds boneless, or 8 to 9 pounds bone-in)

turmeric, saffron, fenugreek, and/or curry powder

habanero or jalape±o



Dijon

with leaves

(about 5 lemons yields 1 1/8 cups)

cups

, packed in juice

Golden Delicious

(2 to 3 lemons yield 1/2 cup)

Gravenstein, Braeburn, Gala, or Fuji



walnuts, pistachios, almonds, and/or pecans

(Reduced Fat)

sherry, muscat, Marsala, or Sauternes)

(10- to 12-ounces per package)

with Gelatin

Chardonnay or Riesling

fruits

Bing (about 1/3 pound per cup)

New Mexico, pasilla, or ancho

tarragon, or pinch of crumbled dried rosemary



, preferably knucklebones

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

, firmly packed

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

(with 1 bay leaf stuck to it using 2 whole cloves)

pasillas or anchos

cilantro, parsley, basil, thyme, chives, or sage

cilantro, parsley, basil, thyme, chives, or sage

nectarines, apricots, or plums  
tarragon, rosemary, thyme, or chives

tarragon, basil, chervil, chives, parsley, and oregano

tarragon, basil, chervil, chives, parsley, and oregano

oregano, marjoram, basil, chervil, parsley , or a combination (optional)

extra virgin



kale or spinach

carrots, celery, tomatoes, and/or onions  
escarole, kale, or spinach

parsley, tarragon, chervil, and chives

chives, tarragon, chervil, parsley, and basil

Parmesan, pecorino, aged Asiago, or a combination

oregano, thyme, basil, rosemary

, roasted

basil, dill, parsley, chives, and/or thyme

basil, dill, parsley, chives, and/or thyme

(sage, rosemary, thyme, oregano, or marjoram)

with leaves

littlenecks



halves

)

)

orange blossom

raisins, cranberries, cherries, or diced prunes

parsley, chervil, basil, thyme, or fennel

halves

Grand Marnier, Cointreau, or Triple Sec

(7 to 9 pounds)

(about 4 1/2 pounds)

(about 4 1/2 pounds)

(about 4 1/2 pounds)

(about 3 1/2 pounds), preferably top sirloin

(about 3 1/2 pounds), preferably top sirloin

(about 3 1/2 pounds), preferably top sirloin

fennel, sesame, mustard, caraway, poppy, or cumin

Beaujolais



(8 to 12 ounces each)

(bone-in or boneless), 3/4 to 1 1/2 inches thick

(1 1/2 to 2 pounds each)

meat

(1 1/2 to 2 pounds)

, preferably from the rib or loin, about 1 inch thick

, if using cranberries

blueberries, cranberries, cherries, chopped apricots, or chopped pears

peppermint, toffee, nut brittle, or peanut butter cups

Dutch-process

Dutch-process

|

|



|

|

SUINGR,C,185

, thinly sliced  
, thinly sliced

, warmed  
, warmed

, thinly sliced

(optional)

, crushed

or

(1 teaspoon per serving)

, or

, or  
or  
or  
or

, or  
,  
, or

(optional)  
, sliced  
, white part only, cleaned thoroughly and sliced  
, peeled and sliced  
, peeled and sliced  
, peeled and smashed

to taste (optional)

, quartered  
, peeled and cut into 2-inch pieces  
, peeled and smashed  
, peeled and cut into 2-inch pieces

, including  
to taste

, tender white part only, washed thoroughly

to taste  
(chicken backs, chicken necks, chicken wings, chicken legs, or chicken thighs), or  
(or just enough to cover)  
, coarsely chopped  
, peeled and coarsely chopped  
, coarsely chopped

- , broken up
- , quartered
- , peeled and cut into 1-inch pieces
- , cut into 1-inch pieces

- , coarsely chopped
- , peeled and cut into 1-inch pieces
- , cut into 1-inch pieces

- , cut into 2-inch pieces, or
- (
- , quartered
- , peeled and thickly sliced
- , cut into 2-inch pieces

- (or just enough to cover)
- , split lengthwise, cleaned thoroughly, and cut into 2-inch pieces
- , including

- , split
- (
- (or just enough to cover)
- , coarsely chopped
- , white and tender green parts, cleaned thoroughly and chopped
- , peeled and coarsely chopped
- , coarsely chopped

- , sliced
- , white and tender green parts, cleaned thoroughly and sliced
- , sliced (optional)
- (optional)
- (optional)
- (or just enough to cover)

- , well rinsed and drained
- , diced
- , peeled and diced
- , diced
- (optional)

(  
(

(  
, well rinsed

, cut into eighths  
, peeled and cut into 2-inch pieces  
, cut into 2-inch pieces

,  
(no need to wrap)

, with leaves  
, white part only, cleaned thoroughly  
(optional)  
, cut into 1-inch cubes and pulsed in a food processor until coarsely chopped

, cut into 1-inch pieces  
, white and tender green parts, cleaned thoroughly and chopped  
, peeled and sliced

, lightly crushed

, peeled and finely chopped  
, finely chopped  
, finely chopped

on hand (optional)  
(optional)  
, well rinsed and drained

in adobo sauce, or to taste

(optional)

to taste

to taste

(preferably medium- or short-grain)

to taste

,  
, preferably unsalted

(optional)

to taste

, softened  
, or

, including stems

, preferably unsalted

, minced

,

, preferably unsalted

, preferably unsalted, softened (optional)  
to taste

,  
to taste  
, preferably unsalted, softened (optional)

,  
(optional)

,  
to taste  
, preferably unsalted, softened (optional)  
, preferably unsalted

,  
to taste

, preferably unsalted, softened (optional)  
, minced

,  
, poached for a few minutes and drained (optional)  
to taste  
, preferably unsalted

,  
to taste (optional)  
to taste  
, preferably unsalted

,  
(optional)  
to taste

and  
of your choice  
(optional)  
to taste  
,

and  
(optional)  
(optional)  
to taste  
,

(optional)  
,  
to taste  
(optional)  
(parsley, thyme, and/or rosemary)  
, preferably unsalted, softened (optional)  
(optional)  
(white part only), cleaned thoroughly and thinly sliced

and  
, preferably unsalted, softened (optional)  
  
,

and  
, preferably unsalted, softened (optional)  
  
, wiped clean and thickly sliced  
, minced  
  
(optional)  
, preferably unsalted, softened  
to taste



, or to taste  
to taste

to taste  
to taste

,

, or to taste  
to taste

to taste  
to taste

(optional)  
to taste

, or to taste

to taste

, minced  
, leaves removed and reserved  
, lightly crushed

to taste  
to taste

, lightly crushed  
, made with  
, or more to taste  
, preferably unsalted

to taste

to taste

, preferably unsalted, cut into at least 8 pieces

, peeled, and coarsely chopped

, to taste  
and

, husked and rinsed

, quartered

, washed and dried (optional)

,  
to taste

,  
, rinsed and sorted

to taste

, peeled and cut into small cubes  
, chopped

, or to taste  
to taste  
(about 2 pounds peeled beets will yield 1 3/4 beet juice)

to taste  
, peeled

(optional)

(leaves and tender stems)

, finely diced, (optional)  
, minced (optional)  
, or to taste  
, husked, rinsed, and coarsely chopped

(such as serrano or jalape±o), seeded and coarsely chopped  
, peeled (optional)

, or to taste  
(optional)  
, husked and silk removed  
, seeded, if desired, and halved  
, peeled and coarsely chopped

, finely diced, rinsed, and drained

, or to taste  
, finely chopped  
, seeded and finely chopped  
to taste  
, seeded, if desired, and halved  
, finely chopped, rinsed, and drained

, or to taste

, finely chopped  
, or to taste

to taste  
, husked and rinsed  
(such as serrano or jalapeño), seeded and chopped  
, minced (optional)

, finely chopped, rinsed, and drained

, unpeeled

, finely chopped, rinsed, and drained

(optional)

, chopped, rinsed, and drained

, peeled, pitted, and coarsely chopped  
, cut into thin strips

, minced

or  
to taste

, cored

, trimmed  
, cut into bite-sized florets  
, blanched for 1 minute and peeled  
to taste

, chopped  
, chopped

, such as pickling spices

, picked over

, slivered

, unpeeled

, thinly sliced

, thinly sliced

, sliced

, diced

, minced

, broken

, husked and silk removed

, finely diced

, finely diced

to taste

, chopped

, chopped

, seeded and chopped

, chopped

(optional)

, cut into 1/4-inch-thick slices and separated into rings  
, cut into 1/4-inch-thick slices, slices halved crosswise

or other mint leaves  
, cut into 1-inch pieces

, or to taste

, cut into small pieces  
, seeded and cut into small pieces

(1 pineapple weighs about 2 1/2 pounds)

, seeded and finely chopped

to taste (optional)

, peeled

, peeled  
, peeled

, peeled, cored, and chopped  
, chopped

, seeded and finely chopped

, minced

, or to taste

, broken into 1-inch pieces  
, crumbled

, peeled, cored, and cut into 1/2-inch-thick slices  
, peeled, seeded, and chopped

, minced  
, peeled and finely chopped  
, minced  
, thawed

(optional)

, or to taste  
, peeled, halved, seeded, and finely diced  
, finely diced  
of your choice

(optional)  
to taste  
, peeled

, seeded, if desired, and coarsely chopped

to taste  
, peeled and chopped  
, sliced  
, diced

, peeled

to taste (optional)  
, peeled and quartered  
, quartered  
, cut into strips  
, cut into strips



, thinly sliced

, finely diced  
, or to taste

to taste  
, preferably cremini

, finely chopped  
, finely chopped

, coarsely chopped  
, coarsely chopped  
, peeled, seeded, and chopped

(optional)

to taste  
to taste

to taste

, at room temperature  
(optional)  
to taste

and/or

, at room temperature  
, at room temperature  
,

to taste

, at room temperature  
and/or  
or  
to taste  
, or  
(optional)  
, at room temperature

, finely minced  
to taste  
, or  
, or to taste

from the soup to be garnished  
(not sourdough), crust trimmed

, seeded  
, peeled

to taste

,

,

to taste  
(preferably unsalted), softened  
to taste  
, slightly melted

to taste

, finely chopped  
, softened

and/or

to taste

, slightly crumbled

, grated,

,

, preferably Thai

to taste

, minced

,

to taste

to taste

, finely chopped

, finely chopped

(optional)

to taste

, or to taste

, or to taste

, removed in large strips

, removed in large strips

(optional)

to taste

, peeled

, preferably extra virgin

to taste

,

, halved

(optional)

to taste

(optional)

, or as needed

(optional)

to taste  
packed in oil, drained

, finely chopped

to taste

to taste

, toasted  
, coarsely chopped

, or to taste

(optional)

, quartered  
to taste

, halved, seeded, and finely chopped  
, or

, seeded and diced (optional)

,

, or

(optional)

, chopped

, seeded, if desired, and crumbled

, chopped

to taste

(optional)

, seeded

, peeled

to taste

, finely chopped

, seeded and minced

, preferably unsweetened

, or to taste

(optional)

, or to taste

(optional)

, finely chopped

, finely chopped

, finely chopped

to taste

, preferably low-sodium

, preferably flat-leaf

, very finely crumbled

, minced (optional)

,

, or to taste

(optional)

(optional)

, minced

(preferably red), thinly sliced

, finely minced

, cracked

to taste

of your choice

(optional)  
, coarsely chopped



,  
(parsley, sage, rosemary, thyme, basil, and/or oregano)

, minced (optional)  
, or

, peeled

, bottom third only, chopped

, chopped  
, chopped

(optional)

, finely chopped

, toasted and crumbled (optional)  
, finely chopped

to taste  
to taste

, or to taste

to taste

(or use part walnut or good peanut oil)

, broken  
of your choice

or  
, crushed (toasted, if desired)

(work out the lumps)

, until a spreading consistency

(work out the lumps)  
, or to taste

,  
(work out the lumps)

, preferably Tomato Ketchup

or

, or to taste

, minced

or

, coarsely chopped

to taste

,

(optional)

, minced

to taste

(white part only), cleaned thoroughly and chopped

, diced

, sliced

, peeled and diced

, or to taste

, halved and seeded

(white part only), cleaned thoroughly and chopped

(optional)

, thinly sliced

,

, toasted if fresh

(about 1/2 pound each), peeled and pitted  
, chopped

, picked over, or

(optional)

, coarsely chopped

, sliced

(optional)

(optional)

, coarsely chopped

,

- , peeled and cut into thin strips
- , peeled and cut into thin strips (optional)
- , minced

(preferably at least half wild mushrooms), wiped clean and tough stems removed, sliced

, such as

- , wiped clean and tough stems removed, coarsely chopped (white part only), cleaned thoroughly and diced
- , diced
- , diced
- , diced
- , minced

- , preferably extra virgin
- , coarsely chopped
- , peeled, seeded, and chopped, with juices

- , preferably extra virgin
- , preferably extra virgin
- , coarsely chopped

, minced

(1 sprig per serving)  
, seeded (optional)

, unpeeled

, thinly sliced

,  
(depending on the saltiness of the broth)

(optional)  
thinned with a little milk (optional)

, coarsely chopped

to taste

, halved

, peeled

, peeled, seeded, and coarsely chopped

(4 leaves per bowl), torn

, quartered and seeded

, halved  
to taste

, grated

to taste (optional)

to taste (optional)

to taste

, peeled, seeded, and coarsely chopped

, coarsely chopped

, coarsely chopped

, peeled, seeded, and coarsely chopped

, minced

, seeded and minced

, chopped

, peeled and chopped

, minced

, chopped

, chopped

, minced

, chopped

washed, dried, and chopped

, drained and broken into pieces

to taste

, chopped

(white and tender green parts), cleaned thoroughly and chopped

, peeled and chopped

, chopped

, peeled, seeded, and chopped  
, peeled and chopped

(optional)  
, or  
, broken up  
, quartered lengthwise and sliced  
, cut into 1-inch pieces  
  
, chopped

, thinly sliced  
, finely minced  
, peeled and finely minced

(optional)

, crumbled

, chopped  
, finely chopped  
, peeled and finely chopped  
, finely chopped  
, minced

, minced  
, minced

, chopped  
, minced



, peeled and thinly sliced

(optional)

,

(double amount if not using wood ears)

(optional)

, cut into 1/4-inch strips

, well drained

,

, well beaten

, softened

, very finely chopped

(white part only), cleaned thoroughly and chopped

,

to taste

(1 pound measures about 2 1/2 cups)

, chopped

, diced

, minced

(optional)

(less if using the ham hock)

(optional)

, chopped

, chopped

, peeled and diced

, diced

, diced

, minced

or

, picked over and rinsed

, drained

(less if using the meat)

, such as

, chopped or sliced

, such as

- , diced
- , chopped
- , peeled and finely diced
- , minced

(about 2 cups per pound)

- , peeled and diced
- , diced
- , diced
- , minced

to taste

- , smashed and peeled

- , diagonally sliced

- , finely minced

(optional)

to taste

- , separated into cloves and peeled (about 16 cloves)

- , halved

to taste

(optional)  
, or 1 teaspoon ground (optional)

(optional)  
, quartered  
, peeled and cut into 2-inch pieces  
, cut into 2-inch pieces

, fat trimmed, cut into 2-inch pieces, or

or  
, or to taste

(optional)  
, peeled, halved lengthwise, and thinly sliced  
, peeled, halved lengthwise, and thinly sliced  
, such as shiro mugi miso (barley-enriched miso)  
, chopped  
, cut into small cubes  
(optional)

, thinly sliced  
(white part only), cleaned thoroughly and thinly sliced on a diagonal

(optional)

, or more to taste  
, chopped

, cut into small cubes  
, trimmed, washed, and dried

, broken into small pieces

or  
, pitted and quartered

,  
, peeled, cored, and cut into 1-inch pieces  
,  
, stemmed and pitted

or other orange-fleshed melons, peeled, seeded, and cut into chunks

, chopped  
, chopped

, diced

, peeled and diced

, diced  
, seeded and diced  
, minced  
, seeded and diced

(1 ear yields 2/3 to 1 cup)

, peeled, seeded, and coarsely chopped

wedges  
or other hard-shell clams

,  
, cut into 1/2-inch dice

, cut into 1/2-inch dice

to taste

or other hard-shell clams, preferably 2 to 3 inches across

, finely chopped  
, chopped  
, diced  
, diced  
, with juice, chopped

, peeled and cut into 1-inch dice

(white part only), cleaned thoroughly and chopped

, minced

,

, diced

or

, cut into 1-inch dice

, peeled, halved lengthwise, and cut into 1/4-inch-thick slices

,

and

and/or

or

, with their liquor

or

to taste  
to taste and  
to taste

, minced

, drained and coarsely chopped

,  
(such as  
peeled and deveined

to taste  
or  
(optional)

, thinly sliced crosswise

, cubed

, chopped

, minced

, thinly sliced

,



, picked over for shells and cartilage  
(such as

to taste

, chopped

, cleaned, and cut into bite-sized pieces

or

,

, peeled, deveined, if desired

or

and

(white and green parts), cleaned thoroughly, halved lengthwise, and cut into 1/2-inch pieces  
quartered, cored, and thinly sliced

, cut into thin diagonal slices

, or

(optional)

, minced

, broken into pieces

,

, well scrubbed

,

Sheet1

, cut into 2 x 1-inch pieces  
to taste  
, well scrubbed  
(white and tender green parts), cleaned thoroughly and cut crosswise into 1/4-inch-thick slices

, using the larger amount of garlic  
to taste

, cubed, or

, drained and chopped  
or  
, chopped  
, peeled and sliced  
, sliced

, minced  
, or to taste

(optional)

, wrapped in cheesecloth  
, cut into 2-inch-thick slices  
, skin removed

, cut into 1-inch pieces  
(white and tender green parts), cleaned thoroughly, halved lengthwise, and cut into 1-inch pieces  
, peeled and cut into 1-inch pieces  
, cut into 1-inch pieces

to taste

Sheet1

, sliced  
, cut into 2-inch pieces (have your butcher do this)

(optional)  
, sliced as thinly as possible (more easily done if partially frozen)  
, thinly sliced  
, halved  
, halved lengthwise

, coarsely chopped

(1 disjointed oxtail weighs about 2 pounds)

, peeled and diced  
, diced  
, diced  
, peeled

, trimmed of fat and cut into 1/2-inch pieces

(white part only), cleaned thoroughly and chopped  
, peeled and diced  
, diced

to taste

, cut into serving pieces, or 3 pounds chicken parts  
, diced

, diced  
, coarsely chopped  
(white part only), cleaned thoroughly and sliced  
, minced

(optional)

or

to taste

, cut into serving pieces

to taste

to taste

, or 1/2 whole chicken, cut into serving pieces

, chopped

, cut into serving pieces

, diced

, diced

, minced

, drained  
(optional)

to taste

or

, thinly sliced

, enough to cover a single layer of eggs by 1 inch

(optional)

(optional)

, sliced

, toasted and lightly buttered

, chopped or sliced

, cut into small pieces

, cooled and shelled

, to taste

(2 halves per serving), made with

(optional)

, or  
, or  
, or

, shelled, rinsed, and patted dry  
, cooled, washed, and dried  
to cover the eggs  
for each cup of water  
, depending on the intensity of color you wish to obtain

,

, or to taste

to taste  
to taste (optional)

to taste

,

slices, 1/4 to 1/2 inch thick  
, toasted, or

(any type)

, split, toasted, and buttered

, well drained

, cut into small pieces

, well beaten

(optional)

, lightly beaten

, lightly beaten

(optional)

, thinly sliced

(optional)

, cleaned thoroughly and chopped  
, chopped

to taste

, at room temperature or slightly warmed

, added one by one

, at room temperature or slightly warmed



, squeezed dry and finely chopped

, toasted and finely chopped

, very finely minced

,

(optional)

to taste

(optional)

, such as

,

(optional)

, cut into 1-inch pieces

, lightly beaten

,

to taste

, cored, quartered lengthwise, and seeded

trimmed to white and tender green parts only, split lengthwise, cleaned thoroughly, and cut into 1/4-inch-thick slices

to taste

,

to taste

, lightly beaten

, cut into 18 to 20 slices, crusts removed, buttered if desired

,

,

, peeled and sliced as thinly as possible

to taste

to taste  
, baked and quartered lengthwise

,

, drained

, finely chopped (about 2/3 cup per onion)

, minced

,

to taste

, chopped

, chopped

, or

(optional)

to taste

, rinsed and drained

, minced

, well drained

, softened

, drained

, peeled and pitted

(1 envelope contains 1 ounce)

, drained and sliced

, softened

, chopped

(optional)

, softened

(optional)

, toasted

, softened

, toasted

(1 envelope contains 2 1/4 teaspoons)

, drained, skin and bones removed

, minced

,

,

, cut into small pieces

(optional)

, or to taste

,

, softened

using 2 1/2 pounds beef

,

,

, or more to taste

, skinned and broken into small pieces about the size of almonds

, toasted

(7 ounces per log)

, drained and chopped  
, toasted

, drained and chopped  
, toasted  
(8-ounces each), softened

(2. 2 pounds, 8 inches in diameter)  
, finely chopped, or

, melted (optional)

until crisp and crumbled

, wiped clean  
, melted

, minced

or

to taste

, casings removed, or

or

, leaves intact where possible

, softened

,

, or to taste  
(optional)

, thawed

, crumbled

, lightly beaten

to taste

, softened

, cut into chunks

(cut from slices of firm bread)

(optional)

, softened  
, chopped

, cooked until crisp and crumbled

, if desired

, lightly beaten

, peeled



, or to taste

, or more to taste

(1 stalk per slice)

(about 1 ounce per slice)

, rinsed

, cut crosswise into thirds (6 slices weigh about 8 ounces)  
, rinsed and drained

, cut crosswise into thirds (12 slices weigh about 1 pound)

, halved

(optional)

, peeled and smashed with the flat side of a cleaver

, trimmed

, peeled and smashed with the flat side of a cleaver

, rinsed, seeded, and trimmed as needed  
and/or  
and/or

, cut into bite-sized pieces

to taste

, rinsed and patted dry (optional)

, coarsely chopped

to taste

(if tuna packed in olive oil is not available, use white tuna packed in water, drained)

, softened

to taste

, drained

, minced

to taste

, cut on a diagonal from a baguette or other narrow loaf

,  
, crumbled

, peeled, seeded, and coarsely chopped

, seeded and minced

, rinsed, seeded, and minced

, trimmed and coarsely chopped (1 bulb yields about 2/3 cup)

, rinsed and coarsely chopped

, thawed if frozen

or

, trimmed, soaked briefly in water, and squeezed dry

, grated and squeezed dry with a paper towel

, grated or finely chopped

to taste

,

, finely minced  
to taste

, chopped

(optional)

, thawed if frozen

, thawed

, rinsed and drained  
, chopped  
, chopped (1 onion yields about 1/2 cup)  
, seeded and minced

, thinly sliced  
, chopped (1 onion yields about 1/2 cup)

, very finely minced

, peeled and minced (a 2 1/2-inch piece yields about 1/4 cup)  
, minced

, sliced paper-thin  
(1 bulb yields about 1 pound)  
, sliced paper-thin  
, thinly shaved

to taste

, thinly sliced

flakes  
, cut into 1-inch cubes

,

, crushed

or other country-style bread  
, halved

, cored and diced

to taste

minced

or  
(

, trimmed of fat

, rinsed and patted dry  
, shelled and deveined

(

, minced  
,  
, minced

, lightly crushed (optional)  
to taste

or  
, washed and dried

,

, washed and dried

and

(1/2-inch deep)

(3/4-inch deep)

to taste  
to taste  
, shelled, and deveined

or  
, peeled and coarsely chopped  
, chopped  
, minced  
to taste  
to taste  
or

(3/4-inch deep)



, or  
, washed and dried

(about 1/3 cup dried yields 1 cup), rinsed if canned, drained  
, cut into bite-sized pieces

or  
, warmed

or  
(3/4-inch deep)

, halved and thinly sliced  
, such as  
, or to taste  
,

, cut into small pieces  
or

, diced  
, minced

, cored and chopped  
(optional)  
(optional)

, lightly beaten

, or to taste

, or to taste

, or to taste

, cut into 1/2-inch chunks (about 4 cubes per serving)

, cut into thin matchsticks

, or to taste

to taste

plus

, drained

, drained

, or to taste

(1 envelope contains 2 1/4 teaspoons)

, at room temperature

, softened

, at room temperature

, finely chopped

, finely chopped

to taste

(1 large weighs about 1 pound)

, finely chopped

, finely chopped

, drained and finely chopped

to taste

, peeled and halved

, peeled

, minced

to taste

, broken into small pieces

finely minced

(optional)

or

, softened

, at room temperature

, softened

, well drained

for squeezing

for dipping

, halved

, cut into 1/8-inch-thick slices  
to taste

, peeled and cut into 1/8-inch-thick slices

to taste

to taste

, very finely minced

(about 2 1/2 ounces per bundle), broken in half  
, in their shells

, shredded

, toasted

, cut across the grain into strips about 3 x 1 1/2 inches

, peeled and halved

, chopped

or

, toasted until crisp, crusts removed if desired  
(about 1 teaspoon per slice)

,

, very thinly sliced

until crisp

, peeled, seeded, and very thinly sliced (optional)

, cut in half diagonally

Sheet1

slices (2 slices each)  
, cooked until crisp (2 slices each)

(1/4 to 1/3 cup each)  
or

,  
(a combination of 3 or more of Genoa salami, prosciutto, mortadella, capocollo, pepperoni, or sopressata)

, roasted, and sliced  
and/or  
,

, thinly sliced  
, minced  
, thinly sliced  
, thinly sliced  
(optional)  
to taste  
(optional)  
, split lengthwise and warmed  
, toasted if desired  
(2 teaspoons each)

to taste  
or  
or other ketchup of your choice

, sliced  
, wiped clean and sliced  
, diced (optional)

to taste

, or to taste

, large pieces chopped  
, minced

to taste  
, toasted

, finely diced  
, finely diced  
, minced  
, finely diced  
(optional)  
to taste

to taste

, softened

,

or

(optional)

, thinly sliced  
, peeled, seeded, and thinly sliced  
until crisp  
, lightly beaten

to taste

,

, lightly beaten

(optional)

,

(total)

,

until crisp  
to taste

,

to taste

slices



, grated

, softened

, softened (1/2 tablespoon per slice)  
(optional)  
(about 2 ounces per slice)

, softened

, thinly sliced

, such as

, thinly sliced  
, peeled and grated  
, chopped  
, finely chopped  
of your choice (optional)  
to taste

,  
, halved

, halved

, cut lengthwise into 1/2-inch-thick slices

, cut into thick slices

, wiped clean

,  
to taste

,  
, such as

(1 1/2 inches deep)

, sliced 1/4 inch thick

, split lengthwise

,

, thinly sliced  
, cut into thin strips  
, cut into thin strips  
to taste  
to taste

, coarsely chopped

to taste

slices (optional)  
(optional)  
(1 1/2 to 2 inches deep)

, minced  
, peeled, seeded, and finely chopped  
, or to taste

,

or

, cut into 1/2-inch cubes

, coarsely chopped  
to taste

, chopped

, minced

, peeled, seeded, and cut into strips about 1/4 inch thick

or

, sliced

(4 slices per sandwich)

thinly sliced (about 2 ounces each)

(6 leaves each)

to taste

(about 1 1/4 pounds), cut across the grain on a bias, into strips about 1-inch wide

, minced

, minced

, shredded

as desired

as desired

, torn by hand

as desired

(optional)

(optional)

or one of the variations

, washed, dried, and torn into bite-sized pieces

, washed, dried, cores removed, and cut crosswise into 1 1/2-inch-thick slices

, washed, dried, and torn into bite-sized pieces

(any combination of

(any combination of

(any combination of

, halved lengthwise

to taste

, peeled

to taste

, rinsed, patted dry, and mashed to a paste (optional)

, washed, dried, and torn into bite-sized pieces

, boiled gently for 2 minutes, or added raw

, finely minced

to taste

, peeled

, rinsed, patted dry, and mashed to a paste (optional)

, washed, dried, and torn into bite-sized pieces

to taste

,

, peeled and sliced

, pitted

, cut into 1-inch pieces

, sliced

, rinsed, patted dry, and halved lengthwise

to taste

(1 large piece yields about 1 cup)

, minced

to taste

, washed, dried, and torn into bite-sized pieces

, thinly sliced

, minced

to taste

Sheet1

, washed and dried  
, washed, dried, and torn into bite-sized pieces  
, washed, dried, and sliced lengthwise into long strips  
, cored and very thinly sliced  
, toasted

to taste

, washed, dried, cores removed, cut crosswise into 1/2-inch-thick slices  
, toasted

or one of the variations  
, cut into 1/2-inch cubes  
, trimmed  
, halved  
, halved and very thinly sliced

and  
(optional)

, washed and dried  
(about 10 ounces each), grilled or broiled

, trimmed of fat and tied  
, tough stems trimmed, washed and dried

, thinly sliced  
, thinly sliced

(optional)

to taste  
to taste

or vinegar of your choice

(optional)  
, or a combination of other fresh herbs

, trimmed, washed, and dried  
, sliced into rounds

red bell pepper and yellow bell pepper

, shelled and deveined, with tails left on  
to taste

, washed and dried

, washed and dried

, peeled and sectioned  
, peeled and sectioned  
, peeled and sliced  
to taste  
, cut into 1-inch cubes

, with tender stems, washed and dried  
, washed and dried  
, washed and dried  
, cut into 1/2-inch chunks  
, peeled and diced  
, diced  
, diced  
, peeled, seeded, and diced

to taste  
, diced

, thinly sliced crosswise

, minced

to taste  
, washed, dried, and torn into bite-sized pieces  
, poached and trimmed  
(optional)

Sheet1

, each about 2 1/2 inches in diameter and 1/2 inch thick

, root ends carefully trimmed (to keep leeks whole), tough greens trimmed, cleaned thoroughly

, cored and cut into 1-inch-thick slices

to taste

, washed and dried

, tough stems trimmed, washed and dried

to taste

to taste

, thinly sliced

, cored and cut into wedges

to taste

to taste

, tough outer leaves removed, inner leaves trimmed, washed, dried, and torn into bite-sized pieces

, seeded and separated into sections (sections peeled if desired)

, thinly sliced

to taste

, cut into 1/2-inch-thick slices or wedges

, or more to taste

to taste

, cut into 1/2-inch-thick slices

, cut into 1/4-inch-thick slices



to taste

to taste

, peeled, seeded, and cut into 1/2-inch cubes

, cut into 1/2-inch cubes

, cut into 1/2-inch cubes

, peeled, seeded, and cut into 1/2-inch cubes

, chopped

, diced (optional)

, white and tender green parts, finely chopped

(about 1/4 cup per lemon)

, crushed

, chilled and peeled

or one of the variations

,

or

, thinly sliced

to taste

, washed and dried

, peeled and coarsely grated

to taste

, or

(optional)

, halved (optional)

, toasted

, scrubbed or peeled if waxed, halved crosswise, and cut into thin strips or thinly sliced crosswise

, peeled, seeded, and diced

, peeled

to taste

, peeled and cut diagonally into 2-inch pieces  
(about 1 1/2 pounds), cooked and peeled

to taste

to taste

(optional)

, finely minced

(optional)

to taste

to taste

, wiped clean and thinly sliced

, thinly sliced

, tough stems trimmed, washed and dried

(1 jÝcama weighs about 1 pound)

, halved lengthwise and seeded

, thinly sliced  
, thinly sliced  
(about 1/3 cup from 2 limes)  
to taste

, thinly sliced  
, thinly sliced (optional)  
(optional)  
, finely chopped  
to taste  
, or more to taste

, diced  
, or

to taste  
, prepared as directed for American Potato Salad  
or  
, minced, or

(optional)

,  
to taste

, prepared as directed for American Potato Salad

, diced  
(optional)  
, chopped (optional)  
,

(optional)  
to taste  
and/or

, scrubbed or peeled if waxed, seeded, and finely diced

, or more to taste

to taste  
, peeled

, prepared as directed for American Potato Salad  
to taste

, chopped  
, chopped  
, skins removed

, quartered and seeded

,

, sliced into 2-inch-thick rounds

or  
to taste

,

,

to taste

, cored and outer leaves removed, finely shredded

, or to taste

, lightly crushed  
to taste

, peeled, cored, and grated  
, rinsed and drained  
, minced

, minced  
to taste  
, washed and dried  
(1 cup dried yields about 3 cups) or other white beans, rinsed and drained if canned  
, thinly sliced  
, pitted and sliced  
or

, minced

to taste

, rinsed and drained

, or

(1 ear yields about 1/2 cup)

, minced

to taste

Sheet1

, or to taste

(1 cup dried yields about 3 cups), rinsed and drained if canned  
, halved

, halved if larger than 1 inch in diameter

(lentils triple in value when cooked)

, very finely minced

(about 1 medium peach per 1/2 cup)

to taste

, casings removed

(wild rice triples in volume when cooked), rinsed and drained

(white rice triples in volume when cooked), rinsed and drained

, thinly sliced

or

, pitted and diced

, peeled, divided into segments, each segment cut into thirds

, minced

or

to taste

, cooked until tender but firm, rinsed with cool water, and drained

to taste

, halved

, quartered

, pitted and coarsely chopped

, minced

to taste

, cooked until tender but firm, rinsed with cool water, and drained

, or a combination

(optional)

, seeded if less heat is desired

, coarsely crumbled

, pitted and finely chopped

to taste

, cut into rings

(about 5 ounces each), grilled, and cut into thin strips

, cooked until tender but firm, rinsed with cool water, and drained

, peeled and finely diced

, seeded and chopped

, thinly sliced

, finely minced

,

, or more to taste

to taste

or

, minced

, boiled, shelled, and deveined

, toasted

to taste

or

, peeled, seeded, and very coarsely chopped  
, drained and quartered  
, pitted and coarsely chopped  
(optional)  
, torn into pieces

to taste

, prepared with cumin seeds  
, toasted  
, very finely diced  
, finely chopped

to taste

, finely chopped  
, finely chopped  
, finely chopped  
, washed, dried, and finely chopped (optional)  
, finely chopped  
, finely chopped  
(optional)

, separated into leaves, washed, and dried  
, washed and dried  
,

or

, cut into wedges  
, quartered lengthwise  
, pitted

to taste

, minced

to taste  
, chopped



Sheet1

- , washed and dried
- , cut into thin strips
- , cut into thin strips
- , cut into thin strips
- , halved
- , cut into thin strips
- , peeled

or  
to taste

- , separated into leaves, washed, and dried
- , tough stems trimmed, washed, dried, and coarsely chopped
- , peeled and diced

- , cooked until crisp and crumbled
- , diced
- , coarsely chopped

- , minced

to taste  
, washed, dried, and shredded

- , tough stems trimmed, washed, dried, and coarsely chopped
- , skinned, boned, and shredded
- , peeled, seeded, and diced
- , peeled and diced

- , cooked until crisp and crumbled

- , trimmed

to taste  
, preferably extra virgin  
, separated into leaves, washed, and dried  
, cut into 8 wedges each  
, halved lengthwise  
, drained and flaked

, rinsed and patted dry (optional)  
to taste

to taste

or baked, skinned, boned, and shredded or diced  
, minced  
, seeded and diced  
, peeled and diced

, or to taste  
to taste

, drained, juice reserved

(optional)

, or to taste

, coarsely chopped

to taste

, minced  
, thinly sliced

, washed and dried  
, finely chopped

(optional)  
(optional)  
to taste  
(optional)  
, drained

, or to taste  
(optional)  
(optional)

to taste  
, washed and dried

(optional)  
, chopped (optional)

, cut into thin strips  
, pitted and quartered  
, pitted and quartered

, cooked, bodies cut into 1/4-inch-thick rings, and tentacles separated  
, cooked, shelled, deveined, and halved crosswise  
, cooked, and halved  
, cooked, and removed from the shells  
, cooked, and removed from the shells  
to taste  
or  
,  
, preferably fresh  
, sliced (optional)

Sheet1

,

,

, or

to taste

(cooked shrimp, lobster, or other seafood if using seafood stock; cooked chicken or turkey if using chicken stock; cooked beef

, washed and dried

, chopped

(optional)

(1 envelope contains 2 1/4 teaspoons)

, peeled and cut into 1/2-inch pieces

, seeded and minced (optional)

, flaked

, peeled, seeded, and diced

(1 envelope contains 2 1/4 teaspoons)

, shelled and deveined

, peeled

, minced

(optional)

to taste

, minced  
to taste

, or to taste  
, or to taste  
to taste

, peeled and seeded

, chopped

, minced  
to taste

, minced  
, or to taste

to taste  
to taste

to taste

, lightly crushed  
, minced  
, minced  
to taste

, peeled

to taste  
to taste

to taste  
to taste

,

to taste

, peeled

, minced

to taste

, top third cut off and loose papery peel removed  
, loose papery peel removed

to taste

, quartered  
, halved  
, drained and coarsely chopped  
, pitted

to taste

, minced

to taste  
, crumbled

to taste

(optional)

to taste

, chopped

to taste

or

, rinsed, patted dry, and minced  
to taste

to taste  
, or to taste

, minced (optional)  
to taste

to taste

, lightly toasted

to taste

to taste

to taste

, or to taste  
, minced  
, or to taste

to taste  
to taste  
, peeled

to taste  
, at room temperature



to taste

, minced

to taste

to taste

, peeled and finely diced  
finely diced  
to taste

, stems removed and caps diced

, minced  
or

to taste  
, cut diagonally into 1-inch pieces

or egg white, well beaten

, or to taste

, cut into 1/2-inch pieces  
, optional  
, minced  
to taste

, or to taste  
, or

,

, or to taste

, or  
, or

Sheet1

, thinly slivered  
, thinly slivered

,  
, decreasing the butter to 2 tablespoons and using 2 tablespoons of cheese

, finely minced

to taste

,

, cut into small pieces  
, seeded  
, seeded

,

, or to taste

, softened

or

or

or

,

, finely minced

, halved and seeded

, rinsed and drained

(optional)

, finely chopped

(rice triples in volume when cooked)

, drained

(rice triples in volume when cooked)

, or to taste

to taste

(optional)

, diced

to taste

, diced

(if using water)

, toasted, or

, finely chopped

(if using water)

, picked over and rinsed

, finely chopped

, minced

, minced

, or

(optional)

(white part only)

, thinly sliced crosswise

, minced

to taste

, minced

to taste

, or to taste

(each ear yields about 1/2 cup)  
, preferably unsalted  
(white part only)

to taste

, lightly beaten

, cut into small serving pieces  
, cut into small serving pieces (or substitute  
, chopped  
, peeled, seeded, and chopped

(1/3 cup dried yields about 1 cup), rinsed and drained if canned

to taste

,

, cut into serving pieces

to taste

, diced



, optional  
and  
and  
and

, peeled

, drained

, or to taste

, chopped

to taste

, peeled and diced

, diced

, diced

, diced

, diced

, diced

, finely diced

to taste

, minced

, minced

to taste

to taste

,

, and/or

,

,

, wiped clean, gills removed, and thickly sliced

, quartered

, cut into large chunks

, peeled and quartered

, peeled and cut into 2-inch pieces

(white and green parts), cleaned thoroughly and cut into 1/4-inch-thick slices

, separated into florets

(chickpeas triple in volume when cooked), rinsed and drained if canned  
to taste

to taste

to taste

,

, finely minced

, toasted

, chopped

, minced

, trimmed and cut into 1/2-inch-thick slices

, or

or

to taste

, rinsed and drained  
(optional)

, finely chopped  
, or  
to taste  
, toasted

, wiped clean and chopped

, finely chopped (optional)  
, or

, diced

(optional)

to taste

(optional)

, chopped  
, chopped  
, minced

, or to taste  
to taste

, finely chopped

(optional)

(dried beans triple in volume when cooked), rinsed and drained if canned, or

, chopped  
, minced

to taste

,

, finely diced

for squeezing  
, picked over and rinsed  
(1 hock weighs about 12 ounces)

, peeled

, peeled

,

, or to taste

(dried chickpeas triple in volume when cooked), rinsed and drained if canned

to taste

, preferably unsweetened

, finely chopped

,  
(dried chickpeas triple in volume when cooked), rinsed and drained if canned

to taste

, chopped

, crushed, or

(about 1/2-inch deep)

Sheet1

(such as romaine or iceberg), washed and dried  
slices

to taste

(dried chickpeas triple in volume when cooked), rinsed and drained if canned

, finely minced

,

, halved

, or

, or

, finely minced

or

, peeled

to taste

(optional)

or

, finely minced

or

, trimmed, washed, and dried

to taste

, chopped

, peeled and diced  
, diced  
(white and tender green parts), cleaned thoroughly and diced  
or

, trimmed, washed, and dried  
, chopped

to taste

or

, minced  
, peeled and minced  
, minced

, minced

, drained and crushed

to taste

, minced  
or

to taste

, chopped  
, diced

or

(optional)

,

, minced

, seeded and finely chopped, or

, rinsed and drained, or

, rinsed and drained, or 1 1/2 cups cooked (dried beans triple in volume when cooked)

, rinsed and drained, or 1 1/2 cups cooked (dried beans triple in volume when cooked)

to taste

,

, peeled



cut into 1-inch cubes  
, cut into 1/2-inch cubes  
, cut into 1-inch pieces

, grated

, finely chopped

or other beans of your choice (dried beans triple in volume when cooked), rinsed and drained if canned  
, drained and coarsely chopped

, sliced

, diced

,

, halved

or

, or to taste

, cut into 1/2-inch cubes

(about 2 cups per pound)

, diced

, diced, or

, minced

or other small white beans

, or

, or

, peeled

, finely minced

(from firm sliced bread)

, melted

, minced

, or

, shelled and deveined

to taste

, cut into 1/2-inch cubes

, cut into 2-inch pieces

, cut into 2-inch cubes

, peeled

to taste

, drained

, sliced

, lightly cracked if desired  
, pressed if desired, and cubed  
, cooked

, coarsely chopped  
, peeled and quartered  
, peeled  
, seeded

, peeled and cut into 3/4-inch cubes

, or  
, coarsely chopped

to taste

(optional)

, finely chopped

, lightly beaten

, seeded and minced

, pressed if desired, and cut into 3/4-inch cubes  
(dried beans triple in volume when cooked), rinsed and drained if canned

to taste

, toasted

, cut into thin strips

, lightly beaten

, drained and sliced

, cut into 1/2-inch cubes

, cracked

, rinsed and drained

, lightly beaten

, chopped  
, seeded and minced, or  
stuffing crumbs

, lightly beaten

(white part only)

, minced

, peeled

, peeled and seeded

, cut into 1-inch cubes  
to taste

, minced

, lightly beaten

(optional)

(optional)

, finely chopped

, peeled and finely chopped

, finely chopped

, minced

, chopped  
, peeled, if desired, seeded, and coarsely chopped  
(optional)  
to taste  
, peeled, if desired, seeded, and coarsely chopped

, halved

to taste

, minced  
, peeled and minced  
, minced  
, with juice, broken into pieces

to taste  
, seeded and finely diced  
, finely chopped

, finely minced  
to taste

, minced

, pitted and coarsely chopped  
, soaked in water to cover for 5 minutes and drained

, peeled, if desired, seeded, and chopped, or

to taste

, minced

, peeled, if desired, seeded, and chopped, or

to taste

to taste

, peeled

, halved

, or

, lightly beaten

, finely chopped

, minced

, with juice, crushed between your fingers as you add them to the pan

, finely chopped (optional)

, peeled and minced

, minced

, minced

, diced

, finely chopped

, peeled and finely chopped

, finely chopped

, diced

to taste

, drained and chopped

, chopped

to taste

, wiped clean and halved

to taste



, peeled

to taste

, peeled

, peeled

to taste

, thoroughly rinsed

, finely chopped (optional)

, minced

, cut into very thin strips

, wiped clean and thinly sliced

, minced

to taste

, halved

, rinsed, patted dry, and chopped

, pitted and coarsely chopped

or hot water

, crushed (optional)

, drained and flaked

(optional)

to taste

, thinly sliced

(optional)

to taste

or

, softened, or

to taste

- , finely chopped
- , finely minced
- , lightly drained and chopped by hand or in a food processor

, chopped (optional)  
to taste

- , or
- , halved

, finely chopped

, or  
to taste

- , tough ends trimmed, finely diced, tips left whole
- , stemmed and cut into very small florets

- , finely diced
- , peeled and finely diced

to taste  
, or

, chopped

- , finely chopped
- , peeled and finely chopped
- , finely chopped

- , minced
- , with juice, crushed between your fingers as you add them to the pan

to taste

to taste

on the side

, or

to taste

(optional)  
, scrubbed

, minced

, chopped  
, minced  
, seeded and diced

to taste

, tough ends trimmed, cut into 1-inch pieces  
, or

, cut into thin strips, or

to taste

, lightly beaten

to taste

, casings removed (about 4 ounces each)

, finely minced

, washed, dried, and coarsely chopped, or

or other short dried pasta

to taste

, or

, cut into bite-sized pieces

(florets and peeled stems)

, melted, or

and

,

, finely chopped

, finely chopped

, finely chopped

, finely chopped (optional)

, minced

to taste

, lightly beaten  
(optional)

or  
, minced

, toasted

to taste  
, lightly beaten

,  
, boned, trimmed, and thinly sliced

to taste

to taste

, or  
to taste

, halved  
, peeled and coarsely chopped

to taste

, or

, peeled, seeded, and coarsely chopped

, chopped  
, chopped  
, or  
(10- to 11-ounces per log)

to taste

, or  
, quartered and cut into 1/2-inch-thick slices  
, cut into 1/2-inch-thick slices

, halved crosswise

to taste

, or to taste  
to taste  
to taste (optional)

or

to taste

(optional)  
(optional)

, trimmed, washed, and dried

, minced

to taste

, or

, peeled, and seeded

, cut into small pieces

,

, melted  
to taste

, minced

, melted  
, or to taste  
(optional)

, melted  
or  
to taste  
(optional)

, melted

or yogurt

, minced

, thinly sliced  
, wiped clean, sliced, and cut into 1-inch pieces  
, wiped clean and sliced  
to taste  
, at room temperature

, softened

(4 ounces per cup)

, minced

to taste

(4 ounces per cup)  
, cut into small pieces



, grated  
, lightly beaten  
dissolved in 1 teaspoon water

, or to taste

to taste

, melted

, unpeeled

, melted

, softened

, cut crosswise into 3-inch pieces  
, sliced  
, cut into 2-inch pieces

, lightly mashed

, trimmed and cut into 2-inch pieces  
, cut into thin strips,

, chopped

, very finely chopped (optional)

or

, cut into thin strips

, well beaten  
(white part only)  
, chopped

, cut into 1/2-inch cubes (optional)

, coarsely chopped  
, cut into thin strips

, finely ground (optional)

, preferably Chinese black

, washed, dried, and halved lengthwise if necessary

, cut into 2-inch pieces

, available in small shakers in Japanese markets

(available in Japanese markets)

(available in Japanese markets; follow instructions for reconstituting with water)

, ends trimmed  
, cut into 2-inch-long thin strips  
, cut into 2-inch-long thin strips

, peeled  
, seeded

, halved

, slivered

,  
(optional)  
, minced (optional)

to taste

, toasted

, minced

to taste

, stems trimmed but not removed

, chopped  
, minced

to taste

, quartered, or

, separated into cloves and peeled, cloves halved lengthwise

to taste

, blanched, refreshed, and shelled

, peeled, seeded, and coarsely chopped

, shelled, blanched, and refreshed (1 pound unshelled yields about 1 cup shelled)  
and refreshed

, cut into small pieces

to taste

,

, slivered

, toasted

, bottoms snapped off

, toasted

to taste

, bottoms snapped off, cut diagonally into 2-inch pieces

, trimmed, halved if desired

, wiped clean and sliced

to taste

or

, thinly sliced

, trimmed

, peeled and finely chopped

, or to taste

, or to taste

, or

, diced and blanched (optional)

to taste

, cut into 1-inch pieces

or

,

or

or

, unpeeled



to taste  
or

to taste  
,

to taste

, finely diced, or  
to taste

, bottoms trimmed, stalks washed, and cut into 2-inch pieces

, strained

, scrubbed

to taste

, thinly sliced or chopped

to taste

, crushed

, toasted

, florets and stalks cut into pieces  
made with

, softened, cut into small pieces

(1 bunch weighs about 1 pound)

, minced

, or

, thinly sliced

(optional)

to taste

,

, trimmed

to taste

, halved, or

, halved

, or  
, crushed  
(optional)

to taste

to taste  
, peeled and thinly sliced

(optional)

to taste

, toasted

or

, cut into sixths and cored  
, coarsely chopped

to taste

and/or

, peeled and grated  
, finely chopped  
, minced  
to taste

or

, chopped

, broken or cut up

(optional)

, or

, preferably Savoy

and cut into 1-inch chunks

, thinly sliced

, or

to taste

, quartered, cored, and thinly sliced crosswise

, diced, or

, peeled, cored, and cut into matchsticks

if bacon is used, or

, drained, (1/2 pound per cup)

, peeled and grated

to taste

, or to taste

,  
whole or cut into large chunks of equal size  
or  
, or several sprigs fresh thyme  
to taste  
, peeled and thinly sliced into rounds

to taste

or

, peeled, quartered lengthwise, and cut into even sticks

,  
to taste

or

, peeled, quartered lengthwise, and cut into 1 1/2-inch pieces  
, peeled, quartered, and cut into 1 1/2-inch pieces

, cut into small pieces

to taste

or

, peeled, halved, and cut into thick slices

, softened

(a medium head weighs 1 1/2 pounds), cut into small florets

, minced

to taste

(a small head weighs 1 1/4 pounds), cut into florets

, slivered

to taste

(a large head weighs about 2 pounds), cut into large florets  
to lightly coat  
to taste

to taste

,  
, cut into small florets

mixed with

, cored and cut into florets  
, cut into 1/2-inch cubes  
, peeled, cored, and sliced  
, sliced  
, peeled and sliced  
, such as jalapeño or serrano, seeded and sliced (optional)

, drained  
, stemmed, washed, and torn into pieces, or  
to taste

, washed, trimmed, and cut into 3- to 4-inch lengths

, cut into small pieces

(about 1/2 to 3/4 pounds each)

, thinly sliced  
, crumbled, or  
to taste

, halved and seeds removed

, peeled and deveined  
, chopped (about 1/4 cup per scallion)  
, minced

to taste  
, or to taste  
(1 tablespoon each)

or

to taste

, minced

, shredded  
, rinsed and thinly sliced

, well washed  
, seeds removed (optional)

, chopped, or  
(about 12 ounces per bunch), well washed, patted dry, stemmed, leaves coarsely chopped

, or

Sheet1

,  
,  
(about 1/2 cup per ear)

to taste

, seeded and chopped  
,

, crumbled  
(about 1/2 cup per ear)

to taste

,  
(about 1/2 cup per ear)  
, lightly beaten

(about 1/2 cup per ear)

(optional)  
to taste  
, cut into small pieces

(about 1/2 cup per ear)

, diced

, lightly beaten

to taste  
(about 1/2 cup per ear)

, lightly beaten  
, seeded and finely chopped

to taste  
(about 1/2 cup per ear)



, finely chopped

, softened

, briefly blanched and cooled

, diced

, diced

or

, finely diced (optional)

, or

to taste

slivers

to taste

, crumbled

, peeled, seeded, and chopped

to taste

, minced

(about 1 1/4 pounds)

(about 1 pound each)

, or more if needed  
to taste

, finely chopped  
, minced

, drained and coarsely chopped  
, pitted and coarsely chopped

to taste

, peeled and cut into 1-inch cubes  
, cut into 1-inch cubes

, cut into 1-inch squares  
, chopped  
to taste

, to taste

, quartered lengthwise  
, cut lengthwise into thick slices

(white part only), split up to the root ends and washed thoroughly  
, or a combination

, unpeeled

to taste

, rinsed, trimmed of any bruised outer leaves, and halved lengthwise  
, cut into pieces

, chopped

, any wilted leaves trimmed, cut into wedges (about 6 per head)

, finely chopped

, finely chopped

to taste

to taste

or

to taste

, minced

, minced

(about 3 tablespoons per lemon)

, lightly crushed

, trimmed and quartered but still attached at the base

(optional)

, trimmed and cut lengthwise into 1/2-inch-thick wedges

, halved

to taste

to taste

(about 1/2 pound each), trimmed and finely chopped  
, finely chopped  
to taste

, thinly sliced (about 1/2 pound each)

, peeled, seeded, and finely chopped  
to taste  
to taste

(optional)

, scrubbed and cut into 1/4-inch-thick rounds  
to taste

,

, scrubbed, peeled if desired, and cut into 1 1/2-inch cubes

, or to taste

, diced

, finely chopped  
, chopped

to taste

or

, cut into 1/8-inch-thick slices  
, stemmed and washed  
, cut into pieces

, grated

to taste  
, or

,

to taste

, melted  
, melted  
to taste  
to taste

,

(white part only)

to taste  
and

(1 large 4 ounce leek yields about 1 1/4 cups)  
, or

to taste

, trimmed and cleaned thoroughly

, or to taste

to taste

, finely diced (about 2 ounces per slice), or

, washed and outer leaves removed  
to taste

, melted, or

to taste

or  
, wiped clean and sliced

, chopped  
to taste  
, wiped clean  
or  
to taste  
,

,

,

,

, minced

to taste  
to taste

to taste  
, chopped

, halved

, diced

, wiped clean and thickly sliced  
, finely chopped  
, or  
to taste

, cut into pieces

(optional)

, wiped clean and thinly sliced

, minced

to taste

, wiped clean

(optional)

to taste

, cut into 1-inch pieces

(optional)

to taste

to taste

to taste

, chopped

, minced

washed, trimmed, and chopped

, drained and rinsed

with juice

,

, halved and thinly sliced

, minced

, peeled, seeded, and cut into 1/4-inch-wide strips

, stems trimmed

, chopped  
, minced

to taste

(any type)

to taste

,

, or a combination  
, halved and thinly sliced or cut into 1/2-inch or larger squares  
to taste

, thinly sliced

to taste

(optional)

or

, diced

to taste  
(a generous 1/2 pound each)

, thawed, or

, or enough to make the stuffing hold its shape on a spoon

(optional)



to taste

, cut into small pieces  
, peeled and sliced into 1-inch-thick rounds

to taste

, sliced 1/4 inch thick and separated into rings

(3 inches deep)

to taste

to taste

, finely diced

to taste  
(including 2 inches of green), thinly sliced  
(optional)

, cut into small pieces

to taste

or

to taste  
or  
(about 1 pound unshelled per cup)

(optional)

to taste

, quartered and thinly sliced

, thinly sliced

to taste

to taste

, peeled

if using fresh peas

to taste

to taste

, finely chopped

,

, halved lengthwise and seeded

, trimmed and halved cross-wise

to taste

to taste

, finely chopped

Sheet1

, peeled, seeded, and finely chopped  
, lightly beaten  
, minced

to taste

(white part and 1 inch of green), chopped  
, minced

, toasted

to taste

,  
, minced

, stems intact

(3/4 inch deep)

, preferably at room temperature

(optional)

to taste

(2 inches deep)

(about 1/3 pound per medium potato), peeled and cut into large chunks  
, thinly sliced

slice

,  
, preferably unsalted  
to taste  
, softened

diluted in 2 tablespoons warm water or

or other fresh herb

,  
, about the same size, scrubbed and pricked with a fork  
, peeled and cut into 1-inch pieces

(optional)  
, or to taste  
to taste  
to taste (optional)

(white part only), sliced  
, cored and chopped into 1-inch pieces  
or  
, softened

or

to taste

or

, zest finely grated  
to taste  
, peeled and finely diced (1 1/2 pounds yields about 4 cups)  
(optional)

to taste

, lightly beaten

or

, baked, cooked, peeled, and coarsely grated, or

, peeled and thinly sliced

to taste

, peeled and sliced into 2 1/4 x 3/8-inch strips

or

, peeled

to taste

(optional)

, scrubbed

, crumbled, or

, minced

, peeled and sliced 1/8 inch thick

to taste

(optional)

, halved

, softened

, peeled and very thinly sliced

or

, about the same size

to taste

,

, minced

,

to taste

, thinly sliced

to taste

, boned but not skinned

, well scrubbed

(white part and 1 inch of green), cut into 1/2-inch pieces

to taste

, or as needed to cover

, about the same size

,

to taste

, sliced in thin rounds

or

to taste

,

to taste

, stemmed

to taste

, sliced, chopped, or pressed through a sieve

, minced  
, rinsed, patted dry, and finely chopped (optional)  
, stemmed, washed well, and shaken dry, or two 10-ounce packages frozen  
to taste

, stemmed  
to taste

, finely minced  
to taste

, stemmed and washed well

, thinly sliced  
, thinly sliced

, or

, finely chopped  
, finely chopped

, crumbled  
, (Greek grating cheese) or

, thawed if frozen

, finely chopped  
(optional)  
to taste  
, cut into 1/2-inch-thick batons or dice  
,

, finely diced

or

,  
to taste

, finely chopped

, preferably fresh (2 large ears per cup)  
or

(optional), roasted and chopped  
to taste  
, thinly sliced

(white part and 2 inches of green), slivered  
, minced

to taste

(6 to 7 inches each)

,

to taste (optional)

, wiped clean, stems removed

, well beaten



, peeled

to taste

, lightly beaten

(1/2 inch deep)

(6 to 7 inches each)

, minced

, lightly beaten

,

to taste

, thinly sliced

to taste

, or

, cut into 1/2-inch cubes

, finely diced

to taste

, coarsely chopped

, cut into 1/2-inch pieces

, peeled and cut into 1/2-inch cubes

, minced

, cut into 3/4-inch cubes

, cut into 3/4-inch cubes

, or to taste  
to taste

, minced (optional)

to taste

,

to taste  
(optional)  
, crushed

to taste

, halved and seeded  
, peeled, cored, and diced  
, peeled, cored, and diced

(about 1 pound each)

, peeled, cored, and cut into 1/4-inch cubes

, softened

to taste

, cut into small pieces

, cut into thick slices (about 1/2 pound each)

, peeled and cut into 1-inch pieces

, peeled and cut into 1-inch pieces

, peeled and cut into 1-inch pieces

, peeled and cut into 1-inch pieces

, peeled and cut into 1-inch pieces

, cut into thick slices and slices halved crosswise

to taste

, or

(optional)

or

, softened, or to taste

to taste

or

, or to taste

, or

or

, scrubbed

, scrubbed

(3 inches deep)

(optional)

, cored and cut into rounds

or

to taste

, scrubbed

, cut into small pieces

, peeled and cut lengthwise into 1-inch-thick slices  
or  
or

to taste

, chopped  
, chopped

, minced

, peeled and cut into 1 1/2-inch pieces

to taste

(1 inch in diameter), trimmed and sliced  
, preferably unsalted  
to taste

, peeled and cut into 1-inch pieces

, ripe but not too soft

(optional)

,

to taste

, cut into 3/4-inch-thick slices

,

, finely chopped

to taste

to taste

or

to taste

, finely diced, or  
, halved or quartered

,  
to taste

to taste

, peeled, left whole if small, quartered if large

, or more to taste  
to taste

(white part plus 1 inch of green), cleaned thoroughly and chopped  
, minced

, peeled and cut into 1/4-inch matchsticks

to taste

(white part only), cleaned thoroughly and chopped

to taste, softened, or

to taste  
, softened

, diced  
, wiped clean and thickly sliced  
, minced

, peeled and quartered  
, peeled and cut into 1-inch cubes  
, peeled and cut into 1-inch cubes

to taste

, peeled, seeded, and cut into 3/4-inch chunks

,

to taste  
to taste

, peeled and sliced

with garlic

, cut into thin matchsticks  
, strings removed  
(optional)

, minced  
, scrubbed and cut into 3-inch sections

, minced  
, minced

, or  
, halved lengthwise  
or of

or

, peeled, seeded, and cut into bite-sized chunks

, or

Sheet1

, cored and cut into medium dice  
, cored and cut into bite-sized chunks  
, thinly sliced  
, peeled, cut lengthwise in half, and sliced  
, hulled and quartered lengthwise

,  
, stemmed

, peeled if desired, cut into 1/2-inch-thick slices  
, depending on tartness of apples

(optional)  
(optional)

with tender skins, such as Golden Delicious, Fuji, Gala, or Lodi

or  
(optional)

, lightly toasted  
(optional)

, cut into small pieces

or  
, softened



(optional)

, cored and cut into 3/8-inch slices

, melted

, peeled, cored, and cut into 1/4-inch slices  
(3 inches deep)  
, at room temperature

or  
, with stems

(optional)

(optional)

or

(optional)  
, or more to taste (keep it tangy)

, lumps broken up

, whipped

(optional)

, finely grated

to cover

, quartered, cored, and thinly sliced  
, sliced  
, stemmed and halved

to taste (optional)  
(optional)

, sliced  
, cut into 1/2-inch cubes  
(optional)

(optional)

,

,

, depending on sweetness of the fruit

, pitted

, hulled

of any color

, or to taste

(scale the recipe as needed)  
stems attached (about 1/3 pound each)  
(1 per pear)

, or to taste

, or

(6 pears equal about 2 1/2 pounds)  
, preferably unsalted

, peeled, cored, and cut into bite-sized chunks, with juices

(1 per pear)

(4 equal about 1 1/2 pounds)

(about 1 cup for 4 quinces)  
mixed with whipped cream (see Strawberries Romanoff) or

(about 1 1/4 to 1 1/2 ounce each)

,

, well beaten (optional)  
and/or

, such as Granny Smith

, cut into small dice (optional)  
, cut into small dice (optional)  
, minced (optional)

, well beaten (optional)  
and/or

,

, cut into 1/2-inch cubes  
, cut into 1/2-inch cubes  
to taste  
, cooked and crumbled  
, cut into 1/2-inch cubes  
, cut into 1/4-inch cubes

to taste  
, lightly beaten  
, cut into small pieces

, such as Granny Smith or Golden Delicious

, preferably homemade  
, cut into small pieces

, toasted

, lightly beaten

(optional)

,

(optional)

to taste

, casings removed

, lightly beaten (optional)

, or to taste

, or to taste

, trimmed, washed, and coarsely chopped

from day-old bread

, wiped clean and finely chopped

, trimmed, washed, and coarsely chopped, or

, lightly beaten



Sheet1

, cut into small dice  
, peeled and cut into small dice  
, cut into small dice (optional)

, lightly beaten

to taste  
or

(optional)  
, or to taste (optional)  
to taste  
,

to taste  
,

(the fresher the better), or to taste  
, or to taste

to taste

and

, or to taste  
(any combination of parsley, sage, thyme, basil, marjoram, oregano, chervil, etc.)  
to taste

, peeled  
to taste

, or to taste

to taste  
, minced  
, toasted

, tentacles skewered, bodies left intact or skewered

or other vinegar, or

(optional)  
to taste  
, cleaned and patted dry  
or  
(at least 1 1/4 pounds each)  
to taste  
(optional)

, or to taste  
to taste  
or

, chopped  
, lightly mashed

with husks on

(optional)

(optional)  
to taste

, or  
, washed and drained

to taste

, thinly slivered  
, cut into 2-inch lengths, then lengthwise in half

mixed with  
, well washed and drained  
, cut into thin strips

(at least 1 1/4 pounds each)  
(better still, use seawater)  
and/or

, tough stems removed, washed and dried

and/or

,

, cut into small pieces

to taste

(white and green parts), cleaned thoroughly, and cut into matchsticks

, peeled and cut into matchsticks

or

, cut into 2-inch lengths

, cut into eighths

, quartered

, preferably in their shells for best flavor

or

, seeded and minced,

, peeled, deveined if desired

, cut into small pieces

sprigs

, or to taste

, or to taste

to taste

(4 each)

, lightly crushed

, in their shells

, minced

, minced

, seeded and finely minced (optional)

, minced

, cut into small pieces

to taste (optional)

to taste

, minced, or

, peeled, deveined if desired, and cut into small pieces

, cut into bits and browned (optional)

, minced

, sliced

or

to taste

, peeled, seeded, and chopped

, chopped

to taste

to taste

, chopped

, drained  
(optional)

to taste  
precooked, or  
,  
or

(optional)

to taste

, or to taste  
, mashed or coarsely chopped

to taste  
,  
and/or  
or

, washed, dried, stems and leaves coarsely chopped

,  
and/or  
to taste

, peeled, deveined if desired;

;  
;

(optional)

, peeled, deveined if desired

lightly crushed

to taste

, unpeeled

, toasted

, in their shells

to taste

, peeled, deveined if desired;

,  
to taste

to taste

, washed and dried

, cut into 1/2-inch pieces

, cut into 1/2-inch pieces

, cut into 1/2-inch pieces

, cut into 1/2-inch pieces

, minced

, in their shells

, sliced thick and cut into 1/2-inch pieces

, peeled, deveined if desired; scallops, halved if large; or squid, cleaned, and cut into bite-sized pieces

, or to taste  
to taste

,

,

,

or

(1 to 1 1/2 pounds each)



(optional)

(optional)

, lightly beaten

to taste

(optional)

,

, toasted

, toasted

,

,

(3 inches deep)

and

to taste

(3 inches deep)

and

(3 inches deep)

to taste

and

(3 inches deep)

, or to taste

,  
(3 inches deep)

,  
, preferably fresh  
, peeled, seeded, and diced

, cut on a diagonal into slices  
, quartered

, cleaned

, shredded  
, cut into 1-inch lengths

(3 inches deep)

(1 1/2 pounds each)

, coarsely chopped

, wiped clean and quartered

, melted

to taste

, minced

, minced

, wiped clean and quartered

, cut horizontally in half

(1 1/2 to 2 pounds each)

, unpeeled

, melted

, minced

, finely chopped

to taste

, wiped clean and quartered

, diced

, peeled, deveined if desired, and cut into 1/2-inch pieces

, cut into 1/2-inch pieces

to measure 1/2 cup per serving

, sliced

, minced

, picked over for shells and cartilage

, skin on or off, in 1 or more pieces, rinsed and patted dry

to taste  
juice  
and  
, with the skin on, rinsed and patted dry

to taste  
,  
, rinsed and patted dry

to taste  
,

or

, cored, seeded, and cut into 1/2-inch dice

, torn into pieces if large

to taste

to taste

or

,  
to taste  
,

or

to taste

to taste

, stemmed, seeded, quartered, and each quarter halved crosswise  
, cut into 8 wedges each  
, fine membrane removed

to taste

, rinsed inside and out and patted dry

to taste

,

to taste

to taste

, rinsed inside and out and patted dry

to taste

, in 1 or individual pieces, rinsed and patted dry

to taste

and

, warmed

, toasted  
, in 1 or 2 pieces, rinsed and patted dry  
,

(1 to 1 1/2 pounds each)

to taste

, in 1 or 2 pieces, rinsed and patted dry  
to taste

, about 1 1/4 inches thick at the thickest point, rinsed and patted dry

to taste

, in 1 or 2 pieces, 1 1/4 to 1 1/2 inches thick at the thickest point, skin on or off, rinsed and patted dry  
to taste

,  
to taste

to taste

,  
, toasted  
to taste

to taste

or

to taste  
and

to taste

, thinly sliced

, cleaned, with head and tail on

, sliced  
(optional)

,  
, rinsed and patted dry

,

to taste

or  
or

,

, or

,

,

to taste

, thinned, if you like, with

to taste

, wiped clean and sliced

to taste



,

, or  
, rinsed and patted dry  
,  
, thinly slivered  
, peeled and thinly slivered  
, minced

or  
, cut into 1/2-inch slices  
, cut into 1/4 - to 1/8-inch slices

to taste

,

, minced

or

,

, coarsely chopped  
, coarsely chopped  
, quartered

,  
, preferably in 2 pieces, up to 1 inch thick, rinsed and patted dry  
to taste

,

to taste

, coarsely chopped  
, coarsely chopped  
, quartered

, softened, cut into pieces  
to taste  
, washed, tough stems removed, torn into 1-inch pieces

or

, softened

,

to taste  
(about 2 pieces per serving), such as

,

, softened (optional)

, lightly beaten

, toasted

or

, cleaned, scaled, and rinsed well

to taste

,  
and

,

to taste

,

, toasted

and

, thinly sliced

,

to taste

, fresh or canned

,

, drained

, or to taste

(optional)

to taste

, drained

of your choice, such as  
to taste  
, rinsed and patted dry  
or  
,

or

or

,

(optional)  
to taste  
, rinsed and thoroughly patted dry

, peeled and sliced into 2 1/4 x 3/8-inch strips

(optional)  
,

or  
, seeded, or  
, coarsely chopped  
, coarsely chopped  
, or

, picked over for bones, rinsed and patted dry

, coarsely chopped  
,

, cored, and diced  
, finely diced

, seeded and minced

, or to taste  
, to taste

(optional)

, including stems  
,  
, or

to taste

,

, minced  
, minced

, lightly beaten

to taste  
, flaked  
,  
, with skin, quartered  
, coarsely chopped  
  
, peeled and chopped  
, such as

, peeled and sliced into 1/2-inch-thick rounds

or

to taste

, preferably boneless

,  
, peeled

,

,

to taste  
, flaked

, minced

to taste

, or more if needed

, whites and greens separated  
(about 2 ounces each), at room temperature, broken into 1-inch pieces  
, chopped

, separated and gently dried with paper towels  
to taste

, drained

(4 to 7 pounds)

,

, softened

to taste  
(4 to 7 pounds)

or  
(optional)  
, minced

(4 to 7 pounds each)

, peeled and quartered  
, peeled, halved lengthwise, and cut into 1-inch pieces  
, peeled and quartered lengthwise  
, trimmed and cut into 1-inch pieces

to taste  
(4 to 7 pounds)

(6 to 7 pounds)

or a variation, or  
or

,  
,

or

, crumbled  
, crumbled

, crumbled

, quartered  
, cloves separated but not peeled

or  
to taste

,

to taste



juice

to taste  
, cut into rings  
, thinly sliced

(with skin)

to taste  
or  
to cover the bottom of the pan

to taste

or

(about 3 pounds each), quartered, or

, cut into bits  
to taste

to taste  
, diced  
, thinly sliced

, chopped

, melted  
, minced

(about 6 ounces each)  
to taste

, drained  
, softened

, thinly sliced (8 ounces yields about 2 1/3 cups)

and

, seeded and chopped, (1 pound yields about 2 cups)  
, drained

to taste

to taste  
(about 6 ounces each)

(optional)  
or

, melted

(optional)

, thinly sliced

(optional)  
(about 6 ounces each)  
to taste

or

, sliced

, toasted  
(about 6 ounces each)

to taste  
, melted

, softened

(about 6 ounces each)  
to taste

, with or without the skin  
to taste

, crumbled  
, crumbled

to taste  
(about 6 ounces each)  
to taste

, cut into thin strips  
(from the jar of tomatoes) and/or

(about 6 ounces each)  
, at room temperature  
, seeded and minced  
, minced  
to taste  
, rinsed and drained if canned  
, finely chopped

or

, trimmed  
, cut into 1/4-inch-thick slices

, sliced lengthwise into thin strips, then cut into 2-inch sections  
white, lightly beaten

, cut into 1/4-inch pieces

and

, sliced (8 ounces yields 2 1/3 cups)  
, peeled and diced (3 medium carrots yields 1cup)

, diced (2 to 3 stalks yields 1cup)

and

, crumbled

, or to taste

to taste

, diced

or

, minced

to taste  
(optional)

, fresh or frozen

, fresh or canned

(optional)

to taste  
to taste  
, fresh or frozen

to taste

, minced

, with juice, crushed with your hands

, pitted and sliced (optional)  
, sliced

to taste

, sliced  
to taste

, cut into 1/2-inch strips  
, seeded and minced  
, cut into 1/2-inch squares  
(about 12 cloves yields 1/4 cup)

, peeled, seeded, and chopped, or

to taste

to taste

to taste

, diced (optional)  
, finely diced (4 ounces yields about 1/2 cup)  
or



(optional)  
(optional)

and/or  
, or

or  
, seeded and finely chopped (optional)

to taste

, drained and lightly rinsed

and/or  
to taste

, thinly sliced

or

, cut into pieces

, crushed (optional)

to taste

(optional)

, peeled (optional)

, lightly mashed and peeled  
or

and

, toasted

to taste

or

(optional)

or Gravy  
, or  
to taste

or

or

(optional)

to taste

or

(for a creamed dish), or

,  
(optional)

and

, sliced (8 ounces yields 2 1/3 cups)

, toasted

,

, chopped

, peeled and sliced 1/4 inch thick

, sliced 1/4 inch thick

, thawed

(1/2 large egg yields 2 tablespoons)

, sliced (8 ounces yields about 2 1/3 cups)

,

, toasted

(with skin)

(enough to liquefy the sesame paste or peanut butter)

Sheet1

, or to taste

, finely chopped

, halved and seeded then cut diagonally into slices 1/4 inch thick

, drained

, lightly crushed (4 ounces yields 2 to 3 cups)

(4 ounces per cup)

, wiped clean and sliced (8 ounces yields about 2 1/3 cups)

or

or

to taste

or

(11 to 14 pounds)

(2 cups table salt or 4 cups kosher salt)

, or

, minced

or

, cut into 1/2-inch chunks

, cut into 1-inch pieces, or

to taste

, thinly sliced

, very thinly sliced

, minced

, skin removed

, unpeeled

, sliced into very thin rounds

to taste

(with skin)

or

, minced

or

, coarsely chopped

,  
, or

(10 to 25 pounds)

or a variation, or  
, depending on the size of the turkey

,

,

(optional)  
(optional)  
(optional)

or  
, rinsed

,  
to taste  
(15 to 25 pounds)  
(2 cups table salt or 4 cups kosher salt)

, peeled and quartered  
, peeled and cut into 1-inch chunks  
, cut into 1-inch chunks

, depending on the size of the turkey

,  
(12 to 15 pounds)

or a variation, or

,

to taste

, slightly bruised

, drained if oil-packed

or

to taste

(unpeeled)

(1/2 ounce per pepper)

, thinly sliced

, toasted and torn into pieces

, depending on the saltiness of the broth

, or to taste

, toasted

, minced



(about 5 pounds each)

,

(about 5 pounds each)

(optional)

,

, crumbled

, minced

, stems removed

(10 to 12 pounds)

,

to taste

(10 to 12 pounds each)

, sliced

, unpeeled

, softened

, dressed

(optional)

with a wing drumette attached

to taste

, softened

to taste

, finely chopped

to taste

to taste

to taste

or

(optional)  
to taste

, thinly sliced

to taste

, peeled

to taste  
, quartered  
, peeled and quartered  
, cut into 4 pieces

, melted

or

, backbone removed, split in half

, wiped clean and sliced

(optional)  
to taste

, finely chopped

, whole or halved with backbone removed

to taste

, cut into 1-inch pieces

, quartered

to taste

, or

, cut into serving pieces, giblets reserved if desired

, peeled

, diced

to taste

or

to taste

, cut into 8 serving pieces

to taste

or

to taste

, or  
, cut into 8 serving pieces  
to taste

(optional)  
,  
, lightly toasted (optional)  
to taste

or  
to taste

or  
to taste  
,

, well trimmed

, slightly crushed  
to taste  
, seeded and chopped

or

to taste  
or

to taste  
, trimmed  
to taste

,  
(about 4 1/2 pounds), well trimmed and tied at 2-inch intervals  
to taste

,  
(about 4 1/2 pounds), fat trimmed to 1/4 inch, tied at 1 1/2-inch intervals  
to taste  
and/or

,  
, well trimmed and tied at 1 1/2-inch intervals

to taste  
, or  
, trimmed and tied

,  
(about 5 pounds), well trimmed and tied

,

(about 5 pounds each), well trimmed and tied

and

to taste  
, or

(about 5 pounds), well trimmed

,

, chopped

, well drained and chopped

, chopped

(about 5 pounds), well trimmed

to taste

, or

, cooled

, or

, or enough to cover the beef

, peeled and quartered

, peeled and quartered

, cut into 4-inch lengths

, crushed

to taste

from the tenderloin, top round, or sirloin, well trimmed and cut into 1/2-inch cubes

, minced (optional)

Sheet1

to taste  
, halved

, preferably toasted

, 1 to 1 1/2 inches thick

(1 1/2 to 2 pounds each), or

, wiped clean, stems trimmed

to taste  
, excess fat trimmed



Sheet1

to taste

(about 1 1/2 pounds each), from the chuck blade, top round, or flank, not less than 3/4 inch thick  
, halved

to taste

(1 1/2 to 2 pounds each), 1 1/2 inches thick

, halved and thinly sliced

, cut into pieces

to taste

(6 to 8 ounces each), 3/4 to 1 1/4 inches thick  
to taste

to taste

, softened

, preferably toasted

, or more to taste (optional)

, cut into 2-inch lengths, then into thin strips

, cut into 2-inch lengths, then into thin strips

to taste

to taste

, thinly sliced

, drained and chopped, or

to taste  
or

,  
, thinly sliced

to taste  
(optional)

,

or

, cut into 1-inch pieces  
, cut into small wedges

, cored and diced

, cut into small wedges

, about 3/4 inch thick

, wiped clean and sliced

to taste

, or

, sliced across the grain into 2 x 1/2-inch strips  
, chopped

, wiped clean, stemmed, and cut into 1/2-inch strips  
, cut into 2-inch lengths  
, trimmed, cooked for 30 seconds in boiling water, rinsed, and drained

, or more to taste (optional)

, rinsed, drained, and chopped (optional)  
, or more to taste (optional)

, trimmed and cut into 1-inch pieces  
, rinsed lightly under cold water and mashed to a paste

(optional)

, leaving mixing spoon in for later

,  
to taste

, heated to a simmer

, thinly sliced

to taste

to taste

,

or

, softened

,

(3 1/2 to 4 pounds)

, chopped

, chopped

, chopped

, wiped clean and thinly sliced

, broken

, drained and crushed

, sliced

, crushed  
, rolled and tied  
to taste

,

, such as chuck, short-rib meat, or bottom round, cut into 2-inch cubes

or

(optional)  
(optional)

or

, peeled and cut into 1-inch chunks  
, peeled and cut into 1-inch chunks  
, peeled and cut into 1-inch chunks  
, peeled and cut into 1-inch chunks

,

, or  
to taste

, chopped

, diced

, drained (optional)

to taste

,  
,

, chopped

, peeled and chopped

, chopped

, diced

, wiped clean and quartered

(8 ounces yields about 2 cups), peeled

to taste

, such as shoulder, chuck, blade, rump, or brisket

to taste

, with juice

, halved and sliced

, halved

:

, trimmed and cut into 1/2-inch cubes

, minced  
, minced  
, stemmed, seeded, and minced

to taste

, diced  
, coarsely ground or chopped in a food processor  
, coarsely chopped  
, coarsely chopped

, with juice  
, with juice  
, with juice  
, with juice

, finely chopped  
, crushed

, ground  
, ground  
, ground

, grated

, grated (optional)  
(optional)  
(optional)  
(optional)

(optional)

, chopped  
, diced  
, chopped

, drained and rinsed  
, cubed

, cut into 2-inch pieces  
to taste

, thinly sliced

, peeled  
:

,  
to taste

,

,

,



,

,

(optional)

to taste

, minced  
to taste

, sliced

and

, peeled and chopped  
, chopped

, peeled and cut into 1/4-inch rounds or julienned  
, peeled and cut into 1/2-inch wedges

, grated, liquid squeezed out  
, grated

(about 4 pounds each)

, cut into wedges

and/or

without the cabbage

and/or

without the cabbage

or

, peeled and quartered  
, peeled and quartered  
, peeled and quartered  
, peeled and quartered  
, cut into wedges

, cut into 1/2-inch cubes (about 2 pounds yields 3 cups)

,  
to taste  
from day-old bread

,

,

,

, lightly beaten

to taste

,  
or

to taste

to taste

,

to taste

to taste

, melted  
, minced  
to taste

to taste

, finely chopped  
, minced  
thinly sliced and cut crosswise into 1/4-inch pieces (optional).

, lightly beaten

to taste  
, peeled and sliced

Sheet1

(white and green parts), cleaned thoroughly and quartered  
(12 to 14 pounds), prepared for stuffing by butcher  
to taste

(8 to 12 slices per pound), cut a little more than 1/4 inch thick and pounded to slightly less than 1/4 inch  
to taste

to taste  
scaloppine slices (8 to 12 slices per pound), cut slightly more than 1/4 inch thick and pounded to slightly less than 1/4 inch  
to taste

, softened

(8 to 12 per pound), cut slightly more than 1/4 inch thick and pounded to slightly less than 1/4 inch thick

(1 lemon yields 1/4 to 1/3 cup)  
to taste

(8 to 12 per pound), cut slightly more than 1/4 inch thick and pounded to slightly less than 1/4 inch thick  
to taste

to taste

or

to taste

or

to taste

, cut 3/4 inch thick from the center loin  
to taste

, cut 1 to 1 1/2 inches thick

, crushed

to taste

, minced

to taste

,

(about 3 pounds)

, or to taste

(3 to 4 cloves)  
(about 3 pounds)  
to taste

, crushed

, crushed (optional)

(about 3 pounds)

, minced

(about 3 pounds)

, or

(about 3 pounds)  
(3 to 4 cloves)  
leaves

, cut into 1/2-inch chunks with peel and core

(about 5 pounds)

or

to taste  
(8 to 10 pounds)

,

(about 7 pounds)  
to taste

(about 7 pounds)  
, or  
or

or

,

, cut into 1-inch slices  
, cut into 1-inch slices  
, cut into 1-inch slices

,

(15 to 20 pounds)

to taste

,

, the thicker ends  
to taste

to taste

to taste

, cut into 6 crosswise pieces  
(1/4 inch deep)

,  
(8 to 12 ounces each)  
to taste

(8 to 12 ounces each)  
to taste

, left whole or cut crosswise into 1-inch-thick medallions



to taste

to taste

,

(about 12 ounces each)

, 1 inch thick

to taste

, chopped

, chopped, minced

to taste

,

, or

, crumbled

, 1 to 1 1/2 inches thick

to taste

, or

to taste

, cut slightly more than 1/4 inch thick and pounded to slightly less than 1/4 inch thick

to taste

, cut 1/2-inch thick, or

to taste

,

, lightly beaten

, 3/4 to 1 1/2 inches thick

to taste

(about 3 pounds each)

, finely crushed (optional)

(about 3 pounds each)

,

(white part only)

, rinsed and drained

, cut crosswise in thirds

, crushed

, thinly sliced

, or

or

(about 7 pounds)

, or

, peeled

or

or

, peeled

, or to taste  
or

, with juice

to taste  
, preferably black  
(optional)

, fully or partially cooked

(16 to 20 pounds)

to taste

(1 1/2 to 2 pounds each)

(1 1/2 to 2 pounds each)

(1 1/2 to 2 pounds per steak)

to taste  
per person  
per person  
per person

per person, 1/8 to 1/4 inch thick  
or

Sheet1

, sliced  
, sliced  
, sliced  
, crushed

to taste

,

(7 to 8 pounds), preferably with hip bone removed excess fat/membrane trimmed

, cut lengthwise into slivers

(4 to 5 pounds), trimmed to an even thickness of 2 to 2 1/2 inches  
(optional)

made with

, cut lengthwise into slivers

,

(4 to 5 pounds), trimmed to an even thickness of 2 to 2 1/2 inches

(7 or 8 ribs each), trimmed, leaving a thin layer of fat on the surface, and Frenched

(1 1/2 to 2 pounds), trimmed and tied at 1 1/2-inch intervals

, preferably from the rib or loin, about 1 inch thick

,

or

, lightly chopped (optional)

(optional)

to taste

, preferably from the rib or loin, about 1 inch thick

,

,

, preferably from the rib or loin, about 1 inch thick

, preferably arm or blade (10 to 12 ounces each), about 3/4 inch thick

, coarsely chopped

or

, chopped

, cut into 1-inch cubes, or

to taste

, peeled and sliced

, peeled and halved

, peeled and cut diagonally into 1/2-inch slices

to taste

, thinly sliced

, trimmed and cut into 1- to 1 1/4-inch cubes

(optional)

, rolled and tied for easy carving

, diced

, diced

, peeled and diced

,

, cut into 2 or 3 large pieces, lightly pounded to an even thickness of 1 1/2 to 2 inches

, halved and thinly sliced  
(about 3 to 4 pounds total)

, halved and thinly sliced

or

, such as butternut or Hubbard

or to taste (optional)

,  
, peeled, quartered, and well rinsed

to taste

, chopped  
, peeled and chopped  
stalk, chopped  
, finely chopped, or raw ground lamb

to taste (leftover lamb or beef many not need seasoning)

, cut into small pieces  
, trimmed and cut into 1-inch cubes

, seeded and minced  
, minced

, chopped  
stalk, chopped

, peeled and cut into 2-inch chunks

, finely chopped

, or to taste

, drained, plus

, peeled and cut into 1/2-inch cubes

, chopped

, minced

(optional)

, chopped (optional)

, finely minced

, crushed

, lightly beaten



, ground or finely chopped

, finely chopped

, peeled, cored, and finely chopped

, minced

, beaten

to taste

, lightly beaten

, finely chopped  
, peeled, cored, and grated  
, trimmed and halved

to taste

or

, trimmed of rind

, crumbled

to taste

or a combination

(about 1/2 pound each), halved and thinly sliced

to taste

to taste

or

to taste

, fresh or canned

to taste

or

or

dissolved in 1/3 cup warm water, or

, or

, prepared for cooking

, lightly beaten

to taste  
(1/8 to 1/4 inch)

to taste

(optional)

to taste

or

to taste

,  
, halved  
, peeled

, or  
, chopped  
to taste

(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)

,

or

(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)

, lightly beaten  
, lightly beaten

(2 1/4 teaspoons per package)

, lightly beaten, or

(2 1/4 teaspoons per package)

riced through a potato ricer or mashed with a fork  
, very soft

, at room temperature  
, lightly beaten

, lightly beaten with a pinch of salt

(2 1/4 teaspoons each)  
(optional)

, at room temperature

,

,  
, at room temperature

'  
(2 1/4 teaspoons per package)

(2 1/4 teaspoons per package)

(optional)

as needed

or  
(optional)

(after deflating, or 6 ounces)

, preferably sea salt

, preferably sea salt

, or

, or



, or

, soaked and drained, as for Kouglof

, or

, or

, toasted if desired

or

, softened, cut into cubes

, at room temperature

, at room temperature

,

, softened

, lightly beaten

, lightly beaten

or other liquor or

, warmed to 105°F to 115°F

, lightly beaten

or other liquor or  
(2 1/4 teaspoons per package)  
, warmed to 105°F to 115°F

(2 1/4 teaspoons per package)  
, warmed to 105°F to 115°F

, lightly beaten

, softened

(2 1/4 teaspoons per package)  
, warmed to 105°F to 115°F

, lightly beaten

(2 1/4 teaspoons per package)

, lightly beaten

, cooled

, split (optional)

or other liquor or liqueur

,  
or other fresh or macerated fruits  
or

,  
and/or  
(2 1/4 teaspoons per package)

, lightly beaten

(optional)

, or

, or

, lightly beaten

, or

, lightly beaten

, with juice

, cold or at room temperature, but not flat

,

(optional)

(optional)

, preferably stone-ground

, lightly beaten

, softened or melted

, preferably stone-ground

, or more to taste (optional)  
, lightly beaten



, cut into pieces

or

(optional)

, if using yogurt instead of milk  
(optional)

(optional)

, with juice

(optional)

, cut into pieces

, softened

, cut into pieces

(optional)

, or

, or

, melted

(optional)

, toasted

, preferably stone ground

, melted

(optional)

,

, preferably stone-ground  
or

(optional)

, melted

, melted

(optional)

, plumped (optional)

(optional)

, preferably stone-ground

, melted

,

, lightly beaten  
or

, melted

, lightly beaten

, melted

or

, sifted

, melted

or

or

or

, at room temperature

, well beaten  
, melted

or  
, toasted

or

, preferably stone-ground

, melted  
, at room temperature

(2 1/4 teaspoons per envelope)

, melted and cooled to lukewarm

, lightly beaten

, melted

, melted

, sifted

, melted

or



, melted

(optional)

, cut into 6 pieces  
(about 6 ounces each)

,  
or

, melted

or

(optional)  
(optional)

(optional)

(optional)

or

,

(optional)  
, with or without crusts

, softened

(optional)

, preferably egg bread

,

(optional)

( 2 1/4 teaspoons each)

, melted

or

, coarsely chopped

, or

, softened and cut into chunks

, melted

, sifted

or

, softened

, softened

, cut into small pieces

, cut into pieces

or

, cut into small pieces

, cut into small pieces

, cut into small pieces

or

, softened

, softened

or

, lightly beaten

, softened

or  
, softened

or

, softened

, chopped

or

, cut into small pieces

(optional)

(omit if pecans are used)

, softened

, softened



(optional)

, at room temperature (16 tablespoons = 2 sticks)  
, processed in a food processor for 30 seconds, or superfine sugar

, softened

or

, softened

(optional)

, softened

, for eyes and buttons

or

, softened

, softened

, coarsely grated or finely chopped

, softened  
(sifted after measuring if lumpy)

, cut into small pieces

, chopped (one peanut butter cup weighs about 3/4 ounce)

, softened

, softened

, softened

, softened

, sifted

, softened

, finely chopped

, softened

, softened

, softened

or

(optional)

, chilled but not firm and cut into small pieces

, softened

or

, softened

, finely ground

, softened

, softened

, softened

(optional)

, softened

, softened and cut into chunks

(optional)

,

, softened

, softened

(optional)

,

, plus more for the dough

, softened

, softened

for the front and back of the house (5 1/2-inch-wide x 7 1/2-inch-high)  
piece for the roof (7-inch-wide x 6 1/2-inch-high)  
for the sides of the house (5-inch-wide x 3-inch-high)  
for the chimney front (1-inch-wide x 3-inch-high)  
for the chimney back (1-inch-wide x 1 1/2-inch-high)  
for the chimney sides (1-inch-wide, 2 3/4 inches high on one side and 1 1/2 inches high on the other)

, softened

, coarsely chopped (optional)

, cut into small pieces  
or other nuts

,

,

,

,

,

, sifted

, softened and cut into small pieces

, or



,

, softened, cut into 8 pieces

(optional)

, softened if working by hand, cut into 8 pieces

made from graham crackers,  
, warm or cool

(optional)

, softened

,  
(about 2 medium-large apples per pound)

(optional)

, cut into small pieces

,  
(2 to 3 medium-large apples per pound)

,  
, picked over

(optional)

, cut into small pieces

,  
, or  
for sour cherries, or

(optional)

, cut into small pieces

,  
or  
for sweet cherries in syrup,

, cut into small pieces

,

(optional)

, cut into small pieces

,

or

, cut into small pieces

,

(optional)

, cut into small pieces

, peeled, cored, and cut into 3/4-inch chunks  
, coarsely chopped

, or  
, peeled, cored, and cut into 1/4-inch-thick slices  
, peeled, cored, and cut into 1/8-inch-thick slices  
, picked over

, cut into small pieces

, cut into 1/4-inch pieces

,  
(optional)

(optional)

,

, cut into small pieces

, melted

, peeled and halved, or

, softened

, at room temperature

,

,

, melted

,

(optional)

, softened

or

,

, cut into small pieces

,

, cut into small pieces

,

(2 1/4 teaspoons per envelope)

, preferably made with

(2 1/4 teaspoons per envelope)

or

, or

made with

, melted

made with  
, softened

or  
or

and/or

(8 ounces yields 1 scant cup)

, at room temperature

or  
, melted

, coarsely chopped

, melted

or  
, cut into small pieces

, softened

(2 to 4 tablespoons per lemon)

, cut into small pieces



, melted

made with

, cut into small pieces

, or

,

(3 to 4 limes yield 1/2 cup)

, lightly beaten

,

,

,

,

,

, cut into small pieces

,

, cut into small pieces

,

,

, softened

, or

, or more to taste

, melted

or

, cut into small pieces

,  
,

, softened  
, lightly beaten

, thinly sliced and seeded  
,

, cut into small pieces

, cut into small pieces

, cut into small pieces

(about 5 ounces each)

, melted

, melted

, split, or

(optional)

, cut into small pieces

, half melted

or  
with their skin

, cut into small pieces

, half melted

, pitted or not (frozen cherries, thawed and patted dry, or canned cherries, drained and dried, can be used)

(one 20-ounce can yields 7 slices)

,

, softened

, cut into 1/2-inch cubes

(1 stick measures 8 tablespoons)

, warmed

(any combination of blackberries, sliced strawberries, raspberries, or blueberries)

, lightly beaten

(optional)

, cut into 1/8- to 1/4-inch dice

, peeled and cored

, lightly beaten

,

white, lightly beaten

, softened and cut into small pieces  
, lightly beaten  
or

, lightly beaten

, softened and cut into small pieces

, lightly beaten

, softened

(optional)

, lightly beaten

, peeled and cored

, toasted and finely chopped

, toasted

zest

, removed in large strips

, toasted and chopped

, cut into small pieces

, flavored or plain, or

(enough for 1 scoop per profiterole)

or



or

, coarsely chopped

, softened

, lightly beaten

or

flavored with rum, brandy, or coffee liqueur

, or  
or

(optional)  
, lightly drained (optional)  
,

(optional)

,

(optional)  
(optional)

(optional)

and

, or

(optional)

zest

(1 stick measures 8 tablespoons)

,

(optional)

(optional)

(optional)

, preferably unsweetened

, softened

, finely chopped

(optional)  
(optional)



and

,

(about 12 large whites yield 1 1/2 cups)

(optional)

or

(about 4 large whites yield 1/2 cup)  
(optional)

or pieces  
, preferably superfine

(about 4 large whites yield 1/2 cup)

, preferably superfine  
,

, slightly softened, or

,

,

, cut into small pieces

(optional)

or  
, cut into 10 pieces

, softened

, softened

, cut into small pieces

or

,

, or

, or

, softened

,  
made with

,

, toasted

, toasted

(optional)

Mushrooms

(optional)

,  
, hulled

, toasted  
, cut into 3 layers

, preferably unsweetened

(optional)

Sheet1

(citron, pineapple, cherries, kumquats, and/or orange and lemon peel)

, made with

white, well beaten

(optional)

, toasted  
, toasted  
or  
(optional)

(see headnote) (22 ounces yields 3 cups)  
, made with  
or

made with

(about 12 large whites yield 1 1/2 cups)



, coarsely chopped

zest

,  
(optional)

, split (optional)

, finely chopped

, finely chopped

, or

, or

, cut into small pieces

, or

, or

, cut into small pieces

,

, cut into small pieces

, cut into small pieces

, cut into small pieces

, finely chopped

, finely chopped

(optional)

(optional)

(optional)

(optional)

or

, or more to taste (optional)

or

,

(optional)

, cut into small pieces

(optional)

or

, cut into small pieces

or

, finely chopped

or

, cut into small pieces

,

, finely chopped

, cut into small pieces

or

, finely chopped

(optional)

, sifted if lumpy  
, softened, or  
,

or liquid of choice (optional)

, sifted if lumpy  
,

, coarsely chopped

,

, or to taste  
, sifted if lumpy  
, softened

,

, sifted if lumpy

(optional)

, made with

(optional)

, sifted  
or

(optional)

, sifted  
or

, sifted

,

, sifted

, sifted if lumpy

,

(optional)

,

, melted

, softened

, melted

,

, at room temperature (4 egg whites yield 1/2 cup)

, preferably superfine

, at room temperature (4 egg whites yield 1/2 cup)

, preferably superfine

, or

,

,

, or

removed in large strips

or

(not milk)

or

or



(such as pineapple, papaya, and mango)

, cut into pieces

, well beaten (optional)

(optional)

,

, stale but not hard  
(optional)

,

, softened  
or

,

or

(increase amount by at least half if the loaves are braided)

, or

, or

, or

or  
, softened

, at room temperature

, melted

,

(optional)  
(optional)

,

, at room temperature

,  
if using water

, at room temperature

,

(1 envelope contains 2 1/4 teaspoons)

, grated

(1 envelope contains 2 1/4 teaspoons)

,

(1 envelope contains 2 1/4 teaspoons)

, at room temperature

,

,

, at room temperature

, or

as needed

, at room temperature

, at room temperature

or

, at room temperature

(7 to 8 large egg whites per cup)

,  
(optional)  
, at room temperature

, preferably superfine

I

, chopped

(1 envelope contains 2 1/4 teaspoons)

, split lengthwise (optional)

if not using the bean

(1 envelope contains 2 1/4 teaspoons)

(optional)  
and/or

(1 envelope contains 2 1/4 teaspoons)

, split lengthwise (optional)  
if not using the vanilla bean  
(optional)  
and/or

,

, softened but cool  
, sifted if lumpy

,

, cut into pieces

, cut into pieces

, cut into pieces

, cut into pieces  
, softened

, at room temperature

,



, or

, or

, softened

, softened  
, coarsely chopped or broken into small pieces  
, cut into pieces

, cut into pieces

, or

, or

, or

, ends cut out, peeled and cut into 1-inch pieces

, or

, or

(optional)

, softened

,

, stiffly beaten (optional)

, or to taste

(each about 1/3 inch thick)

,

, or

or

or

, or

, or

or

or

or

, sliced

Sheet1

, white part only, cleaned and thoroughly sliced  
, peeled and sliced  
, peeled and sliced  
, peeled and smashed

and  
(chicken backs, chicken necks, chicken wings, chicken legs, or chicken thighs), or  
(or just enough to cover)  
, coarsely chopped  
, peeled and coarsely chopped  
, coarsely chopped

(or just enough to cover)

, halved  
, peeled and halved  
, cut into 4-inch pieces

(or just enough to cover)  
, split lengthwise, cleaned thoroughly, and cut into 4-inch pieces  
, including  
, well trimmed  
, quartered  
, peeled and thickly sliced  
, cut into 2-inch pieces

(or just enough to cover)  
, including

, split  
(chicken backs, chicken necks, chicken wings, chicken legs, or chicken thighs), well rinsed  
, coarsely chopped  
, white and tender green part. cleaned thoroughly and chopped  
, peeled and coarsely chopped  
, coarsely chopped  
,  
to cover

, sliced  
, white and tender green parts, cleaned thoroughly and sliced  
, sliced (optional)  
(optional)  
and

(or just enough to cover)

(optional)

to taste

(optional)

to taste

(optional)

or  
to taste  
, softened

(optional)

(1/2 Gruyere and 1/2 Parmesan is traditional, but any aged cheese is very good alone or in combination. Try Swiss, Cheddar,  
to taste

or  
or

(optional)

,  
to taste

(optional)

, chopped

or  
to taste

(optional)

,  
to taste

(optional)

, finely chopped  
to taste  
to taste

(optional)

, minced  
or

to taste

to taste  
, such as Italian Tomato Sauce, Sun-Dried Tomato Sauce, Red Pesto Sauce, or

to taste

,  
, preferably unsalted

(optional)  
to taste  
, slightly softened

,  
, preferably unsalted

(optional)  
to taste

, slightly softened (optional)  
or  
, preferably unsalted

(optional)  
to taste

,  
, preferably unsalted

(optional)  
to taste

and  
(optional)

(optional)  
to taste

, or to taste

to taste  
, very warm to hot

(optional)

(optional)  
to taste

(optional)

to taste

, preferably a mixture of orange, lemon, and lime  
, preferably a mixture of orange, lemon, and lime  
(optional)

(optional)  
to taste  
, preferably a mixture of orange, lemon, and lime  
, preferably a mixture of orange, lemon, and lime  
(optional)

to taste

, or enough to make a thin paste

(optional)  
to taste

, or enough to make a thin paste

to taste

or  
, minced  
, leaves removed and reserved  
, lightly crushed

, slightly warm  
to taste

, lightly crushed



to taste

, slightly warm  
, or more to taste

, minced  
, leaves removed and reserved  
, lightly crushed

to taste

, lightly crushed

to taste

, or more to taste

or  
, minced  
, leaves removed and reserved  
, lightly crushed

to taste

, lightly crushed

to taste

, or more to taste

Sheet1

, minced  
, leaves removed and reserved, such as cilantro, parsley, basil, thyme, chives, or sage  
, lightly crushed

to taste

, lightly crushed

to taste

, or more to taste  
, preferably unsalted

to taste  
, preferably unsalted  
or  
to taste

to taste

, preferably unsalted, cut into at least 8 pieces

to taste

, preferably unsalted, cut into at least 8 pieces

to taste

, preferably unsalted, cut into at least 8 pieces

to taste

, chopped, rinsed, and drained

, peeled, pitted, and coarsely chopped  
, cut into thin strips  
, coarsely chopped  
, minced

or

to taste

, plumped and finely diced, plus  
) plus  
, plus  
,  
, plus  
, finely minced to taste  
to taste  
,

or

at a rolling boil  
(optional)  
(optional)  
(optional)

or

, at room temperature  
(nonfat is fine)  
(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature  
(nonfat is fine)  
,  
or  
or  
to taste

or

, at room temperature  
(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature  
,  
or  
or  
to taste

or

, at room temperature  
(nonfat is fine)  
(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature  
(nonfat is fine)  
,  
or  
or  
to taste

or

, at room temperature  
or  
to taste

or  
and/or

, at room temperature  
, at room temperature  
,  
or  
or  
to taste

or

, at room temperature

(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature  
,  
or  
or  
to taste

or

, at room temperature  
,  
or

or  
or  
(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature  
,  
,  
or

or  
(optional)  
to taste

or

, at room temperature  
, finely chopped  
or

, minced  
to taste

or  
and/or

, at room temperature  
, at room temperature  
,  
, finely chopped  
or

, minced  
to taste  
or

or

, at room temperature

or  
to taste  
(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature

or  
,  
to taste  
(optional)  
to taste

or

, at room temperature  
, peeled, seeded, and finely diced  
, finely diced, or  
(optional)  
to taste

or  
and/or

, at room temperature  
, at room temperature  
, peeled, seeded, and finely diced  
, finely diced, or  
,  
or  
(optional)  
to taste

or

, at room temperature

to taste

or  
and/or

, at room temperature  
, at room temperature  
,

to taste

, finely minced  
to taste  
, or  
, or to taste

(preferably unsalted), softened

to taste  
(preferably unsalted), softened  
, boiled in water to cover for 5 to 6 minutes and mashed to a paste, or

to taste  
(preferably unsalted), softened  
or  
, mashed to a paste with 1/2 teaspoon salt

(optional)  
(optional)  
to taste  
(preferably unsalted), softened

, or to taste  
to taste  
(preferably unsalted), softened  
or



to taste  
(preferably unsalted), softened

, or to taste

to taste

,

(preferably unsalted), softened  
to taste  
(preferably unsalted), softened

to taste  
(preferably unsalted), softened

to taste

,

, toasted  
, coarsely chopped

or

, or to taste

(optional)  
or

or

or  
and

or  
, thinly sliced

, cracked  
or

to taste  
or  
(optional)  
, coarsely chopped

(optional)

or

, peeled and coarsely chopped

or

to taste

,

or

or

(optional)

, coarsely chopped

, sliced

, tough ends trimmed, spears coarsely chopped, and tips reserved

or

to taste

,

or

or

(optional)

, coarsely chopped

, sliced

(optional)

or

(optional)

, coarsely chopped

,

,

or

or

(preferably at least half wild mushrooms), wiped clean and tough stems removed, sliced

or

or

or to taste

or

, coarsely chopped

, peeled, seeded, and chopped, with juices

(optional)

, or  
(white part only), cleaned thoroughly and chopped

or  
, or  
to taste  
or  
(optional)

, peeled and diced  
, diced  
, diced  
, minced  
or

, picked over and rinsed  
, drained

, peeled and diced  
(such as chorizo, kielbasa, or frankfurters), sliced

to taste (less if using the prosciutto, pancetta, or bacon)

, peeled and diced  
, diced  
, diced  
, minced  
or

, picked over and rinsed  
, drained

, trimmed (center rib removed if tough), washed, dried, and leaves cut into strips

(less if using the meat)

or

, trimmed, washed, and dried  
or  
,

, quartered  
, peeled and cut into 2-inch pieces  
, cut into 2-inch pieces

, fat trimmed, cut into 2-inch pieces, or  
, fat trimmed, cut into 1-inch pieces

,  
(white part only)

, or to taste  
or

, chopped  
, diced  
, diced  
, with juice, chopped

or

or  
, with their liquor

or

or  
or

, fresh or canned

, or

, preferably freshly ground

or

to taste

to taste

to taste

or

(1 disjointed oxtail weighs about 2 pounds)

, peeled and diced

, diced

, diced

, peeled

(white part only), cleaned thoroughly and cut into thin strips

, peeled and cut into thin strips

, cut into thin strips

,

(optional)

(optional)

or

, chopped or sliced

, such as

, cut into small pieces

or

, chopped or sliced

, cooked and drained

, cut into small pieces

, cooled and shelled

or

, to taste

(any type)

, or more to taste

, gently washed and dried

to cover the eggs

for each cup of water

, depending on the intensity of color you wish to obtain

,

, or to taste

,

, or to taste

,

, or to taste

or

well drained

or

, coated with seasoned flour  
, well drained  
or

, well drained  
or

(optional)

, warmed

,

to taste  
to taste

, or to taste

, tips and pieces  
(optional)

, warmed and mixed with

or

, at room temperature or slightly warmed  
,

, added one by one

or

, at room temperature or slightly warmed

, added one by one

or

, at room temperature or slightly warmed

or

(preferably cremini)

or

, lightly beaten

,

or

, chopped

, minced

, lightly beaten

,

or



, or

to taste  
, lightly beaten

, cut into 18 to 20 slices, crusts removed, buttered if desired  
, cut into small cubes

, chopped  
, chopped  
, or

(optional)

to taste

, lightly beaten

to taste

or  
or  
, halved

, cored and diced

to taste  
shelled and deveined  
or  
or  
or

or

(1/2-inch deep)  
or

(1/2-inch deep)  
or  
, 2 teaspoons each

, toasted if desired  
(2 teaspoons each)

(about 3 tablespoons each)  
, toasted if desired  
(2 teaspoons each)

(1 to 2 slices each) or  
, toasted if desired  
(2 teaspoons each)

(2 tablespoons each)  
, coarsely chopped (1/2 pepper each)  
(1 tablespoon each)  
, toasted if desired  
(2 teaspoons each)

(about 3 tablespoons each)

, toasted if desired  
(2 teaspoons each)

(1/4 cup each hot dog)  
, toasted if desired  
(2 teaspoons each)

(1/4 cup each)  
(2 tablespoons each)  
(2 tablespoons each)

(2 tablespoons each)

to taste

,

or

or

to taste

,

or

(2 or 3 slices each)

to taste

(6 tablespoons each)

, sliced

(1/2 tablespoon each)

(1 tablespoon each)

to taste

or other blue cheese (1 slice each)

, cut crosswise in half (1 each)

or other rolls, halved, or

or

to taste

or other rolls, halved, or

(1 slice each)

(1 slice each)

or other mild lettuce (1 to 2 leaves each)

or

to taste  
or other rolls, halved, or

to taste  
or other rolls, halved, or  
of your choice (several tablespoons per serving)  
(about 2 teaspoons each)

to taste  
or other rolls, halved, or  
of your choice (1 to 2 tablespoons each)

, gently warmed  
of your choice

,  
, softened  
or  
of your choice

,

, lightly beaten

(optional)

,

or

, lightly beaten

(optional)

,

, softened

or

or

or

, softened (1/2 tablespoon per slice)

(optional)

(about 2 ounces per slice)

, grated

(1 egg per serving)

or

, softened (1/2 tablespoon per slice)

(optional)

, thinly sliced

, grated

, skinned, boned, split (about 1 1/4 pounds), and cut diagonally into 1-inch-thick strips

, minced

, minced

, prepared as directed for

to taste

or

or

, shredded

to taste

, shredded

, thinly sliced

, thinly sliced

to taste

, shredded

or

, well drained

to taste

, shredded

, casings removed, browned in a skillet over medium heat for about 5 minutes

, very thinly sliced

to taste

, shredded

, casings removed, browned in a skillet over medium heat for about 5 minutes

to taste

or

, shredded

Sheet1

, quartered  
, pitted and sliced  
to taste  
or

, sliced  
, trimmed and sliced  
, minced

, shredded

, or

, shredded  
, grilled, and thinly sliced  
of your choice  
, very thinly sliced  
, drained and thinly sliced  
to taste

, very thinly sliced

, crumbled  
to taste

, pitted and sliced  
or  
to taste

, minced

or

, shelled  
, cut into thin strips

to taste

, thinly sliced  
, thinly sliced  
, minced

, crumbled  
to taste

, cut into small bite-sized pieces  
, each about 1 inch across, blanched and drained  
, very thinly sliced

to taste

or

to taste

, or more if desired

, or other leftover meat sauce from pasta



and

and  
and  
and

,

with  
as desired

to taste

, thinly sliced

Sheet1

, thinly sliced  
, thinly sliced  
, thinly sliced  
to taste

, casings removed  
, thinly sliced and caramelized

to taste

, cut into small bite-sized pieces  
, pitted and thinly sliced  
, drained and thinly sliced

to taste

or vinegar of your choice  
, or  
(optional)  
, or a combination of other fresh herbs

, trimmed, washed, and dried  
, sliced into rounds  
, cut into 1/2-inch-thick slices or wedges  
, or more to taste

, chopped or left whole  
to taste  
, cut into 1/2-inch-thick slices  
, sliced very thin  
, or more to taste

to taste  
, cut into 1/2-inch-thick slices or wedges  
or any other favorite vinaigrette, or more to taste  
, chilled and peeled  
, or one of the variations  
, seeded and separated into sections (sections peeled if desired)  
, seeded and separated into sections (sections peeled if desired)  
,

or  
, washed and dried.  
, rinsed and drained  
, peeled, and diced, or  
, minced

, minced  
to taste  
, washed and dried

, finely diced

, chopped

to taste

, minced

, minced

, still warm  
, diced  
, toasted  
, minced  
to taste

, prepared with cumin seeds  
, toasted  
, very finely diced  
, finely chopped

or  
to taste  
or

or

to taste

or

, cut lengthwise in half

,

(optional)

, chopped (optional)

or

, peeled

or

, minced

(optional)

to taste

or

, minced

to taste

, peeled

or

(optional)

to taste

(optional)

, minced

or

, minced

to taste

, optional  
, peeled

or  
, minced  
(optional)  
, or  
to taste

or  
, or

, minced  
to taste

, peeled

, minced  
(optional)  
, toasted (optional)  
to taste

, minced  
, toasted (optional)  
to taste

, peeled

, minced  
  
(optional)  
to taste

, minced  
to taste

, peeled

, minced

(optional)

to taste

, minced

to taste

, peeled

or

, minced

, or to taste

(optional)

to taste

or

, minced

, or to taste

to taste

, finely minced

for the rolled oats

or

or

or

, minced

or

,

to taste

, minced

, minced

or

, or

to taste

, sliced

, minced

(optional)

, minced

or

to taste

(optional)

,

, minced

,

or

or  
(optional)  
or  
to taste

,  
, minced  
,  
or

, minced  
, chopped  
, chopped  
to taste  
to taste

, cut into small serving pieces  
, chopped  
, peeled, seeded, and chopped

(preferably with tails on)  
, diced (optional)  
(1/3 cup dried yields about 1 cup), rinsed and drained if canned

, preferably Italian-style flat beans

, crumbled  
to taste

,  
, diced  
, diced, or  
, minced  
or

, trimmed, washed, dried, and cooked, or

(optional)  
(optional)



or  
or  
(optional)  
(optional)

or  
(optional)  
(optional)

or  
(optional)  
(optional)

, finely chopped

, minced  
, chopped  
, peeled, if desired, seeded, and coarsely chopped, or  
(optional)  
to taste

to cover

, finely chopped  
, peeled and finely chopped  
, finely chopped  
, minced  
, chopped, or  
, peeled, if desired, seeded, and coarsely chopped, or  
(optional)  
to taste  
, seeded and finely diced  
, finely chopped

, finely minced  
to taste  
, cut into small cubes

, seeded and finely diced  
, finely chopped

, finely minced  
to taste  
or

Sheet1

, seeded and finely diced  
or

, finely minced  
to taste

, seeded and finely diced  
, finely chopped

, seeded and finely minced  
, finely minced  
to taste

, peeled

, or  
, halved  
, or

, lightly beaten

or

to taste

(optional)  
, scrubbed

, minced

(4 ounces per cup)  
, cut into 1-inch cubes

, minced

to taste

or

or

or

, cut into thin strips

, available in small shakers in Japanese markets, or

, available in small shakers in Japanese markets, or

(1 egg per bowl)  
, trimmed, halved if desired

(optional)  
to taste

, trimmed, halved if desired

to taste  
or  
, halved  
or

or

, halved  
or  
, peeled, quartered lengthwise, and cut into even sticks  
or

or  
(optional)  
or  
, peeled, quartered lengthwise, and cut into even sticks  
or

or

to taste  
or  
or  
(about 3/4 pound each), peeled, quartered, and thinly sliced  
or  
, softened  
to taste  
, or

or  
or  
, peeled, halved, and cut into thick slices  
(optional)  
or  
, softened

Sheet1

made with

or

, peeled and cut into 1-inch cubes

or

, softened

to taste

, halved

, softened

, peeled and very thinly sliced

(1 celery root weighs about 1 pound), peeled, quartered, and thinly sliced

or

or

or

or

, finely diced

or

, chopped

or

, to taste

, lightly beaten

or

, in their husks

,

,

and

or

or

or

to taste

, seeded and chopped

,

or

, crumbled

or

, peeled and halved lengthwise

, finely diced (optional)

or

to taste

or

, sliced lengthwise into 1/4-inch slices

(1 inch deep)

, peeled and cut into 1/4-inch slices

, seeded, quartered lengthwise, and cut into 1-inch pieces

, finely chopped, or

to taste

, wiped clean, or

, wiped clean

or

to taste

, wiped clean

, minced

or

(optional)

(optional)

to taste

or

or  
or  
to taste

, peeled and cut into 1-inch chunks  
or

, or  
to taste

, very thinly sliced

to taste

or  
, thinly sliced (optional)  
,

, lightly beaten  
or  
,

or

, crumbled, or  
, minced

or

, crumbled, or  
, minced

or

or

or

, or as needed to cover

or

and

or

, stemmed

or

to taste

or

, sliced, chopped, or pressed through a sieve

or

, or

, finely chopped

, finely chopped

or

, crumbled

(Greek grating cheese) or

or

, thawed if frozen

or

, chopped

or



or

, peeled, halved, seeded and cut into 1/2-inch cubes  
, peeled, halved and cut into 3/4-inch pieces  
, peeled and cut into 1/4-inch slices

, minced  
, halved lengthwise, cut into 1/3-inch slices  
, rinsed and drained  
or

or

, peeled, quartered

, or more to taste  
to taste

to taste  
, softened  
, peeled, seeded, and cut into bite-sized chunks

, or  
or

, cored and cut into medium dice  
, cored and cut into bite-sized chunks  
, thinly sliced  
, peeled, cut lengthwise in half, and sliced  
, hulled and quartered lengthwise  
or

or

,  
, stemmed  
, peeled if desired, cut into 1/2-inch-thick slices  
, picked over

, depending on tartness of apples

or  
(optional)  
(optional)

or  
or  
, peeled if desired, cut into 1/2-inch-thick slices

, depending on tartness of apples

or  
(optional)  
(optional)

or

or  
, peeled if desired, cut into 1/2-inch-thick slices  
or

, depending on tartness of apples

or  
(optional)  
(optional)

or  
or  
, softened

(about 1/3 pound each)

,

or  
(scale the recipe as needed)  
, stems attached (about 1/3 pound each)  
(1 scoop per plate)  
, warmed  
(1 per pear)

,

, or  
, or

or

,

, well beaten (optional)  
and/or

,

, or  
, or

or

and/or  
, well beaten (optional)  
and/or

(optional)

or

or

, cut into small dice  
, cut into small dice  
, minced (optional)

, or  
, or

(optional)  
or

, well beaten (optional)  
and/or  
or

, cut into small dice (optional)  
, cut into small dice (optional)

, or  
, or

, toasted, coarsely chopped  
and/or  
, well beaten (optional)  
and/or

to taste

to taste  
or

, skin on or off, in 1 or more pieces, rinsed and patted dry.

to taste

and

or

to taste

, skin on or off, in 1 or more pieces, rinsed and patted dry

or

and

, cooked, peeled, and cut into 1/4-inch bits

, cored, and diced

, finely diced

, seeded and minced

, or to taste

, to taste

sprigs

(optional)

(about 3 1/2 pounds each),

or

to taste

or

(about 3 1/2 pounds each),

(about 6 ounces each), with or without the skin

to taste

, crumbled

, crumbled

, pitted and chopped  
, lightly chopped, or  
or  
, rinsed, dried, and finely chopped (optional)

to taste

and

sliced, (8 ounces yields 2 1/3 cups)  
, peeled and diced (3 carrots yields 1 cup)  
(2 to 3 stalks yields 1 cup)

or

and

, or  
,

or  
(optional)  
(optional)  
(optional)

, or  
or  
, rinsed  
,

or  
to taste

, minced  
or

, or  
, or

(about 5 pounds each)

(optional)

to taste  
(about 1 pound each)

to taste  
to taste  
(1 slice per bird)

to taste  
, trimmed  
to taste  
, or  
, or  
, or

(about 4 1/2 pounds), well trimmed and tied at 2-inch intervals  
to taste  
, or  
, or  
, or

, or  
, or

(about 4 1/2 pounds), well trimmed and tied at 2-inch intervals  
, or  
, or

, or

, fat trimmed to 1/4 inch, tied at 1 1/2-inch intervals

, or

, or

, fat trimmed to 1/4 inch, tied at 1 1/2-inch intervals

to taste

, or

, or

, or

, fat trimmed to 1/4 inch, tied at 1 1/2-inch intervals

to taste

and/or

, or

, or

, or

, thinly slivered

, well trimmed and tied at 1 1/2-inch intervals

, or

, or

, or

, well trimmed and tied at 1 1/2-inch intervals

to taste

, or

, or

, or

, thinly slivered

, well trimmed and tied at 1 1/2-inch intervals

, or

, or

, or

(about 5 pounds), well trimmed and tied

, or



, or  
, or other sauce of your choice  
(about 5 pounds), well trimmed and tied  
, sliced into thin slivers  
or

, or other sauce of your choice  
(about 5 pounds), well trimmed  
, or

, or  
, or

(about 5 pounds), well trimmed

, or  
, or

to taste  
or  
, cooled

, or

, or  
(6 to 12 ounces each) or  
, or  
, or  
, or

, (6 to 8 ounces per serving)

(6 to 12 ounces each) or

(6 to 8 ounces each), 3/4 to 1 1/4 inches thick  
to taste

or  
or  
(optional)  
to taste  
, or  
, trimmed and cut into 1/2-inch cubes

, minced  
, minced  
, stemmed, seeded, and minced  
  
, with juice

to taste  
or

, minced  
to taste  
  
, sliced

, and  
or

, peeled and chopped  
, chopped

, peeled and cut into 1/2-inch wedges  
or

, grated, liquid squeezed out  
, grated

or  
or

, cut into 1/2-inch cubes (about 2 pounds yields 3 cups)  
, including

, or

and  
or  
or  
to taste

to taste

and  
,  
or  
to taste

to taste  
(8 to 12 slices per pound), cut a little more than 1/4 inch thick and pounded to slightly less than 1/4 inch  
to taste

, softened  
to taste

(8 to 12 slices per pound), cut a little more than 1/4 inch thick and pounded to slightly less than 1/4 inch  
to taste

, softened  
to taste

(optional)  
or

, thinly sliced

(optional)

, wiped clean, stemmed, and coarsely chopped  
, wiped clean, stemmed, and coarsely chopped

, to taste  
, minced

or  
or  
to taste

to taste

or  
or

to taste  
or

to taste

, chopped  
, minced  
to taste  
, thawed and chopped

or  
to taste

or

to taste

, cored and diced  
, cut 3/4 inch thick from the center loin  
to taste

to taste

, minced

or

(about 3 pounds)

, chopped

or

or  
(enough to make 1 cup of pan juices)  
, softened

or

or

or more to taste

to taste

, left whole or cut crosswise into 1-inch-thick medallions  
or

or

or

to taste

(7 to 8 pounds), preferably with hip bone removed, excess fat/membrane trimmed  
or

(7 to 8 pounds), preferably with hip bone removed, excess fat/membrane trimmed

, or  
, cut lengthwise into slivers

or  
or  
or

to taste

(optional)  
(optional)  
(4 to 5 pounds), trimmed to an even thickness of 2 to 2 1/2 inches  
(optional)

, cut lengthwise into slivers

, or  
, or

Sheet1

, crushed

(4 to 5 pounds), trimmed to an even thickness of 2 to 2 1/2 inches

or

or

, cut into 1-inch pieces

, cut into small wedges

or

or

or

(7 or 8 ribs each), trimmed, leaving a thin layer of fat on the surface, and Frenched

(7 or 8 ribs each), trimmed, leaving a thin layer of fat on the surface, and Frenched

or to taste

, or enough to make a rough paste

, trimmed and tied at 1 1/2-inch intervals

or

or

or

or

or

, lightly beaten

, chopped

, toasted

or

, lightly beaten

or



,  
, lightly beaten  
(optional)

or  
, or

or  
, or  
, or

, halved and thinly sliced

to taste

, or

, washed, dried, leaves separated, and torn into bite-sized pieces  
, made with  
, coarsely chopped and cooked crisp  
, prepared for cooking  
, lightly beaten  
or

to taste  
(1/8 to 1/4 inch)

(105°F to 115°F)

(50°F)  
or

(115°F to 125°F)  
or

(105 to 115 F)

(105 to 115 F)  
or

(105 to 115 F)

(50 F)  
or

(105 to 115 F)

(105 to 115 F)

or

or

(115 to 125 F)  
or

(105 to 115 F)

or  
(105 to 115 F)  
or

(105 to 115 F)

(105 to 115 F)

or

or

(105 to 115 F)

, lightly beaten

, lightly beaten

or

(105 to 115 F)

, lightly beaten

, lightly beaten

or

(use warm water if the starter is cold from the refrigerator)

or

(use warm water if the starter is cold from the refrigerator)

or

, warmed to 105 to 115 F

, lightly beaten

, softened

, warmed to 105°F to 115°F

, lightly beaten

, softened

(105°F to 115°F)

, lightly beaten

or

pecans or walnuts (optional)

or

(optional)

or

or

(optional)

or

(optional)  
(optional)

(optional)

or  
or

(optional)

or

(optional)

or  
or  
or

or  
, lightly toasted  
, or

or  
, lightly toasted  
, or  
or  
or  
, diced  
, roasted until the skin is blackened, skinned, seeded, and diced  
or

(optional)

or  
, diced

Sheet1

, roasted until the skin is blackened, skinned, seeded, and diced

or

, or

(optional)

, seeded or unseeded and minced, or

or

, seeded or unseeded and minced, or

or

or

, or

, roasted until the skins are blackened, skinned, seeded, and diced

, roasted until the skin is blackened, skinned, seeded, and diced

, diced, fried until crisp, drained, and blotted

(optional)

, roasted until the skins are blackened, skinned, seeded, and diced

Sheet1

, roasted until the skin is blackened, skinned, seeded, and diced  
, diced, fried until crisp, drained, and blotted

or  
, or

or  
(optional)

or

or

or



or

or

, stirred until smooth and fluid

(optional)

, or  
or

or

(optional)

or  
or

, if using yogurt instead of milk  
(optional)

or

or

(optional)

or

and

(optional)

or

or

(optional)

and

, if using yogurt instead of milk  
(optional)

or

or

(optional)

and

(optional)

, or  
or

(optional)

or

(optional)

, or  
or

, melted

, if using yogurt instead of milk

or

or  
(optional)  
, melted

, or

, cut into pieces

or

, cut into pieces

or

, cut into pieces

or

, cut into pieces

or

, cut into pieces

or

or  
(optional)

or

, cut into pieces  
, or

or  
or

, cut into pieces  
, or

or

, cut into pieces  
or

or

, melted

(optional)  
or  
or

, toasted

or  
or

, preferably stone ground

, melted

, seeded and minced  
(optional)  
(optional)

to taste  
, or

or  
, melted

, very finely minced  
(white and tender green parts only)

or  
(optional)

, melted

or

, at room temperature

, well beaten  
, melted

or  
or  
, toasted

or  
or

, melted

(optional)

or

(2 1/4 teaspoons each)

or  
, lightly beaten

(2 1/4 teaspoons each)

or

, at room temperature  
, processed in a food processor for 30 seconds, or

or

, at room temperature  
, processed in a food processor for 30 seconds, or

, melted and cooled

, at room temperature  
, processed in a food processor for 30 seconds, or

or  
, at room temperature  
, processed in a food processor for 30 seconds, or



, at room temperature  
, processed in a food processor for 30 seconds, or

, at room temperature  
, processed in a food processor for 30 seconds, or

, at room temperature  
, processed in a food processor for 30 seconds, or

,

, at room temperature  
, processed in a food processor for 30 seconds, or

, toasted  
, at room temperature  
, processed in a food processor for 30 seconds, or

, at room temperature

, at room temperature  
, processed in a food processor for 30 seconds, or

, at room temperature

, at room temperature

or  
, cut into small pieces

(optional)

, softened

, finely ground

, chopped into very tiny pieces

or

or

, cut into pieces

or

(optional)

,

or

(optional)

, cut into small pieces

or

,

, hulled and halved lengthwise

or

, cut into small pieces

or

,

or

, or

, melted

,

, cut into small pieces

(about 2 bananas per cup)

or

made with pecans

or

or

, or

, finely chopped  
, cut into small pieces

or

, or

, cut into small pieces

or

or

or

or  
, melted

, or  
, coarsely chopped  
or

, melted  
or

or  
, or  
, coarsely chopped

, melted  
or

or  
or

, cut into small pieces  
, toasted

, cut into small pieces  
(optional)  
or  
or

made with  
,  
(3 to 4 limes yield 1/2 cup)

or

,

, cut into small pieces

or

,

, cut into small pieces

,

(about 5 ounces each)

, coarsely crumbled in your hand

, cut into small pieces

or

,

, softened and cut into small pieces  
, totalling about 2/3 cups  
, lightly beaten

, softened and cut into small pieces  
, (2/3 cups total)  
, lightly beaten

(optional)  
(optional)

(optional)



or  
or icing of your choice

or

, or

, resifted twice  
, lightly crushed

(optional)

or

,

or  
, chopped, or

or

or

(optional)  
or

or

or

or

or  
and

or

(about 12 large whites yield 1 1/2 cups)

(optional)

or

or

(about 12 large whites yield 1 1/2 cups)

(optional)

or

(about 12 large whites yield 1 1/2 cups)  
or

(optional)

or

,

(about 12 large whites yield 1 1/2 cups)

(optional)

or

(about 12 large whites yield 1 1/2 cups)

(optional)

sprinkled with more coconut, or

or  
(about 12 large whites yield 1 1/2 cups)

or

,

(about 12 large whites yield 1 1/2 cups)

(optional)

(about 12 large whites yield 1 1/2 cups)

(optional)

or  
(about 12 large whites yield 1 1/2 cups)

(optional)

or  
or

(about 12 large whites yield 1 1/2 cups)

(optional)

or  
or

or  
(about 12 large whites yield 1 1/2 cups)

(optional)

or

or

or  
or

or  
(about 4 large whites yield 1/2 cup)  
(optional)

(about 4 large whites yield 1/2 cup)

(about 4 large whites yield 1/2 cup)

or  
(about 4 large whites yield 1/2 cup)  
(optional)

or  
(about 4 large whites yield 1/2 cup)  
(optional)

(about 4 large whites yield 1/2 cup)

or  
(about 4 large whites yield 1/2 cup)

or

(about 4 large whites yield 1/2 cup)  
(optional)

(about 4 large whites yield 1/2 cup)

or

or

,

,

or

or

,

or

or

or

,

or

, cut into 3 layers

(raspberry eau-de-vie)

or

or

, cut into 3 layers

, preferably unsweetened

or



or

or

(optional)

, rinsed and patted thoroughly dry  
, or enough to coat

or

or

or

(about 12 large whites yield 1 1/2 cups)

or

(about 12 large whites yield 1 1/2 cups)

, or

, or

(optional)

(optional)

, or to taste

or

, or

of your choice

or

(optional)

or

or

, mixed with  
, mixed with  
or  
, mixed with

or

, split (optional)  
or  
(if not using the vanilla bean)

, split (optional)

or  
, split (optional)

, split (optional)

, thinly sliced

, split (optional)

or

, split (optional)

(optional)

, split (optional)

(optional)

bean, split (optional)

, cut into small pieces (optional)

or

or

or  
or  
or

or

or

(optional)  
or  
or

or

(optional)  
or  
or

(optional)  
or  
(1 tablespoon for each 2 ounces chocolate)

or

, or  
or  
(1 tablespoon for each 2 ounces chocolate)

, or

or

or  
(optional)

, or  
(optional)

or

or

, or

, or

or

, or less to taste

, or less to taste  
, coarsely chopped

, finely chopped

, finely chopped

, finely chopped  
, sifted if lumpy  
, softened

, or

, sifted if lumpy

, sifted if lumpy  
, softened, or

or

, sifted if lumpy

or

, sifted

,



, sifted

,  
or  
or

(optional)

, sifted

,  
or  
or

(optional)

, sifted

,  
  
or

or  
or

, or

or

(1 teaspoon each)

or

or

or

or

(4 berries each)

or

or

or

, softened

, at room temperature

, melted

or

or

or

(1 envelope contains 2 1/4 teaspoons)

, chopped, or

or

if using water

, at room temperature

or

(1 envelope contains 2 1/4 teaspoons)

, at room temperature

or

(1 envelope contains 2 1/4 teaspoons)

, at room temperature

or

, or  
or

or

(optional)

, or

or

or

or

, cut into pieces

, cut into pieces  
, coarsely chopped or broken into small pieces  
, cut into pieces

, cut into pieces

or

, or

(optional)

or  
, bottom third only, chopped  
, seeded and chopped  
, chopped

, chopped

(optional)

,

, minced

or

to taste

or

or

such as

, or

,

, or

, softened

,

(about 3 pounds)

or

(2 1/4 per package)

or

or

(2 1/4 per package)

or

or

(2 1/4 per package)

or

or

(2 1/4 teaspoons per package)

or

or

or

(2 1/4 teaspoons per package)

Sheet1

(2 1/4 teaspoons each)  
(optional)

, at room temperature

,  
, preferably white  
(optional)

(3/4 of amount if using buttermilk with salt)

or  
, or any other rolled biscuit in this section, increasing the milk to 1 cup

, lightly beaten

or  
,  
and liquor (optional)  
, in a solid frozen brick  
or

, washed

with a high alcohol content: 80 proof or higher (optional)

or

HYPERLINK,C,70

INUM,N,6,0

- 1
- 4
- 1
- 7
- 9
- 11
- 12
- 15
- 16
- 12
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- 26
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- 30
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- 31
- 12
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- 33
- 34
- 4
- 36
- 9
- 38
- 33
- 33
- 42
- 7
- 44
- 10
- 19
- 45
- 10
- 47
- 48
- 49
- 23
- 45

Whipped Cream



Sheet1

	10
	50
	33
	33
	47
	48
	49
Whipped Cream	23
	23
	46
	54
	47
	48
	49
	23
	55
	57
	59
	61
	62
	63
	64
	65
	66
	33
bouquet garni	67
	68
	71
	62
	64
	66
	65
	33
	33
bouquet garni	67
	68
	33
	62
	60
	63
	64
bouquet garni	67
	72
	68
	76
	33
	62
	64
	78

Sheet1

bouquet garni	67
	80
	62
	64
	78
bouquet garni	67
	81
	33
	62
	64
	78
bouquet garni	67
	85
	76
	62
	64
	78
	33
	33
	63
bouquet garni	67
	87
	88
	76
	33
	62
	63
	64
	78
bouquet garni	67
	89
	62
	63
	91
	66
	92
	33
bouquet garni	67
	94
	96
	62
	64
	78
	99
	33
	59
	100
	102
	103

Sheet1

	33
	106
	76
	103
	33
	109
	106
	76
	33
	62
	64
	78
	111
	113
bouquet garni	67
	62
	64
	78
	63
	66
	116
	33
	62
	63
	64
	99
	117
	57
	100
	4
	94
	64
	62
	66
	120
	124
	111
	126
	7
	96
	99
	127
	130
	92
Chicken Stock	131
	47
	62
	49
	133

Sheet1

	135
	68
	94
	135
	47
	140
	142
	68
	69
Chicken Stock	131
	23
	68
	94
	62
	146
Chicken Stock	131
	92
	148
	68
White Veal Stock	149
	133
	135
	71
	68
	133
	133
	62
	64
	60
	135
Brown Beef Stock	151
	98
	55
bouquet garni	67
	133
	94
	62
	10
	92
Brown Beef Stock	151
	71
	57
	133
	135
	156
	69
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	159
	71
	92
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	57
	55
	59
	100
	92
Sauce Espagnole (Basic Brown Sauce)	109
	165
	55
	68
	133
	71
Brown Beef Stock	151
	92
Sauce Espagnole (Basic Brown Sauce)	109
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	133
	159
	92
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	55
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Sheet1

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	174
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	68
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	159
	59
	175
	72
	68
	23
	41
	133
	41
	63
Chicken Stock	178
	131
	34
	180
	68
	133
	55
	62
	92
Chicken Stock	131
	182
	173
	10
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	68
	133
	94
	71
	159
	92
Reducing Stock to a Glaze	158
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	191
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	68
	133
	159
	71
	92
	194
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	23
	34
	72
	68
	197
	33
about butter	133
	72
	200
	68
	197
	72
	138
	68
about butter	133
	92
	163
	159
	204
	100
	197
	33
about butter	133
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	133
	94
	62
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	66
	211
	8
	199
Brown Beef Stock	151
	68
	214
	127
	62
	66
	216
	218
Chicken Stock	131
	68
	94
	62
	66
Chicken Stock	131
	221
	148
	68
	224
	226
	228
	194
	66



Sheet1

230  
232  
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Sheet1

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	142
	211
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	197
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	254
	323
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	68
	96
	133
	127
	94
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	23
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	293
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	193
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Sheet1

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142  
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265  
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314

Sheet1

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	55
	339
	170
	340
	66
	175
	163
	94
	68
	342
	320
	340
	170
	72
	69
	55
	33
	50
	197
	72
Vegetable Stock	318
	68
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	92
	197
	72
	68
	344
	346
	66
	218
	72
	296
	199
	259
	347
Chicken Stock	131
	348
	349
	284
	66
	68
	211
	239
	94
	94
	257
	140

Sheet1

43  
254  
127  
228  
140  
294  
265  
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218  
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Sheet1

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366  
175  
194  
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10  
92  
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66  
55  
57  
100  
59  
4  
68

Garam Masala

Sheet1

368  
369  
109  
10  
100  
100  
296  
239  
10  
68  
100  
68  
371  
57  
211  
175  
372  
199  
191  
284  
10  
211  
323  
199  
291  
68  
100  
9  
374  
100  
349  
284  
4  
289  
127  
375  
284  
349  
230  
138  
194  
68  
289  
199  
242  
127  
163  
178  
280

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