

Cooking In Quarantine

recipes developed during the pandemic

William Ryan

Wide Rule

**100 Sheets • 200 pages
9¾ x 7½ in/24.7 x 19.0 cm**

TOP FLIGHT

Wide Ruling

NAME: _____
SCHOOL: _____

Semester/Quarter	Period	From/To

Semester/Quarter	Period	From/To

Semester/Quarter	Period	From/Tc

Semester/Quarter	Period	From/To	Subject	Rm #	Instructor	Days

Quarantine Cookbook

800820

Desserts

- + Croissants ✓
- ④ Blueberry pie ✓
- + Lemon tart ✓
- + Chocolate Mouse ✓
- + Coconut-ginger cookies ✓

Starters

- + Shrimp cocktail ✓
- + Salmon crostini ✓
- + Sourdough crackers ✓
- + Mushrooms ✓

Cocktails

- ④ Pink lemonade ✓
- ④ Rum Sour ✓
- + Mojito ✓
- + Mango whisky / Sour

Mains

- + Lamb Pita
- + Scallops + linguini

Tacos

- ④ Pesto gnocchi
- BBQ shrimp
- Beef Wellington
- Chicken Alfredo
- + Orange/Green Salmon

BBQ

- + Pork butt ✓
- Brisket ✓
- ④ Ribs ✓
- + Curry + cornbread
- ④ Alabama
- ④ 3BBQ
- ④ Honey mustard

Note: This isn't a cookbook. This is a journal of recipes, menus, and information I assembled throughout the summer of 2020. I've learned a lot since then. There is a lot in the notebook that I would do differently. There's more I wouldn't dare to.

The original notebook includes typed-in menus from work events, spelling mistakes, oil stains, and more chicken scratch than I care to admit. I've included some of that here to share the good, the bad, and the tasty from that summer of cooking.

These may not be all of my best recipes, but they are some of my favorite.
Enjoy!

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Cocktails



7/14/20 Mojito

Muddle

- { 1 oz lime juice ← must be fresh
- 1 oz syrup
- 6-8 mint leaves ← lightly crushed, don't tear or release oil
- 2 oz white rum
- club soda to top
- build in highball glass

* cut limes partially vertically before fully in half to make easier to juice



Simple syrup

1:1 sugar:water by volume
- combine in saucepan

* can make 2:1 to keep longer or add a splash of vodka once cool



7/10/20 Pink Lemonade

2 oz vodka

1 oz triple sec

3/2 oz cranberry juice

1/2 oz lemon

1/2 oz lime

2 oz lemonade

- Shake over ice
- Serve in ice-filled highball



Lowball

- "neat"
- "rocks"



Highball

- Collins
- anything with soda water
- filled w/ ice



Cocktail

- "up"
- Martinis + Sours



7/14/20 Rum Sour

2+ oz dark rum → bully boy boston rum

1 oz syrup

1 oz lemon juice

1 egg white

5 dashes bitters (angostura) for garnish



* really requires fresh eggs for proper smell in finished drink

draw straw/toothpick
through to make
flower shape



Stawlers



Tried w/ AP flour
• Dough too fragile
• Highly reworkable

5/14/20 Sourdough Crackers

- 120g WW flour 80g AP
40g WW
- 1/2 tsp salt
- 220g starter scraps
- 60g butter
- Dried herbs + Finishing salt

use bench to flip
dough
& Bake on silpat

- Mix into smooth dough
- Halve dough
- cover
- Chill ~30 min
- oven @ 350°
- Roll dough to $\frac{1}{16}$ "
- brush w/ EVOO
- cut crackers \rightarrow pizza cutter
- Deck crackers - prick w/ fork
- Bake until brown, flipping once (20-30')

Tuesday
- BBQ chicken
- Sourdough crackers

Wednesday - Hummus
• Bangers meal
• G. Beans w/
shallots

Thursday - Tomato Shrimps
• Truffle risotto

Friday - Blagjece
• Sourdough

5/15/20 HUMMUS

* Alkalinity
dissolves pectin*
hemicellulose in
cell walls

- cooked chickpeas ~250g raw
- 1/4 c lemon juice
- 1/4 c tahini (40g) (40g) (80g)
- 2 cloves garlic
- 2 tbs EVOO
- spices (cumin, paprika, sumac)
- salt $\hookrightarrow \frac{1}{4}$ tsp
- zest of lemon

Hummus:
- blend lemon juice + tahini until creamy
- Add EVOO, garlic, spices
- Add chickpeas until smooth

Chickpeas:
- soak in water
- add 1 tsp baking soda*
- leave overnight
- bring to simmer
- cook 1 hr w/ lid
- Rinse + drain

note: the more of the skin you remove,
the silkier it will be, so decide how
much you like the person you're
cooking for



8/26/20 Nasturtium Pesto

Pine nuts

EVOO

Nasturtium greens

Garlic

Parm cheese

S&P

WW Vinegar

Tomato water?
Tom solid?
Tom speck?



Nasturtium Syrup

- Pour 1c boiling water over 1c flowers
- Sleep 24 hours
- Strain flowers
- Combine w/ 1c sugar

* kinda gritty and
green in flavor.
More acid?

Tomato Harvest, USES

- caprese salad
- Tomato chips
- Pizza sauce
- Pasta
- Salsa + Pico de Gallo
- Homemade BBQ
- Grilled cheese + tomato soup
- Tomato paste
- Tomato + Egg + Toast
- Grilled Bruschetta

Bu: canning set
Deli containers
Deep freezer



6/11/20 Tacos

18:10
marinade

Shrimp Ceviche:

- blend + shock ceviche in court bouillon
- serve w/ tortilla chips
- marinade shrimp in 1:1:1 lemon:lime:orange juice
- chopped red onion, jalapeño, parsley, avocado, tomato
- toss, chill 1 hr, serve
- * chopped/diced/marinated shrimp directly before serving

19:20 fry

19:30 serve

19:40 build

Salmon Crostini:

- sourdough baguette broiled w/ evoo + salt
- spread base of ricotta
- layer smoked salmon + dill
- balsamic glaze?

add cheese

19:40 broil
19:50 serve

Stuffed Peppers:

- brown rice, lentils, diced tomato + onion
- shredded mozzarella + broil tops
- top w/ basil

@ 350° 15 covered
375 10 uncovered

18:50 build

Duck Carnitas:

20:05
serve

- confit duck
- salsa verde w/ shaved radishes
- mango + pear hairs
- serve on scallion pancakes

* added ground beef
but can easily be
vegan

↓

Spicy Meatballs

- cinnamon + cayenne + chile?

not a crowd
favorite

Date:	From:	To:
Thursday July 23		
Contact: Phone: Address:		
Email:		
Bar open cash	<input type="checkbox"/>	<input type="checkbox"/>
Wine Selection: Red White		
Number of Guests:	Time of Arrival:	Time of Departure:
	To be Printed by:	Time of Next Service:
	Print:	Panel:

2 - Fish fillets - lemon
 (lemon & lime & thyme) -
 White: lime + lemon (grill)
 a - Grilled: lime + lemon (not/ raw)
 White: lime + mint
 3 - Fish fillets - herb
 (herb & lime - half cook
 (lime & herb & lemon))
 White: lime + lemon (grill)
 Red: herb wings (herb wings added)

Note:

4 - Fish fillets - lemon
 (lemon & lime & thyme) -
 White: lime + lemon (grill)
 Red: herb wings (herb wings added)

5 - Fish fillets - cheese
 (cheese au gratin and after baked
 with bread crumbs)



Mains



8/28/20 Chicken Pesto Gnocchi

Gnocchi

-
590g peeled potatoes
1 egg + 1 egg yolk
160g AP flour + more
300g for dusting

→ save potato water for pasta

→ let cool before adding egg

Boil @ 22:08
Roll @ 22:17
Pull @ 22:45
→ just before fork tender

Pesto

~3c basil
10g pine nuts
15g parmesan
461-437 EVOO
887-871



9/3/20 Orange + Green Salmon

Carrot Puree

- 200g carrot
water: ~~794 - 538~~ 230g
salt: 1/2 tsp
butter: 2 tbs
lemon juice: 1/2 tsp
- covered

Pear Puree

155g pears
water: ~~937 - 738~~ 150g
butter: 2 tbs
lemon juice: 1/2 tsp

- simmer uncovered until tender
- blend
- add salt + lemon juice

Salmon skin up ~4 min
skin down ~5 min

High heat ∵ crisp

Inscription:

To my family,
without whom, these
last eight months
wouldn't have been
the same



7/14/20 Lamb Pitas

Yogurt Marinated Lamb

Lemon juice

Garlic

Yogurt (greek - plain)

Salt + Pepper

EVOO

Coriander + Cumin + Redd pepper flakes + (caraway)
Calamint

Vacuum sealing + lots of lemon
juiced helped tenderize the
meat in only 6 hours

Grilled on plancha for increased
smokey flavor → yogurt helped keep meat soft
after cooking

Pitas:

- Red onion
- Chopped romaine
- Tatziki
- Avocado
- Smoked Pepper
- Feta spread

Tatziki:

- Greek yogurt
- Lemon juice
- Shredded + salted cucumber
- Salt
- Dill

Feta Spread

- Char bell peppers (orange + red)
- blend w/ habanero
- blend in feta
- stream in EVOO
- Season

7/12 Prep

~~Layout chick~~
~~DC Potato Salad~~
~~Toss fresh + old chick~~
~~Wash in orange~~
~~Shake Salad~~

Knife:

Celery

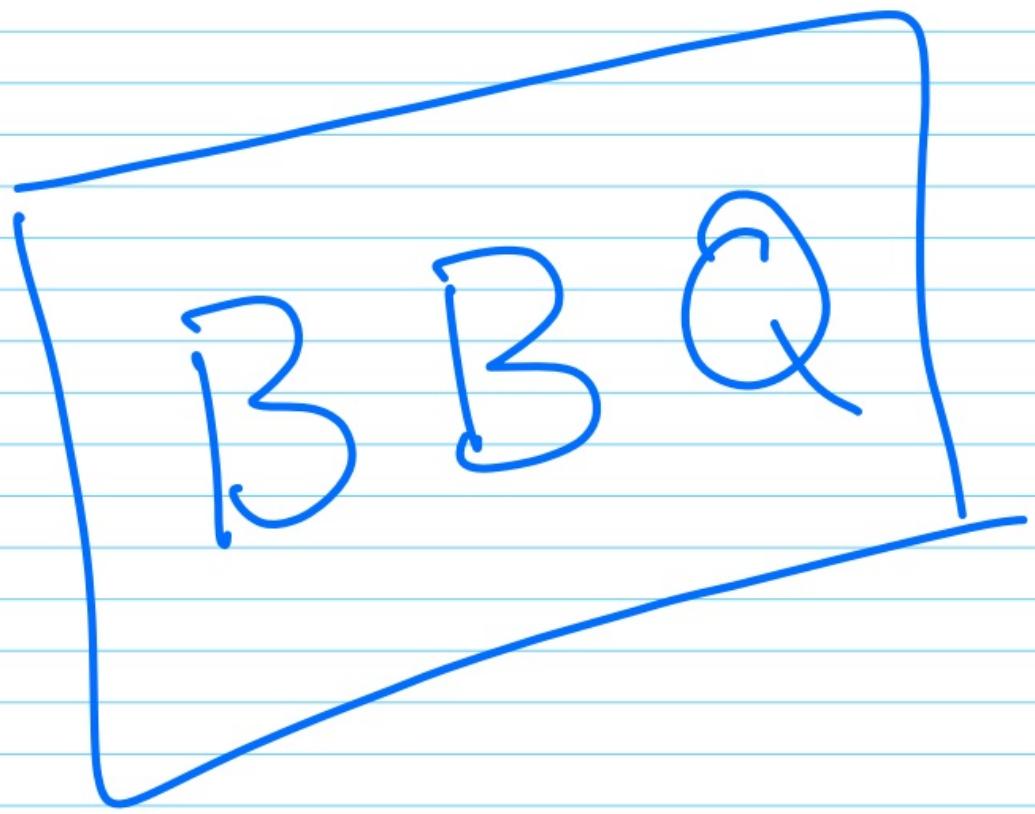
Iceberg

Tomato

Bull ketchup packets

Toss parmesan







5/16/20 Cherry Wood Shrimp

Marinade:

- 3 tbs worcestershire sauce
- 2 tbs soy sauce
- 3 cloves garlic
- 2 dashes hot sauce (sriracha)
- 3 tbs EVOO
- 1/4 tsp cumin
- 1/2 tsp pepper
- 2 tbs apple cider vin

* look for blackened tails

- Marinate shrimp 30 min
- soak skewers
- skewer shrimp
- Grill over medium heat
↳ 3, 3, 1, 1
- brush w/ butter
- finish w/ bbq sauce
- serve w/ rice

* cooked 1 1/2 lbs shrimp

- charcoal grill open cover
- add cherry woodchips over coals → be careful to manage flare-ups

* brushed with BBQ sauce after turning over



3/25/20 Pork Butt Carnitas

09:00 on smoker/grill @ 275°
 12:00 check + spritz
 16:00 wrap
 19:00 OFF

- smoked w/ hickory chips
- Rub: mustard, S+P, paprika (for color)
- Every 19' first 3h adding chips + charcoal
- Spritzed ~2x/hour (as needed)
- Had a firm but not hard crust
- @ 16:00, full aroma, meat still firm
- Pulled around 195° interval
- Had good flavor around bark
 - nice smokiness
 - Proper seasoning
- It was a bit dry so use a sauce

weather:

34°, breezy, cloudy @ 09:00
 39°, breezy, part cloud @ 12:00

Mistakes:

- Forget water tray in first 20'
- Grill thermometer is opposite vent(s). over coals
↳ difficult to check temp
- Should have sprayed foil

5/12/20 BBQ Pulled Chick

weather: 45-50°F

windy, exposed door downward

First cook on offset smoker

- Temps may run hot due to shiny interior. This should lessen once a layer of soot forms inside, radiating less heat inwards
- Top thermometer also reads +60-80° from beer gun, so maybe relocate?
- used bread pan for water tray inside
- Need smaller chunks of wood

Fire Combustion Notes

wood burns in 3 stages

1. evaporative → low temp, burning off water
2. Gaseous combustion → high temp +600°C, open flame
3. Carbon (charcoal) ember → longer and more even burn @ lower temp

Chicken

- brush w/ melted butter
 - S+P
 - Paprika
 - Left skin on
- if hrs w/ top thermo reading 300° → 220° on base wrapped 3hrs, uncover to finish



8/30/20 Ribs

Weather: 62°, cloudy, gusty winds
→ stronger for the first half
of cook, calmed to gentle breeze

- 13:00 - slather + rub
13:10 - ribs of
14:30 - started smoking ← apple wood
16:00 - wrap + sauce
17:00 - chix on
18:50 - Pull all meat
19:00-30 - Serve

sausage smoked until
internal 160°
(on smoker @ 18:00)

photo pre
+ cornbread

↳ photo ribs + sauces

Rest all meat in oven @ 170°

Collard Greens

- 2 lbs greens / washed + chopped
2 large onions
3 clove garlic
4 c chick stock
1 c beef stock
butter

sauté onion + garlic
wilt greens lightly
→ will have dark
green color
add stock
simmer, covered, until tender
~1 hr.



6/28/20 Brisket

61° with
no wind

- 03:00 - Trim, slather, rub
- 03:30 - Smoker on @ 255°
- 04:00 - Brisket on smoker
- 07:00 - Check meat, smoker → 265°

✓
09:40
12:00 - wrap, lift over stall
smoker → 275°

16:00 - check
18:00 - off, rest
18:30 - eat
12:00

Temps		
04:00	point	32
	flat	32
05:30	point	64
	flat	93
07:30	point	138
	flat	145
09:40	point	154
	flat	154
12:00	point	196
	flat	203

* finished really early
rested 2hr in foil
in a dry cooler

Trimming Notes:

- Take away treated edges
- Cut away waxy, fat
- Keep pillowry fat
- Target 1/4" of fat
- keep everything aerodynamic

Cooking Notes:

- Slather w/ dijon-yellow mustard
- 50:50 salt:pepper
- Point: flat temperature difference will narrow more rapidly after fat melts ~90°
- use 3 temp probes
 - Grill surface
 - Point
 - Flat

9/20/20 Brisket Notes

* Rendered drippings will greatly accelerate as you approach the stall

* At 13:30 (after stall) temp differential was [11°F], so I dropped smoker temps to ~200° to equalize



Ateco
#7385

5/30/20 Skillet Cornbread

Ingredients:

- 6+ tbs butter
- 1 1/4 c yellow cornmeal (200g)
- 1 1/4 c AP flour (210g)
- 1/2 c Sugar (-) (90g)
- 3/4 tbs baking soda + 2 1/2 tsp powder
- 1 tsp salt
- 1 1/2 c buttermilk
- 1 large egg
- 1 tbs honey

* Can make buttermilk by combining 1 1/2 c Milk with 1 1/2 tbs white vinegar. Mix + let sit 15'

Directions

- Preheat oven w/ 10" cast iron skillet to 425°
- whisk cornmeal, flour, sugar, baking powder, soda, and salt in a bowl
- whisk buttermilk, egg, honey, 6 tbs butter together in a larger bowl
- mix gently until combined, folding gently w/ spatula
- brown butter to cover skillet
- bake 20 min until toothpick comes out clean
↳ reduce heat to 375° after adding batter

* for more hydrated cornmeal, let batter chill overnight, return to room temp to bake

* if using GF flour, substitute 30g flour for 30g cornmeal and use 3 tsp baking powder



5/30/20 Alabama White Sauce

Mustard (20) → brown not dijon

Apple cider vin (20) 65

Salt (7.5)

Pepper

Egg 1/2 lk (2)

Oil (20) 240

Lemon juice (20)

Horse radish (1/4 tbs) 1 1/2 tbs

Cayenne (1/4 tbs)

b sugar (25)

8/30/20 Honey Mustard

53 Mayo

10 yellow mustard

1/2 tbs Salt Pepper

1/8 tbs

Honey

1 tbs Apple cider vin

~~Gochie Powder~~

Pinch paprika

9 dijon

× 4 for book

300 mL

5/21/20 Aaron Franklin's BBQ Sauce

- 2 tbs lard
- 1/3 large yellow onion
- 4 cloves garlic
- 1 c. brown sugar
- 1 c apple cider vin
- 2 c ketchup
- 1 tsp paprika
- 1 tsp mustard powder
- 1 1/2 tsp salt
- 1 tsp pepper
- 4 dashes worcestershire

- saute onion till translucent
- brown garlic
- add sugar and stir until glazed
- stir in vinegar, ketchup, spices
- whisk until thickened 3-5'
- add worcestershire
- move to blender and blend until smooth

*For this cook, I'm going to use sweet baby rays because we have too much in house → I don't like its high sugar though





Desserts



5/27/20 Blueberry Pie

- Pie crust
 - 140g sugar
 - 30g cornstarch
 - 2tbsp lemon zest
 - 1/8 tsp all spice → more
 - 1/8 tsp cinnamon
 - 1/8 tsp salt
 - 900g blueberries
 - 1tbs butter ↗ could do a little more
 - 1 egg yolk
 - splash cream milk
- one small lemon
juice

- Form bottom shell
- Chill
- Mix filling
- Add to pie
- Chill
- Cut lattice top
- Chill
- bake @ 400° 20'
- wrap crust
- bake @ 350° 35'
until DGB

Pie Crust

- 325g AP Flour
- 1 tbs salt
- 1tbs sugar
- 230g cold butter
- 4tbs cold water (6)
- splash milk

* I cut the circle a little too small again



4/15/20 Coconut + Ginger Cookies

$\sim 16-20$

*dough is
pretty loose
1/2 c easier to
form with spoon
try 1 1/2 c flour

1 1/4 c AP Flour (150g)
1/2 tsp baking soda
1/8 tsp salt
1/2 c butter (room temp) (113g)
1 c (200g) palm sugar
1 egg + 50g white
1/2 tsp vanilla
1 1/3 c coconut (95g)
1 tsp ginger (ground)
(1-2 tsp)

- preheat oven 375°
- blitz coconut + palm sugar in food processor until smooth
- cream butter, egg, vanilla
- combine dry ingredients
- sift into wet
- roll into balls (1")
- bake 14 min

→ difficult to powderize palm sugar
- tried food processor + blender
- Avoid caramelizing powder

~~1c coconut
1c flour~~

8 min - 1 1/4 c flour

thin, crispy, snickerdoodle
coloring, browned edges
wide spread, light golden
brown, toasted coconut
forward taste

* what about brown in
cookie? lemon glaze?



4/9/20 Croissants

* European butter is required to have 83% butter fat
notes: try using stone countertop for rolling pastry dough
Very cold butter was soft and needed less time to warm

Puff Pastry (pâte feuilletée)

- Bring 345g butter out to sit

{
• 1/4 c (60g) butter
• 500g AP flour
• 50g sugar
• 2 tsp salt
• 1 tbs dry yeast
• 1 1/2 c milk-whole

{
• 350g butter
• 2 tbs flour

- combine dry ingredients till smooth

- add butter

- add cold milk

- knead ~5" until smooth

- Roll flat on parchment

- Rest, covered in fridge 30"

- Try to minimize dough/dough folds

- Roll into 14x10" sheet

- Let rest 4 hr

* doesn't need a full 4 hr rest between folds

* look for 5-6 folds

- Roll out dough for last time

~8" wide

~However long

- cut 4" wide 8" long strips

- cut diagonals

- stretch + roll each triangle

- let proof 2 hrs

- Egg/milk wash

- bake ~25" @ 350°



6/10/20 Lemon Tarts

Varied from
Dominique Ansel
* very wet
dough
* dough is
very delicate
very heavy
→ flour heavily
→ roll gently

Shell:

- 81g confectioners sugar
- 127g butter
- 1 egg
- 1 tsp vanilla
- 186g AP flour
- 47g cornstarch
- 1/2 tsp salt

- cream butter + sugar
- add egg
- add vanilla
- Add flour + salt + cornstarch
- mix till combined
- flatten + chill (35')
- Roll + blind bake

Filling:

- 3 eggs (2 eggs + 2 yolks)
- 150g sugar
- 1 tbs lemon zest
- 1/2 c lemon juice
- 2 tbs H. cream
- 115g butter

- combine eggs, sugar, lemons, cream in a double boiler
- whisk constantly until thickened
↳ (170° or coat spoon)
- strain through sieve
- slowly add butter, whisking constantly
- cool to room temp

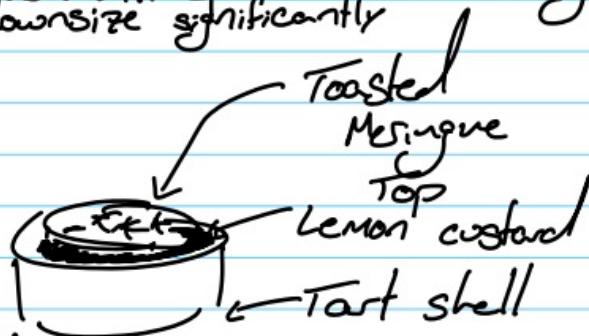
- Pecan/crust
- Fill w/ room temp filling
- Chill to set

- * Can serve w/ meringue or pavlova over top
 - ↳ best to use convection oven to fully dehydrate topping
 - ↳ disk will spread while cooking so downsize significantly

Meringue: makes ~20?

- 4 egg whites
- 3/4 c sugar
- 1 tsp lemon juice
- splash vanilla

- preheat oven to 250°F
- whip egg whites (it takes a while)
- add sugar slowly
- add vanilla
- bake 30-45 min until peaks begin to brown





7/20/20 Chocolate Mousse

6 oz semi sweet choc
14 oz cream
3 egg whites
confectioners sugar
1 dash vanilla

- create ganache w/ chocolate
- 4 oz cream
- cool to 95°F
- whip cream, sugar, vanilla to firm peaks
- whip egg whites to medium meringue
- fold ganache into meringue
- Fold cream into mixture
- Chill - set 1-2 hours



2020 was a year unlike any other in our lives. When a two week lockdown crept into two years of masking, surveillance testing, and uncertainty, we had to find new ways to spend our time. We slowed down, we returned to our families, and we picked up new hobbies.

For me, the summer of 2020 presented the opportunity to get back in the kitchen, to experiment, and engage with food on an entirely new level. Whether pleasantly surprising family members with a new dish they didn't expect to enjoy, making up for lost opportunities to study barbecue, or venturing into the dangerous territory of mixology, the time in lockdown made space for one of the more creative periods in my life. While we deeply missed the pace of our 'normal lives,' I appreciated the time spent with my family, the recipes I got to create, and even the chance to grow a pretty horrendous beard.

Thank you to all those who made that summer so special, including the Greenway Gals; my neighbors on Lake Sunapee; my dog, Bella; and of course, my fearless taste-testers, Mom, Dad, Matthew, and Thomas.

MULTIPLICATION TABLE

1	2	3	4	5	6	7	8	9	10	11	12
2	4	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33	36
4	8	12	16	20	24	28	32	36	40	44	48
5	10	15	20	25	30	35	40	45	50	55	60
6	12	18	24	30	36	42	48	54	60	66	72
7	14	21	28	35	42	49	56	63	70	77	84
8	16	24	32	40	48	56	64	72	80	88	96
9	18	27	36	45	54	63	72	81	90	99	108
10	20	30	40	50	60	70	80	90	100	110	120
11	22	33	44	55	66	77	88	99	110	121	132
12	24	36	48	60	72	84	96	108	120	132	144

Table of Time Measure

60 seconds = 1 minute
 60 minutes = 1 hour
 24 hours = 1 day
 7 days = 1 week
 30 days = 1 calendar month
 12 months = 1 year
 365 days = 1 common year
 366 days = 1 leap year
 100 years = 1 century

Table of Dry Measure

2 pints = 1 quart
 8 quarts = 1 peck
 4 pecks = 1 bushel
 1 cord = 128 cubic feet

Table of Liquid Measure

4 gills = 1 pint
 2 pints = 1 quart
 4 quarts = 1 gallon
 31.5 gallons = 1 barrel
 2 barrels = 1 hogshead

Table of Paper Measure

24 sheets = 1 quire
 20 quires = 1 ream
 10 reams = 1 bale

Miscellaneous Measures

12 units = 1 dozen
 12 dozen = 1 gross
 12 gross = 1 great gross
 20 units = 1 score
 hand = 4 inches
 1 fathom = 6 feet
 1 knot = 6076 feet
 3 knots = 1 league
 1 bu. potatoes = 60 lbs.
 1 barrel flour = 196 lbs.
 cu. feet of water = 62.4 lbs.
 1 gallon water = 8.33 lbs.

Circle diameter \times 3.1416 = circumference

Circle diameter squared \times 0.7854 = area

Atmospheric pressure is 14.7 lbs. per square inch at sea level

13.5 cubic feet of air weighs 1 lb

Em is the square width of any given type size.

Conversion Tables

LENGTH

1 meter = 100 cm. = 1,000 mm.
 1 millimeter = 0.001 meter
 1 centimeter = 0.01 meter
 1 decimeter = 0.1 meter
 1 decameter = 10 meters
 1 hectometer = 100 meters
 1 kilometer = 1,000 meters

CAPACITY

1 liter = 100 cl. = 1,000 ml.
 1 milliliter = 0.001 liter
 1 centiliter = 0.01 liter
 1 deciliter = 0.1 liter
 1 decaliter = 10 liters
 1 hectoliter = 100 liters
 1 kiloliter = 1,000 liters

WEIGHT

1 gram = 100 cg. = 1,000 mg.
 1 milligram = 0.001 gram
 1 centigram = 0.01 gram
 1 decigram = 0.1 gram
 1 decagram = 10 grams
 1 hectogram = 100 grams
 1 kilogram = 1,000 grams

METERS	YARDS	INCHES
1.00	1.093	39.37
0.914	1.000	36.00

CENTIMETERS	INCHES	FEET
1.00	0.394	0.0328
2.54	1.000	0.0833
30.48	12.000	1.0000

KILOMETERS	MILES
1.00	0.621
1.609	1.000

GRAMS	OUNCES	POUNDS
1.00	0.035	0.0020
28.35	1.000	0.0625
453.59	16.000	1.0000
1,000.00	35.274	2.2050

KILOGRAMS	OUNCES	POUNDS
1.00	35.274	2.2050
0.028	1.000	0.0625
0.454	16.000	1.0000

LITERS	PINTS	QUARTS	GAL.
1.000	2.113	1.057	0.264
0.473	1.000	0.500	0.125
0.946	2.000	1.000	0.250
3.785	8.000	4.000	1.000

