

Kitchen & Cooking Ratios

ਰਸੋਈ ਅਤੇ ਖਾਣਾ ਬਣਾਉਣ ਵਿੱਚ ਅਨੁਪਾਤ (Ratios) ਅਤੇ ਹਿੱਸਿਆਂ (Fractions) ਦੀ ਵਰਤੋਂ

1. Understanding Ratios in the Kitchen (ਅਨੁਪਾਤ ਕੀ ਹੈ?)

A **Ratio** compares two or more quantities showing their relative sizes. In cooking, maintaining the correct ratio ensures consistency and great taste every single time.

ਰਸੋਈ ਵਿੱਚ ਅਨੁਪਾਤ (Ratio) ਦਾ ਮਤਲਬ ਹੈ ਵੱਖ-ਵੱਖ ਸਮੱਗਰੀਆਂ (Ingredients) ਦਾ ਆਪਸੀ ਹਿਸਾਬ। ਜੇਕਰ ਅਸੀਂ ਇੱਕ ਚੀਜ਼ ਵਧਾਉਂਦੇ ਹਾਂ, ਤਾਂ ਦੂਜੀ ਚੀਜ਼ ਵੀ ਉਸੇ ਹਿਸਾਬ ਨਾਲ ਵਧਾਉਣੀ ਪੈਂਦੀ ਹੈ।

RECIPE SCALING FORMULA

$$\text{Scaling Factor} = \text{Desired Servings} / \text{Original Servings}$$

2. Daily Kitchen Examples

Scenario A: Perfect Rice Water Ratio (ਚੌਲ ਬਣਾਉਣ ਦਾ ਹਿਸਾਬ)

Standard Ratio: Rice to Water ratio is **1 : 2** (For 1 cup of rice, use 2 cups of water).

1. Cooking for 2 People:

1 cup Rice + 2 cups Water

2. Cooking for 6 People (3x Servings):

Scaling Factor = $6 / 2 = 3$

Rice Needed = $1 \times 3 = 3 \text{ cups}$

Water Needed = $2 \times 3 = 6 \text{ cups}$



Kitchen Pro Tip: Ratios remain identical regardless of the measuring container used (whether it's a cup, glass, or bowl)!

Scenario B: Scaling a Tea Recipe (ਚਾਹ ਦਾ ਹਿਸਾਬ)

Base Recipe for 2 Cups of Tea:

- Water: 1 cup
- Milk: 1 cup

- Tea Leaves: 2 teaspoons
- Sugar: 2 teaspoons

Problem: Guests arrive! You need to make tea for **10 people**. How much of each ingredient is needed?

1. Step 1: Calculate Scaling Factor

$$\text{Scaling Factor} = 10 / 2 = 5$$

2. Step 2: Multiply All Ingredients by 5

$$\text{Water} = 1 \text{ cup} \times 5 = 5 \text{ cups}$$

$$\text{Milk} = 1 \text{ cup} \times 5 = 5 \text{ cups}$$

$$\text{Tea Leaves} = 2 \text{ teaspoons} \times 5 = 10 \text{ teaspoons } (\sim 3.3 \text{ tbsp})$$

$$\text{Sugar} = 2 \text{ teaspoons} \times 5 = 10 \text{ teaspoons}$$

3. Unit Conversion Cheatsheet

Measurement Unit	Equivalent In Smaller Unit	Practical Kitchen Example
1 Tablespoon (tbsp)	3 Teaspoons (tsp)	Spices & Oil measurement
1 Cup	16 Tablespoons / 240 ml	Liquids, Flour & Milk
1 Kilogram (kg)	1,000 Grams (g)	Flour, Vegetables & Sugar
1 Litre (L)	1,000 Millilitres (ml)	Water & Milk

4. Practical Practice Exercises (ਅਭਿਆਸ ਲਈ ਪ੍ਰਸ਼ਨ)

Q1 Pancake Batter Ratio: A recipe uses Flour to Milk in a ratio of 2 : 3. If you use 4 cups of flour, how many cups of milk do you need?

Answer: Scaling Factor = $4/2 = 2$. Milk required = $3 \times 2 = 6$ cups.

Q2 Halwa Recipe Scaling: Sooji Halwa calls for equal parts Sooji, Sugar, and Ghee (1 : 1 : 1 ratio) plus 4 parts Water (1 : 4 ratio to Sooji). If you make halwa with 250g of Sooji, calculate the weight of Ghee and volume of Water needed.

Answer: Ghee = 250g | Sugar = 250g | Water = $250g \times 4 = 1,000ml$ (1 Litre).

Q3 Lemonade Mix: To make lemonade, you mix Lemon Juice and Water in a 1 : 5 ratio. If you have 100ml of lemon juice, how much total lemonade can you prepare?

Answer: Water = $100ml \times 5 = 500ml$. Total Lemonade = $100ml + 500ml = 600ml$.