

HIGH ALTITUDE COOKING CONVERSIONS



BOILING TEMPERATURES BY ELEVATION

Sea Level	212 / 100
500 / 152.4	211 / 99.44
1000 / 304.8	210 / 98.89
1500 / 457.2	209 / 98.33
2000 / 609.6	208 / 97.78
2500 / 762	207 / 97.22
3000 / 914.4	206 / 96.67
3500 / 1066.8	205 / 96.11
4000 / 1219.2	204 / 95.56
4500 / 1371.6	203 / 95

5000 / 1524	202 / 94.44
5500 / 1676.4	201 / 93.89
6000 / 1828.8	200 / 93.33
6500 / 1981.2	199 / 92.78
7000 / 2133.6	198 / 92.22
7500 / 2286	197 / 91.67
8000 / 2438.4	196 / 91.11
8500 / 2590.8	195 / 90.56
9000 / 2743.2	194 / 90
10000 / 3048	193 / 89.44



CANNING PROCESSING TIME BY ELEVATION

ELEVATION (FEET / METERS)	ADDITIONAL PROCESSING TIME
Sea Level	0
1000 - 3000/ 304.8 - 914.4	5 MINUTES
3000 - 6000/ 914.4 - 1828.8	10 MINUTES
6000 - 8000 / 1828.8 - 2438.4	15 MINUTES
8000 - 10,000 / 2438.4 - 3048	20 MINUTES



CANNING PRESSURE BY ELEVATION

ELEVATION (FEET / METERS)	CANNING PRESSURE (IN POUNDS)
Sea Level	0
1000 / 304.8	0.5
2000 / 609.6	1.0
3000 / 914.4	1.5
4000 / 1219.2	2.0
5000 / 1524	2.5
6000 / 1828.8	3.0
7000 / 2133.6	3.5
8000 / 2438.4	4.0
9000 / 2743.2	4.5
10000 / 3048	5



CANDY TEMPERATURES BY ELEVATION

ELEVATION (FEET / METERS)	BOILING POINT (°F / °C)
Sea Level	212 / 100
1000 / 304.8	210 / 98.89
2000 / 609.6	208 / 97.78
3000 / 914.4	206 / 96.67
4000 / 1219.2	204 / 95.56
5000 / 1524	202 / 94.44
6000 / 1828.8	200 / 93.33
7000 / 2133.6	198 / 92.22
8000 / 2438.4	196 / 91.11
9000 / 2743.2	194 / 90
10000 / 3048	193 / 89.44



Cookmarkhigh Altitude Cooking Adjustments For 60009000 Ft

Caroline Trask Norton



Cookmarkhigh Altitude Cooking Adjustments For 60009000 Ft:

Cookmark Jan Benedict,1993-04 **Subject Guide to Books in Print** ,2001 **Books in Print** ,2002 *Cookmark* Jan Benedict,1993-04 *High Altitude Baking* Colorado State University Cooperative Extension,2003-04-15 A collection of recipes developed by the high altitude baking experts at Colorado State University Cooperative Extension **High Altitude Cooking (4,000-6,000 Feet)** Public Service Company of Colorado,1969 The Rocky Mountain Cook Book : For High Altitude Cooking Caroline Trask Norton,2020-09-17 Knowing the difficulty of cooking in a high altitude the author in this book has endeavoured to give the public the benefit obtained from teaching and housekeeping in Denver making high altitude cooking a special study Water boils at sea level at 212 In Denver where the air is much lighter it boils at 202 Therefore it does not reach as great a heat and boiling requires a longer time It has been the wish to make the recipes practical and easily followed by the most inexperienced cooks She has not attempted giving much information on chemistry and food values leaving that for the cooking schools No girl s education is complete without such a course An intelligent knowledge of cooking will enable thein to feed their family with less expense and giving them the variety that the family requires The desire of the author will be obtained if the book proves helpful to all who use it and inspires them with the wish for more knowledge in the art of cooking *High Altitude Baking* Patricia Ann Kendall,2005 A collection of recipes developed by the high altitude baking experts at Colorado State University Cooperative Extension *The Rocky Mountain Cook Book* Caroline Trask Norton,2015-06-04 Excerpt from The Rocky Mountain Cook Book For High Altitude Cooking In publishing the third edition the author has added many more pages and wholly reconstructed it profiting by the experience gained from the previous editions Knowing the difficulty of cooking in a high altitude the author in this book has endeavored to give the public the benefit obtained from teaching and housekeeping in Denver making high altitude cooking a special study Water boils at sea level at 212 In Denver where the air is much lighter it boils at 202 Therefore it does not reach as great a heat and boiling requires a longer time It has been the wish to make the recipes practical and easily followed by the most inexperienced cooks She has not attempted giving much information on chemistry and food values leaving that for the cooking schools No girl s education is complete without such a course An intelligent knowledge of cooking will enable them to feed their family with less expense and giving them the variety the family requires Food for invalids should be selected and cooked with the greatest care A chapter is devoted to that kind of cooking Scientific cooking should fill an important part in the training of a nurse The desire of the author will be obtained if the book proves helpful to all who use it and inspires them with the wish for more knowledge in the art of cooking About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish

or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works **The New High Altitude Cookbook** Beverly Anderson Nemiro, Donna Miller Hamilton, 1980 **The Rocky Mountain Cook Book** Norton Trask, 2013-06 Unlike some other reproductions of classic texts 1 We have not used OCR Optical Character Recognition as this leads to bad quality books with introduced typos 2 In books where there are images such as portraits maps sketches etc We have endeavoured to keep the quality of these images so they represent accurately the original artefact Although occasionally there may be certain imperfections with these old texts we feel they deserve to be made available for future generations to enjoy **High-Altitude Baking** Vicki Hayman, 2022 *ROCKY MOUNTAIN COOK BOOK* CAROLINE TRASK. NORTON, 2018

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