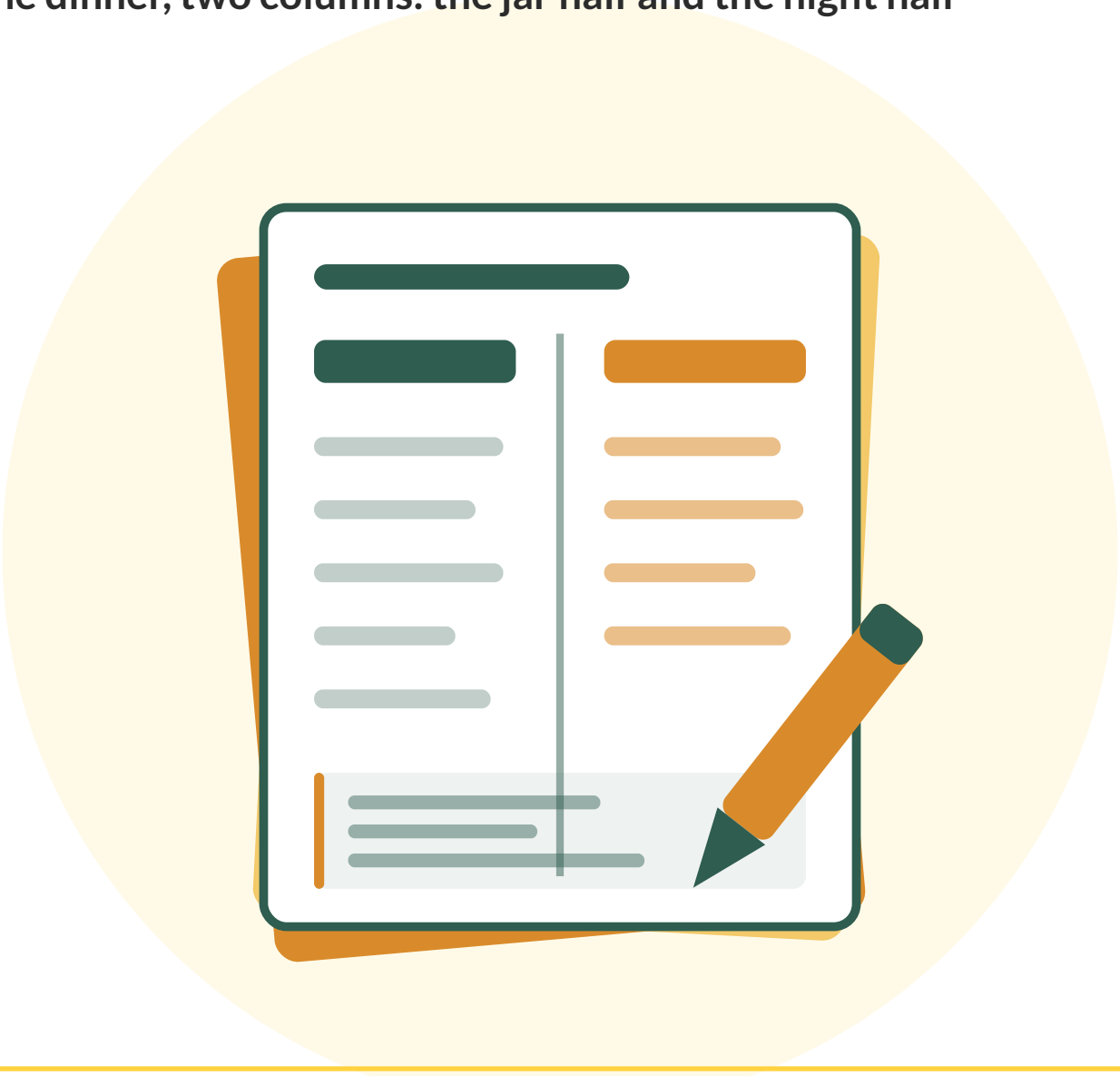
Extra 3

The Split Sheet

One dinner, two columns: the jar half and the night half



How to Use This Sheet

`Split` is the first step of the Dry-Half Method, and it happens on paper rather than at the stove. Chapter 2 gives the rule. This sheet is where you run it on the twenty-first dinner — one of your own, the one that is not in the book. Four worked examples come first, then ten blank sheets, then the rule of `Pair` on the last page.

1. Pick a dinner your household already eats. Not a new one, and not one you have to look up.
2. Left column: everything in it that keeps for months in a cupboard.
3. Right column: everything that has to be bought the week you eat it.
4. Put the amounts next to both. The measuring is the work you are moving out of the weeknight.
5. What you cannot place goes on the undecided line, with your reason written next to it.
6. Fill in the label while the sheet is in front of you, not at the stove months later.
7. Take the left column to `Pair` and check the windows before the lid goes on.
8. Print the sheet again for the next dinner. That is what it is for, and it is why these pages are not bound into the book.

Three places people get it wrong.

Milk, cream, sour cream, cheese and meat stay on the right. No jar in this book replaces them with a powder: the fresh half is the half that makes it taste like dinner, and it is the half you buy the week you cook it.

Salt and seasoning are in neither column. They go in at the end of cooking, when you taste it. A jar that was salted months ago cannot know how salty the rest of the pan turned out.

The undecided line is not a failure. Most dinners have one ingredient that could go either way, and deciding it is the job of `Pair`, not of `Split`. Write it down with the reason you are unsure, and settle it on the last page of this sheet.

Worked Example 1 — Spaghetti with Meat Sauce

The plainest case: the pasta sets the window, and everything else fits inside it.

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
12 oz spaghetti	1 lb ground beef
3 tablespoons tomato powder	2 tablespoons oil
1 tablespoon onion powder	Grated hard cheese, at the table
2 teaspoons granulated garlic	4 cups water
1 tablespoon **Italian Herb Blend** (Chapter 8)	Salt, at the end
2 teaspoons sugar	
½ teaspoon ground black pepper	

Undecided — and why: dried bell pepper. It is sold dried, so it could cross over — but the soaking table in Chapter 2 has no entry for bell pepper at all. No published number, nothing to check. What cannot be checked stays out of the jar.

> **Spaghetti with Meat Sauce**
> **Makes:** 4 servings
> **On the night:** 1 lb ground beef · 4 cups water · cheese
> **Filled:** 11 / 2026

Worked Example 2 — Pancake Supper

The easy case. Flour, sugar and leavening behave themselves in a jar.

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
2 cups all-purpose flour	2 large eggs
2 tablespoons sugar	1½ cups milk
1 tablespoon baking powder	3 tablespoons butter, melted
1 teaspoon fine salt	Whatever goes on top

Undecided — and why: nothing, and that is the point of this page. If somebody told you dry mixes only work for pancakes, this is the jar they meant. The next two pages are the ones they had not tried.

> **Pancake Supper**
> **Makes:** 4 servings
> **On the night:** 2 eggs · 1½ cups milk · 3 tbsp butter
> **Filled:** 11 / 2026

⚠ This jar holds baking powder, the shortest-lived thing in it. Appendix A has the number and who publishes it.

Worked Example 3 — Beef Stew with Dumplings

The slow ingredient. Most sheets have one.

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
2 tablespoons all-purpose flour	1½ lb stewing beef
3 tablespoons **Beef-Style Broth Base** (Chapter 8)	3 carrots, in coins
1 tablespoon onion powder	2 celery stalks, sliced
1 teaspoon granulated garlic	1 onion, chopped
1 teaspoon dried thyme	⅔ cup milk, for the dumplings
½ teaspoon ground black pepper	6 cups water
Bagged apart, for the dumplings: 1 cup flour · 1½ teaspoons baking powder · ½ teaspoon fine salt	Salt and pepper, at the end

Undecided — and why: dried carrot — a minimum soak of one hour (University of Missouri Extension, GH1564) against dumplings done in minutes. It stays out, and the carrot comes fresh.

> **Beef Stew with Dumplings**
> **Makes:** 4 servings
> **On the night:** 1½ lb beef · 3 carrots · 1 onion · ⅔ cup milk
> **Filled:** 11 / 2026

Worked Example 4 — Chicken Fried Rice

Two numbers that look close and still do not overlap.

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
1½ cups long-grain white rice	1 lb boneless chicken thigh
2 tablespoons **Savory Broth Base** (Chapter 8)	2 large eggs
1 tablespoon onion powder	4 green onions, sliced
1 teaspoon granulated garlic	1 cup peas, fresh or frozen
1 teaspoon ground ginger	2 tablespoons oil
½ teaspoon ground white pepper	3 cups water

Undecided — and why: dried green peas — half an hour of soaking at least (University of Missouri Extension, GH1564) against the fifteen to twenty minutes a package gives long-grain rice (Chapter 4). The windows miss, so the peas come fresh.

> **Chicken Fried Rice**
> **Makes:** 4 servings
> **On the night:** 1 lb chicken thigh · 2 eggs · 1 cup peas
> **Filled:** 11 / 2026

Split Sheet 1

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 2

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 3

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 4

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 5

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 6

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 7

IN THE JAR — keeps for months	ON THE NIGHT — bought that week
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 8

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 9

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Split Sheet 10

IN THE JAR — keeps for months		ON THE NIGHT — bought that week	

Undecided: _____

…because: _____

Name: _____

Makes: _____ servings

On the night: _____

Filled: _____ / _____

☐ Windows checked in `Pair` before the lid went on

Before the Lid Goes On

The rule of `Pair`, in three lines:

1. Only ingredients that finish cooking and rehydrating at the same moment share a jar.
2. Two finish together when their windows overlap. If the slower one opens after the faster one has closed, it is the slow one.
3. A slow ingredient changes form — flakes, splits, smaller pieces, a powder — or it stays out of the jar. There is no third way.

The two published tables of times are in **Chapter 2**; every shelf life is in **Appendix A**.

⚠ That grouping rule is this book's own, built on published numbers. NDSU Extension, in *A Pocket Guide to Preparing Pulse Foods* (FN2068, November 2022), writes "Cook only one kind of bean at a time if possible" — what you do when you can. The rule is for when you cannot, because a jar here is a dinner.

The Pair Checker crosses the windows for you. Your access code is in the book, at the end of Chapter 4.