

MEASURING GUIDE

MEASURING CONVERSIONS

Pinch = 1/16

Dash = 1/8 teaspoon or less

3 teaspoons = 1 tablespoon

2 tablespoons = 1/8 cup or 1 ounce

4 tablespoons = 1/4 cup

5 1/3 tablespoons = 1/3 cup

8 tablespoons = 1/2 cup

16 tablespoons = 1 cup

1 cup = 8 fluid ounces

2 cups = 1 pint = 16 fluid ounces

4 cups = 2 pints = 1 quart = 32 fluid ounces

2 quarts = 1/2 gallon = 1.89 liters

4 quarts = 1 gallon

1 oz. = 28.35 grams

1 liter = 1.06 quarts

c. = cup

T. = tablespoon

t. = teaspoon

g. = gram or grams

lb. = pound

pt. = pint

oz = ounce

qt. = quart

MEASURING CONVERSIONS

1 cup all-purpose flour - 1/2 cup all-purpose flour + 1/2 cup whole wheat flour

1 cup all-purpose flour - 1 cup + 2 Tbsp. cake flour

1 cup cake flour - 7/8 cup (1 cup minus 2 Tbsp.) all-purpose flour + 2 Tbsp. corn starch

1 cup self-rising flour - 1 cup cake or all-purpose flour + 1 1/2 tsp. baking powder + 1/2 tsp. salt

1 cup self-rising cornmeal - 3/4 cup + 3 Tbsp. white or yellow cornmeal + 1 Tbsp. baking powder + 1/2 tsp. salt

1 pkg. (1/4 oz.) active dry yeast - 2 1/4 tsp. (1/4 oz.) fast-rising yeast or 1 (1/2 oz.) cake compressed yeast

1 tsp. baking powder - 1 tsp. baking soda + 1/2 tsp. cream of tartar

1 cup honey - 1 1/4 cups sugar or 2 cups powdered sugar + 1/4 cup liquid

1 cup buttermilk or sour milk - 1 Tbsp. lemon juice or vinegar plus milk to make 1 cup; stir and let stand 5 minutes or 1 cup plain yogurt thinned with milk

1 cup whole milk - 1 cup skim milk + 2 Tbsp. melted butter or margarine

1 cup sour cream or crème fraîche - 1 cup 2% or 10% plain Greek-style yogurt

1 Tbsp. cornstarch - 2 Tbsp. all-purpose flour or 4 tsp. quick-cooking tapioca

1 cup packed brown sugar - 1 cup white granulated sugar creamed with 2 Tbsp. molasses

1 ounce unsweetened chocolate - 3 Tbsp. unsweetened cocoa plus 1 Tbsp. shortening

1 large egg - 1 Tbsp. milled flax + 3 Tbsp. water or 1/4 cup soft tofu

