MEASURING GUIDE



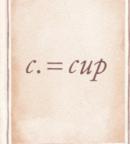
MEASURING CONVERSIONS

Pinch = 1/16

Dash = 1/8 teaspoon or less

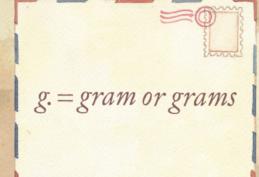
- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1/8 cup or 1 ounce
- 4 tablespoons = 1/4 cup
- 5 I/3 tablespoons = I/3 cup
- 8 tablespoons = 1/2 cup
- 16 tablespoons = 1 cup
- I cup = 8 fluid ounces
- 2 cups = 1 pint = 16 fluid ounces
- 4 cups = 2 pints = 1 quart = 32 fluid ounces
- 2 quarts = 1/2 gallon = 1.89 liters
- 4 quarts = 1 gallon
- I oz. = 28.35 grams
- 1 liter = 1.06 quarts

$$pt. = pint$$



BALABARARRA

T.=tablespoont.=teaspoon



lb.=pound

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 + 11/2 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 21/4 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 11/4 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 vogurt thinned with milk
- 1 cup whole milk 1 cup skim milk + 2 Tbsp. melted butter or margarine
- 1 cup sour cream or crème fraiche 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

