



MEASUREMENTS & CONVERSIONS

Weights and Measures

3 tsp	1 tbsp
4 tbsp	1/4 cup
5 tbsp+1 tsp	1/3 cup
8 tbsp	1/2 cup
16 tbsp	1 cup
2 cup	1 pint
4 cup	1 quart = 2pints
2 quarts	1/2 gallon = 8 cups
1 oz	28 g = 2 tbsp
8 oz	1 cup

Oven Temperatures

Degrees Fahrenheit °F	Degrees Celsius °C	Gas Mark	Description
225°F	110°C	1/4	Very slow
250°F	120/130°C	1/2	Very slow
275°F	140°C	1	Slow
300°F	150°C	2	Slow
325°F	160/170°C	3	Moderate
350°F	180°C	4	Moderate
375°F	190°C	5	Moderately hot
400°F	200°C	6	Moderately hot
425°F	220°C	7	Hot
450°F	230°C	8	Hot
475°F	240°C	9	Very hot

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Butter or Margarine

1 pound	2 cups
1/2 pound	1 cup = 1 bar
1 stick	1/2 cup

Useful Cooking Measurements Conversions

1 envelope unflavored gelatin	1 tbsp
250 grams whipping cream	1 cup
1 cup sifted all-purpose flour	1 cup + 2 tbsp sifted cake flour
1 cup sifted cake flour	1 cup - 2 tbsp sifted all-purpose flour
1 oz unsweetened chocolate	3 tbsp cocoa + 1 tbsp fat
1 cup whole milk	1/2 cup evaporated milk + 1/2 cup water

Volume Equivalents (fluid ounces/milliliters and liters)

US

Metric

1 tsp	5 ml
1 tbsp (1/2 fl oz)	15 ml
1/4 cup (2 fl oz)	60 ml
1/3 cup	80 ml
1/2 cup (4 fl oz)	120 ml
2/3 cup	160 ml
3/4 cup (6 fl oz)	180 ml
1 cup (8 fl oz)	240 ml
1 qt (32 fl oz)	950 ml
1 qt + 3 tbsp	1 L
1 gal (128 fl oz)	4 L

Weight Equivalents (ounces and pounds/grams and kilograms)

US

Metric

1/4 oz	7 g
1/2 oz	15 g
3/4 oz	20 g
1 oz	30 g
8 oz (1/2 lb)	225 g
12 oz (3/4 lb)	340 g
16 oz (1 lb)	455 g
35 oz (2.2 lbs)	1 kg

Temperature Equivalents (Fahrenheit/Celsius)

US	Metric
0° (freezer temp.)	-18°
32° (water freezes)	0°
98.6°	37°
180° (water simmers*)	82°
212° (water boils*)	100°
250° (low oven)	120°
350° (moderate oven)	175°
425° (hot oven)	220°
500° (very hot oven)	260°

Volume Conversions

Imperial	Metric
1/4 teaspoon (tsp)	1.25 ml (milliliter)
1/2 tsp	2.5 ml
1 tsp	5 ml
1 tablespoon (tbsp)	15 ml
1/4 cup	60 ml
1/3 cup	75 ml
1/2 cup	125 ml
2/3 cup	150 ml
3/4 cup	175 ml
1 cup	250 ml
1 1/8 cups	275 ml
1 1/4 cups	300 ml
1 1/2 cups	350 ml
1 2/3 cups	400 ml
1 3/4 cups	450 ml
2 cups	500 ml
2 1/2 cups	600 ml
3 cups	750 ml
3 2/3 cups	900 ml
4 cups	1 liter

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Cooking Abbreviations

tsp./t.	teaspoon
tbsp./Tbs. /T.	tablespoon
c.	cup
pkg.	package
lb.	pound
qt.	quart (4cups)
lg.	Large(29oz.)
oz.	ounce
sm.	small
pt.	pint
Approx.	approximately
Min.	minutes
g./gr.	gram
kg	kilogram
mL	milliliter
gal.	gallon
pinch or a dash	less than 1/8 of a teaspoon

Egg Math

5 whole eggs	1 cup
12 egg yolks	1 cup
8 egg whites	1 cup

Food Quantities Equivalent

Food	Quantity	Weight
Almonds, other nuts	40	50g
Breadcrumbs	8tbsp (1/2 cup)	50g
Capers	4tbsp	50g
Mussels	2 1/2 dozen	1kg
Olives	20 (pitted or stuffed)	50g
Onion	1 medium	150g
Peas	1/2 kilo	1 1/2 cups shelled
Potatoes	7-8 medium	1kg
Tomatoes	4 large	1kg
Tomato sauce	2tbsp	30ml

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