Measures

Dash	1/8 teaspoon (tsp.)	
3 tsp.	1 tablespoon (Tbsp.)	
2Tbsp.	1 fluid ounce (fl.oz.)	
4 Tbsp.	2 fl.oz	¼ cup (c.)
5 1/3 Tbsp.	2 2/3 fl.oz.	1/3 c.
8 Tbsp.	4 fl.oz.	½ c.
16 Tbsp.	8 fl.oz.	1 c.
2 c.	16 fl.oz.	1 pint (pt.)
2 pt.	32 fl.oz.	1 quart (qt.)
4 c.	2 pt.	1 qt.
4 gt.	128 fl.oz.	1 gallon (gal.)
2 gal.	1 peck	
4 pecks	1 bushel	

Weight of Common Ingredients	
Food	**Weight of 1 Cup**
all-purpose flour, sifted	5 oz.
Butter or solid shortening	8 oz.
Cake flour, sifted	3 ½ oz.
Cheese, grated	4 oz.
Eggs, whole	8 oz.
Honey	12 oz.
Milk	8 oz.
Nuts, coarsely chopped	4 oz.
Sugar, granulated	7 oz.
Sugar, light brown, packed	7 ½ oz.
Sugar, powdered	4 oz.
Vegetable oil	9 oz.

Metric Conversions	
1 oz.	28.35 grams (g)
454 g	1 pound (lb.)
2.2 lb.	1 kilogram (kg)
1 tsp.	5 milliliters (ml)
1Tbsp.	15 ml
1 c.	.24 liters (lt) or 240 milliliters
1 gal.	3.8 lt

Metric Measures		
1 gramme (g)	1.000 mg	0.0353 oz
1 kilogramme (kg)	1,000 g	2.2046 lb
A kilogramme is about	2 ¼ pounds	
A Litre is about	1 3/4 pints	
1 Becher	¼ Liter	1 1/8 cup

Dry Measurements	
3 tsp.	1 Tbsp.
4 Tbsp.	¼ cup
16 Tbsp.	1 cup
2 Tbsp.	1 oz.
4 oz.	¼ lb.
16 oz.	1 lb.
1 lb.	454 grams

Liquid Measurements	
1 cup	8 fluid oz.
2 cups	16 fluid oz.
4 cups	32 fluid oz.
2 cups	1 pint
2 pints	1 quart
1 quart	4 cups
4 quarts	1 gallon

One-Pound Equivalents
2 cups butter
4 cups all-purpose flour
2 cups granulated sugar
3 ½ cups powdered sugar, packed
2 ¼ cups brown sugar, packed

Temperatures		
32 ° F	freezing point of water	0° C
180° F	simmering point of water	82° C
212° F	boiling point of water	100° C
240° F	soft ball stage for sugar syrup	116° C
260° F	hard ball stage for sugar syrup	127° C
300° F	hard crack stage for sugar syrup	149° C
338° F	sugar caramelizes	170° C

Emergency Substitutions	
1 c. cake flour	1 c. minus 2 Tbsp. all-purpose flour
1 Tbsp. cornstarch	2 Tbsp. all-purpose flour
1 tsp. baking powder	½ tsp. cream of tartar plus ¼ tsp. baking soda
1 package active dry yeast	1 cake compressed yeast or 2 ¼ tsp. yeast
1 c. sugar	1 c. packed brown sugar or 2 c. powdered sugar
1 c. honey	1 ¼ c. sugar plus ¼ c. liquid
1 c. corn syrup	1 c. sugar plus ¼ c. liquid
1 square (1 oz.) unsweetened chocolate	3 Tbsp. unsweetened cocoa powder plus 1 Tbsp. shortening or cooking oil
1 c. buttermilk	1 cup plain yogurt, or 1 Tbsp. Lemon juice or vinegar plus enough whole milk to make 1 cup (let stand 5 minutes before using), or 1 c. whole milk plus 1 3/4 tsp. cream of tartar
1 c. light cream	1 Tbsp. melted butter plus enough milk to make 1 c.