

Cooking Measurements – Equivalents, Substitutions and Yields

Equivalents

Beans, green	1 pound	3 cups cut uncooked
Beans, dried	½ pound	1 cup
Bread crumbs	2 slices	1 cup
Butter * see chart, pg 3	1 stick 1 pound	½ cup = 113 grams 2 cups = 454 grams
Carrots	7-9 carrots	1 pound, raw 2 cups, cooked
Chocolate	1 ounce	¾ Tablespoons, grated
Cocoa	4 cups	1 pound
Cheese	4-4 ½ cups	1 pound
Cheese, grated	1 cup	¼ pound
Cream cheese	3-ounce package	6 Tablespoons
Cream, heavy	½ pint	2 cups
Cucumbers	2 6-inch cucumbers	1 pound
Dates, pitted	2 cups	1 pound
Eggs	1	¼ cup
Egg white	1	1 ½ Tablespoons
Egg yolk	1	1 Tablespoon
Egg whites	4 to 6	½ cup
Egg yolks	6 to 7	½ cup
Four, all purpose, sifted	4 cups	1 pound
Flour, cake	4 ½ - 5 cups	1 pound
Graham Cracker crumbs	11 crackers, rolled fine	1 cup
Meat, cooked and diced	2 cups	1 pound
Marshmallows	16 large 1 large	¼ pound 10 miniature
Milk, condensed	14-ounce can	1 ¼ cups
Milk, evaporated	6-ounce can 14-ounce can	2/3 cup 1 2/3 cups
Noodles	1 cup raw	1 ½ cup cooked
Nuts, shelled	2 cups, loose	½ pound
Peas, in pod	1 pound	1-1 ½ cup shelled
Potatoes	1 pound	2 large 5 medium 2-3 cups cooked, mashed
Raisins, seedless	1 pound	3 cups
Rice, raw	1 pound	2 ¼ cups
Spinach	1 pound	2-2 ½ quarts raw – or 1 ½ cups cooked
Stone fruit – apricots, nectarines, peaches, plums, prunes	1 pound	4 cups cooked
Sugar, granulated	1 pound	2 cups
Sugar, brown	1 pound	2 ¼ cups
Sugar, confectioners	1 pound	3-3 ½ cups
Coffee, ground	1 pound (5 cups =80 Tablespoons)	40-50 servings
Punch	4 quarts	40 servings
Tea, loose	1 pound	5 cups (155 servings)

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Substitutions

1 teaspoon baking powder	$\frac{1}{4}$ teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar
1 cup cake flour	1 cup all purpose flour, well sifted minus 2 Tablespoons flour
1 cup self-rising flour	1 cup all purpose flour + 1 $\frac{1}{2}$ teaspoons baking powder + $\frac{1}{4}$ teaspoon salt
3 ounces semi-sweet chocolate	$\frac{1}{3}$ cup unsweetened cocoa + 2 Tablespoons sugar + 2 Tablespoons butter
1 ounce unsweetened chocolate	3 Tablespoons unsweetened cocoa + 1 Tablespoon butter
1 cup buttermilk	1 cup milk + 1 Tablespoon lemon juice or vinegar. Let stand 5 minutes, beat well.
1 cup corn syrup	$\frac{3}{4}$ cup granulated sugar + $\frac{1}{2}$ cup water
1 Tablespoon cornstarch	2 Tablespoons flour – or 1 T. Potato Starch (Fecule de Pomme)
1 Tablespoon prepared mustard	1 teaspoon dry mustard + 1 Tablespoon vinegar
Tomato paste	Strain tomato ketchup through a sieve – use equal amounts.
1 6-ounce can tomato paste	2 8-ounce cans tomato sauce – strain through sieve to reduce liquid.
1 can (10 $\frac{3}{4}$ -ounce) condensed tomato soup	1 8-ounce can tomato sauce + $\frac{1}{4}$ cup water
Tomato juice	$\frac{1}{2}$ tomato sauce, $\frac{1}{2}$ water

Yield from Citrus Fruits

Oranges: 3 medium 1 medium	1 cup juice $\frac{1}{2}$ cup juice (6-8 Tablespoons), 4 teaspoons grated rind, $\frac{2}{3}$ cup slivered rind
Grapefruits: 1 medium 1 medium	$\frac{2}{3}$ cup juice 3-4 Tablespoons rind
Lemons: 6 medium 1 medium	1 cup juice 2 Tablespoons juice, 1 Tablespoon rind, $\frac{1}{3}$ cup slivered rind
Limes: 1 medium	2 Tablespoons juice, 2 teaspoons rind, 3 Tablespoons slivered rind
Citrus fruit yield more juice if they stand in boiling water a few minutes, or if rolled on a work surface before squeezing. If you are going to use the rind, always grate or peel before placing the fruit in boiling water.	

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U.S. to Metric Equivalents

		Ounces	Grams	Milliliters
dash	Less than 1/8 teaspoon			
1 teaspoon	60 drops			5
1 Tablespoon	3 teaspoons			15
2 Tablespoons	6 teaspoons	1	28	30
4 Tablespoons	¼ cup	2		60
5 1/3 Tablespoons	1/3 cup			80
6 Tablespoons	3/8 cup	3		90
8 Tablespoons	½ cup – ¼ pint	4	113	120
10 2/3 Tablespoons	2/3 cup			160
12 Tablespoons	¾ cup	6		180
1 cup	16 Tablespoons	8	226	240
1 pint	2 cups	16		480
1 pound		16	454	
1 quart	4 cups	32		960
2.1 pints	1.05 quarts			1 liter
2 quarts	½ gallon			1.9 liters
4 quarts	gallon			3.8 liters
2.20 pounds			1 kilo	

1 Deciliter = 10 Centiliters = 100 Milliliters

Pan and Baking Dish Sizes

4-cup baking dish	9-inch pie plate 8-inch layer cake pan 7 3/8 x 3 5/8-inch loaf pan
6-cup baking dish	10-inch pie plate 8-9 inch layer cake pan 8 ½ x 3 5/8-inch loaf pan
8-cup baking dish	8 x 8-inch square pan 11 x 7-inch baking pan 9 x 5-inch loaf pan
10-cup baking dish	9 x 9-inch square pan 11 ¾ x 7 ½-inch baking pan 15 x 10-inch loaf pan
12-cup baking dish	13 ½ x 8 ½-inch glass baking pan 13 x 9-inch metal baking pan 14 x 10 ½-inch roasting pan

Volume of Special Pans

Tube pans	7 ½ x 3-inch Bundt pan 9 x 3 ½-inch Bundt pan 10 x 3 ¾-inch Bundt pan 9 x 3 ½ -inch angel cake pan 10 x 4-inch angel cake pan	6 cups 9 cups 12 cups 12 cups 18 cups
Mold	7 x 5 ½ x 4-inch mold	6 cups
Springform pans	8 x 3-inch pan 9 x 3-inch pan	12 cups 16 cups
Ring molds	8 ½ x 2 ¼-inch mold 9 ¼ x 2 2/3-inch mold	4 ½ cups 8 cups
Brioche pans	9 ½ x 3 ¼-inch pan	8 cups