

Measurements

I use common US measuring. So a pound for me is a weight and not a currency. If something is stated as oz, it is an abbreviation for fluid ounces.

In my recipes, I show a tablespoon as a capital T and a teaspoon as a lowercase t. Fractions are shown the long way (1/2 not ½) so one and one half is shown as 1 1/2.



Size Equivalents

Dry Measurements				Milliliters
Cups	Ounces	Tablespoons	Teaspoons	ML
		1	3	15
1/8	1	2	6	30
1/4	2	4	12	59
1/3	2 2/3	5 1/3	16	79
1/2	4	8	24	118
2/3	5 1/3	10 2/3	32	158
3/4	6	12	36	177
1	8	16	48	237

Liquid Measurements					
Gallon	Quart	Pint	Cup	Ounces	Liters
		1/8	1/4	2	.6
	1/8	1/4	1/2	4	.12
	1/4	1/2	1	8	.24
	1/2	1	2	16	.47
1/4	1	2	4	32	.95
1/2	2	4	8	64	1.89
1	4	8	16	128	3.79
<i>gal</i>	<i>qt</i>	<i>pt</i>	<i>cup</i>	<i>oz</i>	<i>l</i>

Notes

- ✓ A dash (like a dash of salt) is about 1/16 teaspoon. A pinch is about 1/8 teaspoon. So if you make a four-times size batch that calls for a dash, that would be about 1/4 teaspoon.
- ✓ I am surprised how often I see 3 teaspoons in a recipe when this equals 1 tablespoon.
- ✓ Also, if you need 2/3 cup of something but measured without any 1/3 or 2/3 measuring cups, I would use a combination of other measurements. In other words, I would measure out 1/2 cup, and then add 2 tablespoons and 2 teaspoons.
- ✓ One more thing: Having equivalents can help when you need to resize the recipe. So if you need a batch and a half, these charts can help you get the right measurements.
- ✓ If eggs are part of a recipe you need to resize, consider rounding up and reducing other fluids. So a single batch of pancakes calls for a single egg. If you need a batch and a half, how do you use an egg and a half? I suggest using two eggs and using about a tablespoon less of milk. Another alternative is to use one full egg, then just the white of the second egg.