### Measure for Measure

**Amount ................. Measure**

- **Berries**
  - 1 pint ....................................... 2 1/4 cups

- **Butter or Margarine**
  - 1/2 stick .................................. 1/4 cup or 4 Tbs
  - 1 pound .................................. 4 sticks or 2 cups

- **Cheese**
  - 8 oz cream cheese ........................... 1 cup
  - 8 oz cottage cheese .......................... 1 cup
  - 4 oz Parmesan, grated: ..................... 1 1/4 cups

- **Chocolate**
  - 1 square ............................................ 1 oz
  - 1 6-oz package semisweet pieces .... 1 cup

- **Cookies**
  - For 1 cup of crumbs: 9 chocolate wafers, 22 vanilla wafers or 14 graham cracker squares

- **Cream**
  - 1 cup heavy cream.......................... 2 cups whipped

- **Dried Beans and Peas**
  - 1 cup .......................................... 2 1/4 cups cooked

- **Herbs**
  - 1 Tbs fresh ........................................ 1 tsp dried

- **Pasta**
  - 8 oz elbow macaroni ................... 4 cups cooked
  - 8 oz medium-wide...................... 3 3/4 cups cooked
  - 8 oz fine noodles ......................... 5 1/2 cups cooked
  - 8 oz spaghetti ............................. 4 cups cooked

- **Rice**
  - 1 cup white ................................. 3 cups cooked
  - 1 cup converted ............................ 4 cups cooked
  - 1 cup instant ............................... 1 1/2 cups cooked
  - 1 cup brown ................................. 3 to 4 cups cooked

- **Sugar**
  - 1 lb granulated ............................ 2 cups
  - 1 lb brown, firmly packed ............ 2 1/4 cups
  - 1 lb confectioners’ ............... 4 1/2 cups

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### Check the first three categories for cup, tablespoon or teaspoon equivalents of liquid or dry ingredients. For fluid-ounce equivalents, see the last category.

#### Measures .................................. Equals

- **Teaspoons**
  - Under 1/8 teaspoon ........ Dash or pinch
  - 1 1/2 teaspoons ................ 1/2 tablespoon
  - 3 teaspoons .................... 1 tablespoon

- **Tablespoons**
  - 1 tablespoon ............................... 3 teaspoons
  - 4 tablespoons ....................................... 1/2 cup
  - 5 1/3 tablespoons ......................... 1/3 cup
  - 8 tablespoons ........................................ 1/2 cup
  - 10 2/3 tablespoons ....................... 2/3 cup
  - 16 tablespoons ............................. 1 cup

- **Cups**
  - 1/4 cup ........................................ 4 tablespoons
  - 1/3 cup .................................... 5 1/3 tablespoons
  - 1/2 cup .................................. 8 tablespoons
  - 1/2 cup ........................................ 1/4 pint
  - 2/3 cup .................................. 10 2/3 tablespoons
  - 1 cup ...................................... 16 tablespoons
  - 1 cup ........................................ 1 1/2 pint
  - 2 cups ..................................... 1 pint
  - 4 cups ..................................... 1 quart

- **Liquid Measures**
  - 2 tablespoons ........................... 1 fluid ounce
  - 3 tablespoons ............................. 1 jigger
  - or 1 1/2 fluid ounces
  - 1/4 cup ................................ 2 fluid ounces
  - 1/2 cup ................................... 4 fluid ounces
  - 1 cup ...................................... 8 fluid ounces
How to Know What You Need

Making a shopping list based on a recipe can be tricky if you don't know how many tomatoes yields 3 cups chopped. Our handy translations:

When The Recipe Calls For: You Need:
- 4 cups shredded cabbage .......... 1 small cabbage
- 1 cup grated raw carrot ............ 1 large carrot
- 2 1/2 cups sliced carrots .......... 1 lb raw carrots
- 4 cups cooked cut fresh green beans .... 1 lb beans
- 1 cup chopped onion ................. 1 large onion
- 4 cups sliced raw potatoes ........ 4 medium-size potatoes
- 1 cup chopped sweet pepper ....... 1 large pepper
- 1 cup chopped tomato .............. 1 large tomato
- 2 cups canned tomatoes ............ 16 oz can
- 4 cups sliced apples .............. 4 medium-size apples
- 1 cup mashed banana ............. 3 medium-size bananas
- 1 tsp grated lemon rind .... 1 medium-size lemon
- 2 Tbs lemon juice ............... 1 medium-size lemon
- 4 tsp grated orange rind .... 1 medium-size orange
- 1 cup orange juice ........... 3 medium-size oranges
- 4 cups sliced peaches .......... 8 medium-size peaches
- 2 cups sliced strawberries .......... 1 pint
- 1 cup soft bread crumbs ........ 2 slices fresh bread
- 1 cup bread cubes ............. 2 slices fresh bread
- 2 cups shredded Swiss or Cheddar ......... 8 oz cheese
- 1 cup egg whites ............. 6 or 7 large eggs
- 1 egg white ............... 2 tsp egg white powder + 2 Tbs water
- 4 cups chopped walnuts or pecans .... 1 pound shelled

NO THERMOMETER? HOW TO KNOW WHAT YOU NEED

Making a shopping list based on a recipe can be tricky if you don’t know how many tomatoes yields 3 cups chopped. Our handy translations:

When The Recipe Calls For: You Need:
- 4 cups shredded cabbage .......... 1 small cabbage
- 1 cup grated raw carrot ............ 1 large carrot
- 2 1/2 cups sliced carrots .......... 1 lb raw carrots
- 4 cups cooked cut fresh green beans .... 1 lb beans
- 1 cup chopped onion ................. 1 large onion
- 4 cups sliced raw potatoes ........ 4 medium-size potatoes
- 1 cup chopped sweet pepper ....... 1 large pepper
- 1 cup chopped tomato .............. 1 large tomato
- 2 cups canned tomatoes ............ 16 oz can
- 4 cups sliced apples .............. 4 medium-size apples
- 1 cup mashed banana ............. 3 medium-size bananas
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- 2 cups shredded Swiss or Cheddar ......... 8 oz cheese
- 1 cup egg whites ............. 6 or 7 large eggs
- 1 egg white ............... 2 tsp egg white powder + 2 Tbs water
- 4 cups chopped walnuts or pecans .... 1 pound shelled

In-a-Pinch Substitutions

It can happen to the best of us: Halfway through a recipe, you find you’re completely out of a key ingredient. Here’s what to do:

Recipe Calls For: You May Substitute:
- 1 square unsweetened chocolate ...... 3 Tbs unsweetened cocoa powder + 1 Tbs butter/margarine
- 1 cup cake flour ............ 1 cup less 2 Tbs all-purpose flour
- 2 Tbs flour (for thickening) ............ 1 Tbs cornstarch
- 1 tsp baking powder ............. 1/4 tsp baking soda + 1/2 tsp cream of tartar + 1/4 tsp cornstarch
- 1 cup corn syrup ...... 1 cup sugar + 1/4 cup additional liquid used in recipe
- 1 cup milk ............. 1/2 cup evaporated milk + 1/2 cup water
- 1 cup buttermilk or sour milk .......... 1 Tbs vinegar or lemon juice + enough milk to make 1 cup
- 1 cup sour cream (for baking) ....... 1 cup plain yogurt
- 1 cup firmly packed brown sugar .... 1 cup sugar + 2 Tbs molasses
- 1 tsp lemon juice ............ 1/4 tsp vinegar (not balsamic)
- 1/4 cup chopped onion .............. 1 Tbs instant minced
- 1 egg white ............... 2 tsp egg white powder + 2 Tbs water
- 1 Tbs prepared mustard ............ 1 tsp dry mustard + 1 Tbs water

Conquer Fear of Frying!

Gauge oil temp by noting how long it takes to fry a 1-inch cube of white bread until golden brown:

<table>
<thead>
<tr>
<th>Time (Sec)</th>
<th>Oil Temp (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>385 to 395</td>
</tr>
<tr>
<td>40</td>
<td>375 to 385</td>
</tr>
<tr>
<td>50</td>
<td>365 to 375</td>
</tr>
<tr>
<td>60</td>
<td>355 to 365</td>
</tr>
<tr>
<td>65</td>
<td>345 to 355</td>
</tr>
</tbody>
</table>

Gauge oil temp by noting how long it takes to fry a 1-inch cube of white bread until golden brown:

20 seconds 385° to 395°
40 seconds 375° to 385°
50 seconds 365° to 375°
60 seconds 355° to 365°
65 seconds 345° to 355°