



MEASURING EQUIVALENTS AND EQUIPMENT

Abbreviations used in recipes: Some recipes will use abbreviations to identify the amount of an ingredient. Common abbreviations are:

Common Abbreviation	Dry Measure	Liquid Measure
Tablespoon = Tbsp. = T.	3 teaspoons = 1 Tablespoon	1 cup = 8 fluid ounces
Teaspoon = tsp. = t.	4 Tablespoons = 1/4 cup	1 cup = 1/2 pint
Pound = lb.	5 1/2 Tablespoons = 1/3 cup	4 cups = 2 pints = 1 quart
Ounce = oz.	8 Tablespoons = 1/2 cup	4 quarts = 1 gallon
Cup = C = c.	10 Tablespoons + 2 teaspoons = 2/3 cup	16 ounces = 1 pound
	12 Tablespoons = 3/4 cup	
	16 Tablespoons = 1 cup	
	2 Tablespoons = 1 fluid ounce	

Using the correct measuring equipment:

Accurate measuring devices help you achieve the same good results every time you use a recipe.

- Liquid ingredients (water, milk, vegetable oil, syrup)
- Use a 1-cup liquid measuring cup that is see-through and marked for smaller measurements.
- Pour the liquid into the cup and check at eye level to make sure the correct amount is measured.
- Use 2-cup and 4-cup liquid measuring cups for larger amounts.

Small amounts of ingredients (salt, baking soda, spices, flavorings)

- Amounts less than 1/4 cup are usually measured using spoons.
- A standard spoon set of 1/4, 1/2, 1 teaspoon and 1 Tablespoon is used for both dry and liquid ingredients.

Dry ingredients (flour, sugar, corn meal, solid shortening)

- Use a set of four graduated measuring cups.
- Stir or fluff flour or powdered sugar before measuring.
- Spoon the dry ingredient into a measuring cup that holds the amount that you need when filled to the rim.
- Level off the dry ingredient with the flat side of a knife or spatula.

