

Let's Get Cookin'



When cooking or baking, many recipes use **abbreviations** for common terms. Knowing the abbreviations can make the recipe a lot easier to read! Common abbreviations include the following.

t or tsp	teaspoon
T or tbsp	tablespoon
c	cup
pt	pint
qt	quart
oz	ounce
lb	pound
doz	dozen
min	minute
hr	hour
mod	moderate

When cooking and baking, it is also useful to know **measuring equivalents**. Common measuring equivalents include the following.

3 teaspoons = 1 tablespoon	1000 grams = 1 kilogram
4 tablespoons = $\frac{1}{4}$ cup	1 cup = 8 fluid ounces
$5\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup	1 cup = $\frac{1}{2}$ pint
8 tablespoons = $\frac{1}{2}$ cup	2 cups = 1 pint
12 tablespoons = $\frac{3}{4}$ cup	4 cups = 1 quart
16 tablespoons = 1 cup	4 quarts = 1 gallon
16 ounces = 1 pound	1 kilogram = 2.2 pounds
1 ounce = 28.35 grams	1 liter = 1.06 quarts
2 tablespoons = 1 fluid ounce	1 gram = 0.035 ounces

Know how. Know **now**.

Using the Correct Measuring Equipment



To measure 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 measuring larger amounts.



To measure small amounts of ingredients (salt, baking soda, spices, flavorings)

- A standard set of $\frac{1}{4}$ tsp, $\frac{1}{2}$ tsp, 1 tsp, and 1 Tbsp are used for both dry and liquid ingredients.
- Amounts of less than $\frac{1}{4}$ cup are usually measured using measuring spoons.



To measure dry ingredients (flour, sugar, corn meal, solid shortening)

- A standard set of dry measuring cups include $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, $\frac{3}{4}$ cup and 1 cup.
- Spoon 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 table knife or spatula.
- Stir or fluff flour or powdered sugar before measuring.
- When packed, brown sugar and shortening will take on the shape of the measuring cup.