

# Reducing the Size of Recipes

Many recipes can be cut in half or thirds. Use the following measurements if you would like to make  $\frac{1}{2}$  or  $\frac{1}{3}$  of a recipe.

## How to make $\frac{1}{2}$ of a recipe

When the recipe says:	Reduce to:
1 cup	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	6 Tablespoons
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup
$\frac{1}{3}$ cup	2 Tablespoons + 2 teaspoons
$\frac{1}{4}$ cup	2 Tablespoons
1 Tablespoon	1 $\frac{1}{2}$ teaspoons
1 teaspoon	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon
$\frac{1}{4}$ teaspoon	$\frac{1}{8}$ teaspoon
$\frac{1}{8}$ teaspoon	Dash

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## How to make 1/3 of a recipe

When the recipe says:	Reduce to:
1 cup	1/3 cup
3/4 cup	1/4 cup
2/3 cup	3 Tablespoons + 1 1/2 teaspoons
1/2 cup	2 Tablespoons + 2 teaspoons
1/3 cup	1 Tablespoon + 2 1/3 teaspoons
1/4 cup	1 Tablespoon + 1 teaspoon
1 Tablespoon	1 teaspoon
1 teaspoon	Generous 1/4 teaspoon
1/2 teaspoon	Scant 1/4 teaspoon
1/4 teaspoon	Scant 1/8 teaspoon
1/8 teaspoon	Dash

### Tips for Adapting Recipes

- It may be easier to make the entire recipe for baked goods and freeze half.
- When reducing recipes, you may need to use smaller saucepans, skillets, and baking pans. The time for baking smaller amounts of food may be less.
- The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two to four days.
- A 9 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8-inch pan or a round 9-inch pan. When using a different pan size, try and keep the depth of food the same.
- Reduce the oven temperature by 25°F when substituting a glass pan for a metal one.
- To help divide recipes, remember:
  - 1 cup = 16 tablespoons
  - 1 tablespoon = 3 teaspoons
  - 1 cup = 8 fluid ounces
  - 1 fluid ounce = 2 tablespoons
  - 1 pound = 16 ounces (weight)
  - 1 pint = 2 cups
  - 2 pints = 1 quart
  - 1 quart = 2 pints

