

Cooking Measurements



Volume	
1/16 teaspoon	dash
1/8 teaspoon	pinch
3 teaspoon	1 tablespoon
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons

Volume (Fluid Ounces)		
1/5 teaspoon		1 milliliter
1 teaspoon		5 milliliters
1 tablespoon	1/2 ounce	15 milliliters
1/8 cup	1 ounce	30 milliliters
1/4 cup	2 2/3 ounces	60 milliliters
1/3 cup	3 ounces	75 milliliters
1/2 cup	4 ounces	125 milliliters
2/3 cup	5 1/3 ounces	150 milliliters
3/4 cup	6 ounces	175 milliliters
1 cup	8 ounces	250 milliliters
1 1/4 cup	10 ounces	300 milliliters
1 1/2 cup	12 ounces	350 milliliters

Abbreviations			
cup	c	pound	lb
Celsius	°C	quart	qt
Fahrenheit	°F	second	sec
dozen	doz	tablespoon	tbsp
fluid	fl	teaspoon	tsp
gallon	gal	Metric	
hour	hr	gram	g
minute	min	kilogram	kg
ounce	oz	milliliter	ml
package	pkg	liter	L

Volume

1 cup = 1/2 pint = 8 fl oz = 250 ml
 2 cups = 1 pint = 16 fl oz = 500 ml
 2 pints = 1 quart = 32 fl oz = 1000 ml/1 liter
 4 quarts = 1 gallon = 128 fl oz = 4 liters



Herbs: 1 tbsp fresh = 1 tsp dry

Butter: 1 stick = 8 tbsp = 1/2 c = 1/4 lb (4 oz)

Yeast: 1/4-oz pkg = 2 1/4 tsp

Cheese

8 ounces Cheddar = 2 cups grated
 8-ounce container cottage = 1 cup
 8-ounce pkg. cream cheese = 1 cup



Citrus

1 med lime = 2 tablespoons juice
 2 teaspoons grated peel
 1 med lemon = 2-3 tablespoons juice
 1 tablespoon grated peel
 1 med orange = 3-4 tablespoons juice
 1-2 tablespoons grated peel

Weight

16 ounces = 1 pound

US	Metric
1/2 ounce	15 grams
1 ounce	30 grams
3 ounces	90 grams
4 ounces	115 grams
12 ounces	350 grams
16 ounces (1 pound)	450 grams
2 1/4 pounds	1 kilograms

Cooking Notes

A large rectangular area with horizontal lines for writing. It is framed by a thin gold border. Two large, light gray spoon silhouettes are positioned vertically on either side of the page, one on the left and one on the right, serving as a guide for the writing area.