

# MEASURE FOR MEASURE

# Cooking

# EASY EXCHANGES

## Conversion Guide

### 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

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 ..... 1/4 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 ..... 1/2 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

From  
Florida

## 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?

### 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:

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°

## 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 clove garlic .....	1/4 tsp garlic powder
2 cups tomato sauce ...	3/4 cup tomato paste + 1 cup water
1 Tbs prepared mustard .....	1 tsp dry mustard + 1 Tbs water