

Valley Bible Church – Cooking Measures

Simplified Measures

Dash = less than 1/8 tsp.
2 pts. (4 C.) = qt.
3 tsp. = 1 T.
4 qts. (liquid) = 1 gal.
16 T. = 1 C.
8 qts. (solid) = 1 peck
1 C. = 1/2 pt.
4 pecks = 1 bushel
2 C. = 1 pt.
16 oz. = 1 lb.

If you want to measure part-cups by the tablespoon, remember:

4 T. = 1/4 C.
10 2/3 T. = 2/3 C.
5 1/3 T. = 1/3 C.
12 T. = 3/4 C.
8 T. = 1/2 C.
14 T. = 7/8 C.



Contents of Cans

Of the different sizes of cans used by commercial canners, the most common are:

Size=Average Contents
8 ounces=1 cup
picnic=1 1/4 cups
No. 300=1 3/4 cups
No. 1 tall=2 cups
No. 303=2 cups
No. 2=2 1/2 cups
No. 2 1/2=3 1/2 cups
No. 3=4 cups
No. 10=12 to 13 cups

Oven Temperatures

Slow=300o
Slow moderate=325o
Moderate=350o
Quick moderate=375o
Moderately hot=400o
Hot=375o
Very Hot=475o

Deep-Fat Frying Temperatures

Without a Thermometer

A 1-inch cube of white bread will turn golden brown:

355° to 365°=60 seconds

365° to 375°=50 seconds

345° to 355°=65 seconds

425° to 385°=40 seconds

385° to 395°=20 seconds

Handy Chart of Kitchen Math

Measure = Equivalent = Metric (ML)

1 tablespoon = 3 teaspoons = 14.8 milliliters

2 tablespoons = 1 ounce = 29.6 milliliters

1 jigger = 1 1/2 ounces = 44.4 milliliters

1/4 cup = 4 tablespoons = 59.2 milliliters

1/3 cup = 5 tablespoons plus 1 teaspoon = 78.9 milliliters

1/2 cup = 8 tablespoons = 118.4 milliliters

1 cup = 16 tablespoons = 236.8 milliliters

1 pint = 2 cups = 473.6 milliliters

1 quart = 4 cups = 947.2 milliliters

1 liter = 4 cups plus 3 tablespoons = 1,000.0 milliliters

1 ounce (dry) = 2 tablespoons = 28.35 grams

1 pound = 16 ounces = 453.59 grams

2.21 pounds = 35.3 ounces = 1.00 kilogram

The Approximate Conversion Factors for Units of Volume

To convert from teaspoons (tsp.) **TO** milliliters (ml) **x BY** 5

To convert from tablespoons (T.) **TO** milliliters (ml) **x BY** 15

To convert from fluid ounces (fl. oz.) **TO** milliliters (ml) **x BY** 30

To convert from cups (C.) **TO** liters (l) **x BY** 0.24

To convert from pints (pt.) **TO** liters (l) **x BY** 0.47

To convert from quarts (qt.) **TO** liters (l) **x BY** 0.95

To convert from gallons (gal.) **TO** liters (l) **x BY** 3.8

To convert from cubic feet (ft³) **TO** cubic meters(m³) **x BY** 0.03

To convert from cubic yards (yd³) **TO** cubic meters (m³) **x BY** 0.76

To convert from milliliters (ml) **TO** fluid ounces (fl. oz.) **x BY** 0.03

To convert from liters (l) **TO** pints (pt.) **x BY** 2.1

To convert from liters (l) **TO** quarts (qt.) **x BY** 1.06

To convert from liters (l) **TO** gallons (gal.) **x BY** 0.26

To convert from cubic meters (m³) **TO** cubic feet (ft³) **x BY** 35

To convert from cubic meters (m³) **TO** cubic yards (yd³) **x BY** 1.3