



EQUIVALENTS

3 teaspoons (tsp.) = 1 tablespoon (tbsp.)	1 cup = 1/2 pint
4 tablespoons = 1/4 cup	2 cups = 1 pint
5 1/3 tablespoons = 1/3 cup	4 cups = 1 quart
8 tablespoons = 1/2 cup	4 quarts = 1 gallon
16 tablespoons = 1 cup or 8 ounces	8 quarts = 1 peck
1 cup = 8 fluid ounces (oz.)	4 pecks = 1 bushel

EMERGENCY SUBSTITUTIONS

1 square chocolate = 3 tablespoons cocoa + 1 tablespoon butter
1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
1 cup buttermilk = 1 cup yogurt
1 cup milk = 1/2 cup evaporated milk + 1/2 cup water
1 cup sour milk = 1 cup milk + 1 tablespoon lemon juice or vinegar
1 cup cake or pastry flour = 1 cup all-purpose less 2 tablespoons
1 teaspoon baking powder = 1/4 tsp. baking soda + 1/2 tsp. cream of tartar
1 cup sugar = 1 cup honey (use 1/4 cup less liquid in recipe)
1 cup brown sugar = 1 cup granulated sugar
1 cup oil = 1/2 pound butter or margarine
1 tablespoon prepared mustard = 1 teaspoon dry mustard
1 clove garlic = 1/8 teaspoon garlic powder

CRUMBS

1 slice bread = 1/2 cup crumbs
14 graham cracker squares = 1 cup crumbs
18 chocolate wafers = 1 cup crumbs
22 vanilla wafers = 1 cup crumbs

DAIRY

CHEESE: 4 ounces = 1 cup shredded
1 pound = 4 cups shredded
BUTTER: 1 stick = 1/2 cup
4 sticks = 2 cups = 1 pound

HERBS

1 teaspoon dried = 1 tablespoon fresh

PASTA and RICE

MACARONI: 1 cup uncooked = 2 1/2 cups cooked
NOODLES: 1 cup uncooked = 1 cup cooked
SPAGHETTI: 8 oz. uncooked = 4 cups cooked
RICE: 1 cup uncooked = 3 cups cooked

POPCORN

1/4 cup unpopped = 5 cups popped

SUGAR

1 lb. granulated sugar = 2 c. granulated sugar
1 lb. brown sugar = 2 1/4 c. brown sugar, packed
1 lb. confectioners sugar = 3 3/4 c. confectioners sugar