



Measurements and Equivalents

Miscellaneous	
3 teaspoons	= 1 tablespoon
2 tablespoons	= 1/8 cup
4 tablespoons	= 1/4 cup
5 tablespoons + 1 teaspoon	= 1/2 cup
8 tablespoons	= 1/2 cup
12 tablespoons	= 3/4 cup
16 tablespoons	= 1 cup
1 ounce	= 2 tablespoons liquid
4 ounces	= 1/2 cup
8 ounces	= 1 cup
16 ounces	= 1 pound
2 cups liquid	= 1 pound
2 cups sugar	= 1 pound
2 cups	= 1 pint
5/8 cup	= 1/2 cup + 2 tablespoons
7/8 cup	= 3/4 cup + 2 tablespoons
2 2/3 cups confectioner's sugar	= 1 pound
2 1/4 cups packed brown sugar	= 1 pound
4 cups sifted flour	= 1 pound
1 pound butter	= 2 cups
2 pints	= 1 quart
1 quart	= 1/2 gallon

Meat Temperatures		
Ground Meat	Hamburger	160 F
	Veal	160 F
	Lamb	160 F
	Chicken	160 F
	Pork	145 F
Turkey	Turkey	145 F
	Roast, medium-rare	145 F
	Roast, medium	160 F
	Roast, well-done	170 F
	Steak, medium-rare	145 F
Pork	Steak, medium	140 F
	Steak, well-done	170 F
	Chops, medium	140 F
	Chops, well-done	170 F
	Coast, medium	140 F
Poultry	Roast, well-done	170 F
	Ribs, medium	160 F
	Ribs, well-done	170 F
	Ham (fresh)	140 F
	Sausage (fresh)	160 F
	Chicken, whole & pieces	180 F
	Duck	180 F
	Turkey stuffed, whole	180 F
	Turkey stuffed, breast	170 F
	Turkey stuffed, dark meat	180 F
Turkey, stuffing	145 F	

Kilograms to Pounds Conversion Chart			
Kgs	Pds	Kgs	Pds
25	4	3.75	8.5
35	8	3.90	8.6
50	11	4.00	8.8
65	14	4.10	9.0
75	17	4.25	9.4
90	20	4.35	9.6
1.00	2.2	4.50	9.9
1.10	2.4	4.65	10.3
1.25	2.8	4.75	10.5
1.35	3.0	4.90	10.8
1.50	3.3	5.00	11.0
1.65	3.6	5.10	11.2
1.75	3.9	5.25	11.5
1.90	4.2	5.35	11.8
2.00	4.4	5.50	12.1
2.10	4.6	5.65	12.5
2.25	5.0	5.75	12.7
2.35	5.2	5.90	13.0
2.50	5.5	6.00	13.2
2.65	5.8	6.10	13.4
2.75	6.0	6.25	13.8
2.90	6.4	6.35	14.0
3.00	6.6	6.50	14.3
3.10	6.8	6.65	14.7
3.25	7.1	6.75	14.9
3.35	7.4	6.90	15.2
3.50	7.7	7.00	15.4
3.65	8.0	7.10	15.7

Ounces to Grams	
1 oz	= 28g
2 oz	= 57g
3 oz	= 85g
4 oz	= 113g
5 oz	= 140g
6 oz	= 170g
7 oz	= 200g
8 oz	= 230g
14 oz	= 500g
32 oz	= 1000g (1 kg)

Oven Temperatures			
Fahrenheit	Centigrade	Gas mark	Description
225 F	105 C	1/4	Very cool
250 F	120 C	1/2	
275 F	130 C	1	Cool
300 F	150 C	2	
325 F	165 C	3	Very moderate
350 F	180 C	4	Moderate
375 F	190 C	5	
400 F	200 C	6	Moderately hot
425 F	220 C	7	Hot
450 F	230 C	8	
475 F	245 C	9	Very hot

American Liquid Measures		
1 gallon	= 4 quarts	= 3.79 L
1 quart	= 2 pints	= 0.95 L
1 pint	= 2 cups	= 16 fl oz = 450 ml
1 cup	= 8 fl oz	= 225 ml
1 tablespoon	= 1/2 fl oz	= 15 ml
1 teaspoon	= 1/3 tablespoon	= 5 ml

Teaspoon to Tablespoon to Milliliters		
1/8 tsp	=	= 5ml
1/4 tsp	=	= 1ml
1/2 tsp	=	= 2ml
1 tsp	=	= 5ml
2 tsp	=	= 10ml
3 tsp	= 1 TBSP	= 15ml
1 1/4 Cup	= 4 TBSP	= 60ml
1/3 Cup	= 5-1/3 TBSP	= 75ml
1/2 Cup	= 8 TBSP	= 125ml
2/3 Cup	= 10-2/3 TBSP	= 150ml
3/4 Cup	= 12 TBSP	= 175ml
1 Cup	= 16 TBSP	= 250ml
4-1/2 Cup	=	= 1000ml (1L)