

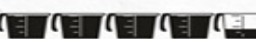


Kitchen 101

Mass & Volume Equivalents

16 ounces  =  1 pound (454g)

1 lb all-purpose, bread flour  =  4 cups (950ml)

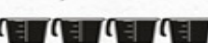
1 lb cake flour  =  4 1/3 cups (1L 25ml)

1 lb whole wheat flour  =  3 3/4 cups (890ml)

1 lb butter  =  2 cups (475ml)

1 lb granulated sugar  =  2 1/4 cups (535ml)

1 lb brown sugar  =  2 2/3 cups (630ml)

1 lb powdered sugar  =  4 cups (950ml)

1 lb cornstarch  =  3 1/4 cups (770ml)

1 lb cornmeal  =  3 cups (710ml)

1 lb rolled oats  =  5 cups (1L 185ml)

1 lb cocoa powder  =  4 3/4 cups (1L 125ml)

1 lb honey  =  1 1/3 cups (315ml)

1 lb peanuts, almonds  =  3 cups (710ml)

1 lb pistachios, hazelnuts  =  3 1/3 cups (790ml)

1 lb pecans, walnuts  =  4 1/4 cups (1L 5ml)

1 lb raisins, dried currants  =  2 3/4 cups (650ml)

Designed by: Russell van Kraayenburg

