



LIQUID measures

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|------------|----------|----------|----------|-----------|
| 1 gal = | 4 qt = | 8 pt = | 16 cup = | 128 fl oz |
| 1/2 gal = | 2 qt = | 4 pt = | 8 cup = | 64 fl oz |
| 1/4 gal = | 1 qt = | 2 pt = | 4 cup = | 32 fl oz |
| 1/8 gal = | 1/2 qt = | 1 pt = | 2 cup = | 16 fl oz |
| 1/16 gal = | 1/4 qt = | 1/2 pt = | 1 cup = | 8 fl oz |

DRY measures

| | | | |
|----------------------------------|--------------------------|----------|-------|
| 1 cup = | 16 tbsp = | 48 tsp = | 229 g |
| 3/4 cup = | 12 tbsp = | 36 tsp = | 171 g |
| 2/3 cup = | 10 ^{2/3} tbsp = | 32 tsp = | 152 g |
| 1/2 cup = | 8 tbsp = | 24 tsp = | 114g |
| 1/3 cup = | 5 ^{1/3} tbsp = | 16 tsp = | 76 g |
| 1/4 cup = | 4 tbsp = | 12 tsp = | 57 g |
| 1/8 cup = | 2 tbsp = | 6 tsp = | 29 g |
| 1/16 cup = | 1 tbsp = | 3 tsp = | 14 g |
| Pinch or dash= less than 1/8 tsp | | | |

SUBSTITUTIONS

| | | |
|---------------------|---|---|
| 1 Clove garlic | = | 1/8 tsp garlic powder |
| 1 Cup Oil | = | 1/2 lb Butter |
| 1 tbl Constarch | = | 2 tbl all purpose flour |
| 1 Cup Butter | = | 7/8 cup oil + 1/2 tsp salt |
| 1 tsp baking powder | = | 1/2 tsp cream of tartar+ 1/4 tsp baking soda |
| 1 square chocolate | = | 3 tbl cocoa + 1 tsp butter |
| 1 cup sugar | = | 1 cup packed brown sugar |
| 1 tsp lemon juice | = | 1/2 tsp vinegar |
| 1 slice of bread | = | 1/2 cup bread crumbs |
| 4 oz cheese | = | 1 cup shredded |
| 1 tsp dry herbs | = | 1 tsp fresh herbs |