

CONVERSIONS AND EQUIVALENTS

Useful measures

- 3 tsp = 1 Tbsp
- 4 Tbsp = ¼ cup
- 16 Tbsp = 1 cup
- 1 cup = ½ pt = 8 fl oz
- 2 cups = 1 pt
- 2 pt = 1 qt
- 4 qt = 1 gal
- 1 stick butter = 8 Tbsp = 4 oz = ½ cup

To convert Fahrenheit to Celsius

Subtract 32. Divide result by 9. Multiply result by 5 to get Celsius.

To convert Celsius to Fahrenheit

Divide by 9. Multiply result by 5. Add 32 to get Fahrenheit.

Useful temperatures

Water freezes at 32°F, 0°C.

Water boils at 212°F, 100°C.

Experienced home cooks have traditionally relied on pinches, dashes, and a little of this or that. They know when a food is done cooking by touch or feel. They can accomplish this feat because they have become accustomed over time to the way foods look when they are done, what their hands and fingertips can hold, how fast salt pours from their shaker, how full their pans and bowls typically look when making a particular dish.

However, you may want to follow the measurements given in a recipe exactly the first time you make it, then make adjustments to suit your taste. You may need to convert metric measurements for weight, volume, and temperature. The unit of measure for oven temperatures in some areas also differs from those in the U.S.; “gas marks” are used instead of a Fahrenheit or Celsius temperature. The information in the following charts allows you to make a variety of conversions—pounds to kilograms, ounces to grams, cups to milliliters and liters, Fahrenheit to Celsius, and volume to weight.

Recipes and grocery stores don’t always speak the same measurement language. You might buy something as a bunch or a can, but need to use it as a cup or a tablespoon. The ingredient equivalents charts offer estimates of how many whole onions will give you a cup of diced or how many slices of bread you’ll need for a cup of crumbs. These charts should help you to buy and use what you need with as little waste as possible.

Temperature conversions

GAS MARK	FAHRENHEIT	CELSIUS	DESCRIPTION
1	275	120	very slow oven
2	300	150	slow oven
3	325	160	slow oven
4	350	180	moderate oven
5	375	190	moderate oven
6	400	200	hot oven
7	450	230	very hot oven
8	475	250	very hot oven

Weight conversions

U.S. UNIT	METRIC (ROUNDED)
½ oz	15 g
1 oz	30 g
2 oz	55 g
3 oz	85 g
4 oz (¼ lb)	115 g
8 oz (½ lb)	225 g
1 lb (16 oz)	455 g
5 lb	2.25 kg
10 lb	4.5 kg

To convert ounces and pounds to grams

Multiply ounces by 28.35 to determine grams; divide pounds by 2.2 to determine kilograms.

To convert grams to ounces or pounds

Divide grams by 28.35 to determine ounces; divide grams by 453.59 to determine pounds.

To convert fluid ounces to milliliters

Multiply fluid ounces by 29.58 to determine milliliters.

To convert milliliters to fluid ounces

Divide milliliters by 29.58 to determine fluid ounces.

Volume conversions

VOLUME MEASURE	U.S. VOLUME	METRIC (ROUNDED)
1 tsp	⅓ fl oz	5 ml
1 Tbsp	½ fl oz (3 tsp)	15 ml
⅓ cup	1 fl oz (2 tbsp)	30 ml
¼ cup	2 fl oz	60 ml
⅓ cup	2⅔ fl oz	80 ml
½ cup	4 fl oz	120 ml
⅔ cup	5⅓ fl oz	158 ml
¾ cup	6 fl oz	180 ml
1 cup	8 fl oz	240 ml
¾ pt (1½ cups)	12 fl oz	360 ml
1 pt (2 cups)	16 fl oz	480 ml
1 qt (2 pt)	32 fl oz	950 ml (1 L)
1 gal (4 qt; 16 cups)	128 fl oz	3.75 L

Ingredient equivalents

INGREDIENT	VOLUME	WEIGHT (U.S.)	WEIGHT (METRIC)
Apple			
1 medium	1 cup sliced	4.2 oz	119 g
Asparagus			
1 bunch	2 cups	9.5 oz	269 g
Bacon			
1 cooked strip, crumbled	2 Tbsp	.75 oz	21 g
Baking powder	1 tsp	.15 oz	4 g
Baking soda	1 tsp	.18 oz	5 g
Beans			
black, garbanzo (chickpeas), lima, pinto	1 cup dried	6.5 oz	184 g
cannellini	1 cup dried	7.25 oz	206 g
Bell pepper	1 cup diced	5.2 oz	147 g
1 medium	1½ cups diced (approx.)	7 oz	198 g
Bread crumbs			
5 slices bread	1 cup crumbs	3.5 oz	100 g
Broccoli	1 cup florets	2.5 oz	71 g
1 head	3½ cup florets (approx.)	8.75 oz	248 g
Butter			
1 stick	8 Tbsp	4 oz	113 g
1 lb whole	1¼ cups clarified	12 oz	340 g
Cabbage	1 cup shredded	3.3 oz	94 g
1 small head	8 cups shredded (approx.)	26 oz	737 g
Capers	1 Tbsp	.25 oz	6 g
Carrot	1 cup diced	5 oz	142 g
1 medium	¾ cup diced (approx.)	3.3 oz	94 g

Ingredient equivalents (continued)

INGREDIENT	VOLUME	WEIGHT (U.S.)	WEIGHT (METRIC)
Cauliflower	1 cup florets	4.7 oz	133 g
1 head	3¾ cups florets (approx.)	18 oz	510 g
Celeriac (celery root)	1 cup diced	3 oz	85 g
1 medium	3½ cups diced (approx.)	12 oz	340 g
Celery	1 cup diced	4 oz	113 g
1 stalk	½ cup diced (approx.)	2 oz	57 g
Cheese			
hard (e.g., Parmesan)	1 cup grated	3.75 oz	106 g
medium (e.g., Cheddar)	1 cup shredded	3 oz	85 g
soft (e.g., fresh goat or blue)	1 cup crumbled	4.75 oz	135 g
Chocolate chips	1 cup	5.5 oz	156 g
Coconut (fresh)	1 cup	2.75 oz	78 g
Coconut (dried)	1 cup	2.4 oz	68 g
Corn	1 cup kernels	5.75 oz	163 g
1 ear	½ cup kernels (approx.)	2.75 oz	78 g
Cornstarch	1 Tbsp	.3 oz	8.5 g
Eggplant	1 cup diced	3 oz	85 g
1 medium globe	3 cups diced (approx.)	9 oz	255 g
Garlic	1 Tbsp minced	.25 oz	8 g
1 clove	1 tsp minced (approx.)	.125 oz	3 g
Gingerroot	1 tsp grated	.15 oz	4 g
Green onion	1 cup sliced	2 oz	57 g
1 medium	¼ cup sliced (approx.)	.5 oz	14 g
Ham	1 cup minced	4 oz	113 g
Herbs (dried)	1 Tbsp	.08 oz	225 mg
Herbs (fresh)	1 Tbsp minced	.115 oz	3 g

Ingredient equivalents (continued)

INGREDIENT	VOLUME	WEIGHT (U.S.)	WEIGHT (METRIC)
Honey	1 Tbsp	.75 oz	21 g
Jalapeño	1 tsp minced	.10 oz	3 g
1 medium	2 Tbsp minced (approx.)	.5 oz	14 g
Jícama	1 cup diced	4.5 oz	128 g
Juniper berries	1 Tbsp	.176 oz	5 g
Kale	1 cup chopped	2.5 oz	71 g
Leek	1 cup sliced	4 oz	113 g
1 leek, white and green parts	1¼ cups sliced (approx.)	6 oz	170 g
Lemon			
1 medium, juiced	3 Tbsp	1.5 oz	43 g
1 medium, zested	2 tsp	.10 oz	3 g
Lentils	1 cup dry	6 oz	170 g
Lime			
1 medium, juiced	3 Tbsp	1.5 oz	43 g
1 medium, zested	2 tsp	.10 oz	3 g
Mushroom	1 cup sliced (approx.)	2 oz	57 g
1 large white mushroom	¼ cup sliced (approx.)	.5 oz	14 g
Mustard (prepared)	1 Tbsp	.5 oz	15 g
Nuts	1 cup chopped	4 oz	113 g
Onion	1 cup diced	4 oz	113 g
1 medium	1¾ cups diced (approx.)	7 oz	198 g
Orange			
1 medium, juiced	½ cup	4 oz	113 g
1 medium, zested	1 Tbsp	.25 oz	6 g
Peas	1 cup	3.5 oz	99 g
Pepper (ground)	1 tsp	.07 oz	2 g

Ingredient equivalents (continued)

INGREDIENT	VOLUME	WEIGHT (U.S.)	WEIGHT (METRIC)
Potato	1 cup diced	5 oz	142 g
1 medium russet	1 cup diced (approx.)	5 oz	142 g
1 medium Yukon gold	¾ cup diced	4 oz	113 g
1 medium red potato	½ cup diced	2 oz	57 g
1 medium sweet potato	1 cup diced	4.5 oz	128 g
Radish	1 cup sliced	4 oz	113 g
Raisins	1 cup	6 oz	170 g
Rice			
converted, long grain	1 cup uncooked	6.5 oz	184 g
Saffron threads	1 tsp crushed	.025 oz	710 mg
Salad Greens			
green leaf lettuce, Boston lettuce	1 cup	2 oz	57 g
arugula	1 cup	2.5 oz	70 g
escarole	1 cup chopped	2.5 oz	71 g
Salt (table)	1 tsp	.25 oz	7 g
Seeds (sesame, cumin, fennel, etc.)	1 tsp	.20 oz	6 g
Shallot	1 tsp minced	.125 oz	3.5 g
1 medium	2 Tbsp minced (approx.)	.75 oz	20 g
Spices (ground)	1 tsp	.07 oz	2 g
Spinach	1 cup chopped	2.75 oz	78 g
1 bunch	4 cups chopped (approx.)	10.5 oz	298 g
Tomato			
1 medium	1 cup chopped	5.75 oz	163 g
Turnip	1 cup diced	4.5 oz	128 g
Zucchini	1 cup diced	4 oz	113 g
1 medium	2 cups diced	8 oz	227 g