

Shrinking Kitchen

Handy Kitchen Conversion Chart

Liquid Measurement Equivalents

1 teaspoon		1/3 Tablespoon
1 Tbsp	1/2 fl oz	3 tsp
1 Tbsp	1 fl oz	1/8 c./6 tsp
1/4 c	2 fl oz	4 Tbsp
1/3 c	2 2/3 fl oz	5 Tbsp + 1 tsp
1/2 c	4 fl oz	8 Tbsp
2/3 c	5 1/3 fl oz	10 Tbsp + 2 tsp
3/4 c	6 fl oz	12 Tbsp
7/8 c	7 fl oz	14 Tbsp
1 c	8 fl oz/ 1/2 pint	16 Tbsp
2 c	16 fl oz/1 pint	32 Tbsp
4 c	32 fl oz/2 pints	1 quart
8 pints	4 quarts	1 gallon
1 liter	1.075 quarts	
1 gallon	128 fl oz	

Dry Measurement Equivalents

1 ounce		28.35 grams
2 oz		55 g
3 oz		85 g
4 oz	1/4 pound	125 g
8 oz	1/2 lb	240 g
12 oz	3/4 lb	375 g
16 oz	1 lb	454 g
32 oz	2 lb	907 g
1 kilogram	2.2 lb	1000 g

Meat Cooking Temperature Guidelines

145° beef, pork, lamb & veal (minimum internal temp) steaks, chops, and roasts

160° ground meats including: beef, pork, lamb, veal

165° all poultry

Use a meat thermometer and let meat rest for at least 3 minutes before cutting. Based on USDA guidelines.



Miscellaneous Measurements

Dash/Pinch < 1/8 tsp

Splash 1-5 drops

Scant just barely, slightly less than

Heaping filled over the top

Level even with top, filled and leveled with a straight edge.

Temperature Conversion

F to C

C to F

Subtract 32

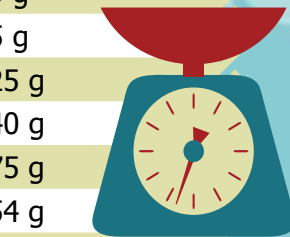
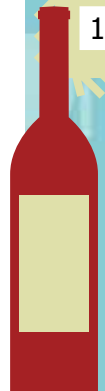
Multiply by 9

Multiply by 5

Divide by 5

Divide by 9

Add 32



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eat. drink. shrink.