

From oven temperatures to weights and measures, recipes often vary from place to person. So we've added these conversion charts to help, just in case you're ever in need of a little recipe translation.

Ingredient Substitutions

Ingredient	Amount	Substitutes
Baking powder	1 tsp	$\frac{1}{3}$ tsp baking soda and $\frac{1}{2}$ tsp cream of tartar
Baking Soda (Sodium Bicarbonate)	1 tsp	You need to use 2 to 3 times more double-acting baking powder than baking soda. Replace acidic liquid ingredient in recipe with non-acidic liquid.
Broth, beef or chicken	1 cup	1 bouillon cube dissolved in 1 cup boiling water
Buttermilk	1 cup	1 cup milk plus 1 tbsp vinegar (white or cider) or lemon juice (let stand 5 minutes before using)
Chocolate chips, semi-sweet chips, melted	6-oz package	2 squares unsweetened chocolate, 2 tbsp shortening and $\frac{1}{2}$ cup sugar
Chocolate, unsweetened	1 square or 1 oz	3 tbsp cocoa powder plus 1 tbsp butter or margarine
Cocoa, Dutch Processed	3 tbsp	1 ounce unsweetened chocolate plus $\frac{1}{8}$ tsp baking soda (reduce fat in recipe by 1 tbsp)
Coffee, strong brewed	$\frac{1}{4}$ cup	2 tbsp instant espresso powder dissolved in 3 tbsp hot water
Cornstarch (for thickening)	1 tbsp	2 tbsp all-purpose flour
Cream, half-and-half	1 cup	$\frac{7}{8}$ cup milk and $\frac{1}{2}$ tbsp butter
Cream, heavy (36–40% fat)	1 cup	$\frac{3}{4}$ cup milk and $\frac{1}{3}$ cup butter or margarine (for use in cooking or baking)
Cream, light (18–20% fat)	1 cup	$\frac{3}{4}$ cup milk and 3 tbsp butter or margarine (for use in cooking or baking)
Egg	1 whole	2 yolks and 1 tbsp water (in cookies) or 2 yolks (in custards, cream fillings and similar mixtures)
Flour, all-purpose	1 cup sifted	1 cup and 2 tbsp cake flour
Flour, cake	1 cup sifted	1 cup sifted all-purpose flour minus 2 tbsp sifted all-purpose flour
Flour, self-rising	1 cup	1 cup minus 2 tbsp all-purpose flour plus $1\frac{1}{2}$ tsp baking powder and $\frac{1}{2}$ tsp salt

All measurements are approximate.

Source: whatscookingamerica.net/Information/IngredientSubstitution.htm

Ingredient Substitutions

Ingredient	Amount	Substitutes
Garlic	1 clove, small	$\frac{1}{8}$ tsp garlic powder
Ginger root, fresh	1 tsp freshly grated	$\frac{1}{2}$ tsp ground ginger
Herbs, fresh	1 tbsp finely cut	1 tsp dried ground herbs
Honey	1 cup	$\frac{1}{4}$ cup granulated sugar and $\frac{1}{4}$ cup liquid (use liquid called for in recipe)
Ketchup	1 cup	1 cup tomato sauce, $\frac{1}{2}$ cup sugar, and 2 tbsp vinegar
Lemon, whole	1 medium	2 tbsp lemon juice and 2–3 tsp lemon rind
Mayonnaise (for use in salads and salad dressings)	1 cup	1 cup either yogurt or sour cream
Milk, sweetened condensed	1 can (about $1\frac{1}{3}$ cups)	Heat the following ingredients until sugar and butter are dissolved: $\frac{1}{3}$ cup and 2 tbsp evaporated milk, 1 cup sugar, 3 tbsp butter
Milk, whole	1 cup	$\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water
Mustard, dry	1 tsp	1 tbsp prepared mustard
Orange, whole	1 medium	6–8 tbsp juice and 2–3 tbsp grated rind (zest)
Peanut Butter	1 cup	1 cup of another nut butter (such as almond or hazelnut butter) or tahini
Pumpkin pie spice	1 tsp	$\frac{1}{2}$ tsp cinnamon, $\frac{1}{4}$ tsp ginger, $\frac{1}{8}$ tsp allspice, and $\frac{1}{8}$ tsp nutmeg
Sugar, brown (light or dark)	1 cup firmly packed	1 cup granulated sugar plus $\frac{1}{4}$ cup unsulphured molasses
Sugar, superfine	1 cup	1 cup granulated white sugar processed in a food processor or grinder
Tapioca, quick-cooking for thickening	1 tbsp	1 tbsp of flour
Yeast, active dry	1 tbsp	1 package active dry yeast

All measurements are approximate.

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Liquid or Volume Measurements

Common Measure	Alternate	Millilitres	Fluid ounces
1 tsp	$\frac{1}{3}$ tbsp	5 mL	
1 tbsp	3 tsp	15 mL	$\frac{1}{2}$ fl oz
2 tbsp	$\frac{1}{8}$ cup	30 mL	1 fl oz
$\frac{1}{4}$ cup	4 tbsp	59 mL	2 fl oz
$\frac{1}{3}$ cup	5 tbsp + 1 tsp	79 mL	$2\frac{2}{3}$ fl oz
$\frac{1}{2}$ cup	8 tbsp	118 mL	4 fl oz
$\frac{2}{3}$ cup	10 tbsp + 2 tsp	158 mL	$5\frac{1}{3}$ fl oz
$\frac{3}{4}$ cup	12 tbsp	177 mL	6 fl oz
1 cup	16 tbsp	237 mL	8 fl oz
2 cup	1 pint	473 mL	16 fl oz
4 cup	1 quart or 2 pints	946 mL	32 fl oz
4 quarts	1 gallon or 8 pints	3785 mL	128 fl oz
1 L	1.057 quarts	1000 mL	

All measurements are approximate.

Source: whatscookingamerica.net/equiv.htm

Dry/Weight Measure

		Ounces	Pounds	Metric
$\frac{1}{16}$ tsp	a dash			
$\frac{1}{8}$ tsp or less	a pinch or 6 drops			0.5 mL
$\frac{1}{4}$ tsp	15 drops			1 mL
$\frac{1}{2}$ tsp	30 drops			2 mL
1 tsp	$\frac{1}{3}$ tbsp	$\frac{1}{6}$		5 mL
3 tsp	1 tbsp	$\frac{1}{2}$		14 grams
1 tbsp	3 tsp	$\frac{1}{2}$		14 grams
2 tbsp	$\frac{1}{8}$ cup	1		28 grams
4 tbsp	$\frac{1}{4}$ cup	2		56.7 grams
5 tbsp + 1 tsp	$\frac{1}{3}$ cup	2.6		75.6 grams
8 tbsp	$\frac{1}{2}$ cup	4	0.25	113 grams
10 tbsp + 2 tsp	$\frac{2}{3}$ cup	5.2		151 grams
12 tbsp	$\frac{3}{4}$ cup	6	0.375	170 grams
16 tbsp	1 cup	8	0.5	225 grams
32 tbsp	2 cups	16	1	454 grams
64 tbsp	4 cups or 1 quart	32	2	907 grams

All measurements are approximate.

Source: whatscookingamerica.net/equiv.htm

Oven Temperature Conversions

Description	Fahrenheit	Celsius	Gas Mark
Very cool	225	105	$\frac{1}{3}$
	250	120	$\frac{1}{2}$
Cool	275	130	1
	300	150	2
Very moderate	325	165	3
Moderate	350	180	4
	375	190	5
Moderately hot	400	200	6
Hot	425	220	7
	450	230	8
Very hot	475	245	9

Pan Size Conversions

Pan Size	Pan Substitution
4-cup Baking Dish or Pan	1 (8") round cake pan 8½" × 4½" × 2½" loaf pan
8-cup Baking Dish or Pan	8" × 8" × 2" square pan 9" × 2" round cake pan 9" × 5" × 3" loaf pan 9" × 9" × 1½" square pan
9-cup Baking Dish or Pan	9" × 3" tube pan
10-cup Baking Dish or Pan	8" × 2½" springform pan 9" × 9" × 2" square pan 15½" × 10½" × 1" jelly-roll pan
11-cup Baking Dish or Pan	9" × 3" springform pan 10" × 2" round cake pan
12-cup Baking Dish or Pan	9" × 3" angel-cake pan or tube pan 10" × 2½" springform pan 13" × 9" × 2" metal baking pan
15-cup Baking Dish or Pan	13" × 9" × 2" rectangular pan

