

# COOKING GUIDE

Baking powder	1 t. = 1/4 t. baking soda + 1/2 t. cream of tartar
Barbecue sauce	1 c. = 1 c. catsup + 2 t. Worcestershire sauce
Bread crumbs, dry	1 c. = 3/4 c. cracker crumbs
Broth, beef	1 c. = 1 t. beef bouillon granules or 1 beef bouillon cube + 1 c. hot water
Broth, chicken	1 c. = 1 t. chicken bouillon granules or 1 chicken bouillon cube + 1 c. hot water
Buttermilk or sour milk	1 c. = 1 T. lemon juice or vinegar + regular milk to make 1 c. (let stand 5 min.) 1c. = 1 c. plain yogurt
Chocolate, unsweetened	1 sq. = 3 T. unsweetened cocoa powder + 1 T. butter or vegetable oil
Cornstarch, as thickener	1 T. = 2 T. all-purpose flour
Cream, light	1 c. = 1 c. half-and-half
Egg	1 whole = 2 egg yolks
Flour, cake	1 c. = 1 c. all-purpose flour minus 2 T.
Garlic	1 clove = 1/8 t. instant minced garlic or garlic powder



## COMMON COOKING SUBSTITUTIONS

Herbs, fresh	1 T. = 1 t. dried, crushed
Italian herb seasoning	1 t. = 1/2 t. dried oregano + 1/4 t. each dried basil and thyme
Milk, skim	1 c. = 1/3 c. nonfat dry milk powder + water to make 1 c.
Milk, whole	1 c. = 1/2 c. evaporated milk + 1/2 c. water
Mushrooms, sliced, cooked	1/2 lb. = 6 oz. jar, drained
Onion, raw, chopped	1/3 c. = 2 T. instant minced onion
Parmesan cheese, grated	1/4 c. = 1/4 c. grated Romano cheese
Pumpkin pie spice	2 1/2 t. = 1 1/2 t. ground cinnamon + 1/2 t. each ground nutmeg and ginger + dash ground cloves
Sherry, dry	1 T. = 1 T. dry vermouth
Sour cream for dips	2 c. = 1 c. plain yogurt + 1 c. mayonnaise
Tartar sauce	3/4 c. = 1/2 c. mayonnaise + 1/4 c. pickle relish
Tomato sauce	15 oz. can = 6 oz. tomato paste + 1 c. water
Veal cutlets, 1/4" thick	1 lb. = 1 lb. boneless chicken breasts, flattened



## COMMON COOKING EQUIVALENTS

Apples	1 lb. (3 to 4 med.) = 3 to 3 1/2 c., pared, sliced
Bananas	1 lb. (3 to 4 med.) = 1 1/4 to 1 1/2 c., mashed
Beans, dried	1 lb. (2 1/2 c.) = 6 c., cooked
Bread	1 slice = 1/4 c. dry crumbs
Butter	1 lb. = 2 c. 1 stick = 1/2 c. or 8 T.
Cabbage	1 lb. = 4 1/2 to 5 c., shredded
Celery	2 ribs = 1 c., sliced
Cheese, blue	4 oz. = 1 c., crumbled
cottage	8 oz. = 1 c.
Cheddar or Swiss	1 lb. = 4 c., shredded
Chicken	3 1/2 lb. fryer = 3 c., cooked, diced
Chocolate chips	6 oz. pkg. = 1 c.
Coconut, flaked or shredded	8 oz. = 2 1/2 c.
Coffee, ground	1 lb. = 4 c. or 64 T. 1 T. + 3/4 c. water = 1 c. coffee
Currants	1 lb. = 3 c.
Dates	1 lb. = 2 1/2 c.
Egg white, large	1 = about 2 T.
yolk, large	1 = about 1 T.
Fish	1 lb. = 1 3/4 c., cooked, flaked
Flour, all-purpose	1 lb. = 4 c.
Gelatin, unflavored	1 envelope = 2 1/4 t.
Graham crackers	14 sq. = about 1 c. fine crumbs
Ham	1 lb. = 3 c., cubed

Lemon	1 med. = 2 to 3 T. Juice 1 med. = 1 to 2 t. grated rind
Lime	1 med. = 1 1/2 to 2 T. juice 1 med. = 1 t. grated rind
Macaroni, elbow	8 oz. (2 c.) = 4 c., cooked shell 8 oz. (3 1/2 c.) = 4 c., cooked
Noodles	8 oz. (4 c.) = 4 to 4 1/2 c., cooked
Nuts, in shell	1 lb. = 1 1/4 to 2 c., shelled shelled 1 lb. = 4 c.
Oil	1 pt. = 2 c.
Onion	1 med. = about 3/4 c., chopped
Orange	1 med. = 6 to 8 T. juice 1 med. = 3 to 4 t. grated rind
Peas, dried	1 lb. (2 c.) = 5 c., cooked
Potatoes	1 lb. = 2 1/2 c. cooked, cubed
Raisins	1 lb. = 2 1/2 c.
Rice, regular	1 c. = 3 c., cooked instant 1 c. = 2 c., cooked
Spaghetti	8 oz. = 4 c., cooked
Sugar, brown, packed	1 lb. = 2 1/4 c. granulated 1 lb. = 2 c. powdered 1 lb. = 3 1/2 to 4 c.
Tuna or crab	6 1/2 oz. can = 3/4 c., flaked
Vanilla wafers	24 = about 1 c. fine crumbs
Whipping cream	1 c. = 2 to 2 1/4 c., whipped
Yeast, active dry	1 envelope = 2 1/4 to 2 1/2 t.



## EQUIVALENT MEASURES

Dash	= Less than 1/8 teaspoon
3 teaspoons (t.)	= 1 tablespoon
2 tablespoons (T.)	= 1 fluid ounce (oz.)
4 tablespoons	= 1/4 cup
5 tablespoons + 1 teaspoon	= 1/3 cup
16 tablespoons	= 1 cup

1 cup (c.)	= 8 fluid ounces
2 cups	= 1 pint (16 fluid ounces)
4 cups	= 1 quart (32 fluid ounces)
4 quarts	= 1 gallon (128 fluid ounces)
1 pound (lb.)	= 16 ounces (dry measure)

