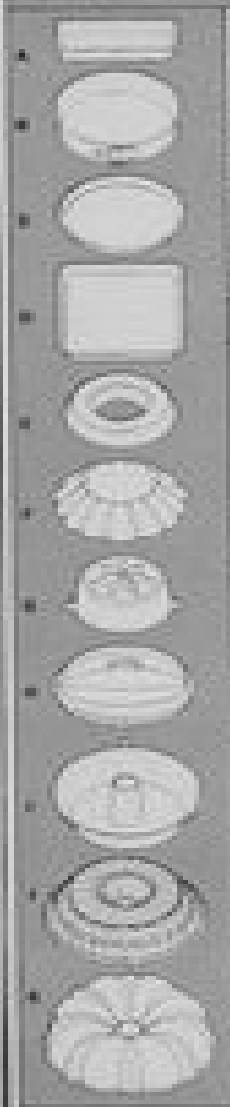
HANDY CHART OF KITCHEN MATH



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

REVERSE FRYING TEMPERATURES WITHOUT A THERMOMETER

OVEN HEAT TEMPERATURES WITHOUT A THERMOMETER

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 tablespoon	3 teaspoons	15 ML
2 tablespoons	1 ounce	30 ML
4 tablespoons	¼ cup	60 ML
5⅓ tablespoons	⅓ cup	80 ML
8 tablespoons	½ cup	120 ML
10⅔ tablespoons	⅔ cup	160 ML
12 tablespoons	¾ cup	180 ML
16 tablespoons	1 cup	240 ML
1 pint	2 cups	480 ML
1 quart	4 cups	960 ML
1 liter	4 cups, plus 1 tablespoon	1,000 ML
1 ounce (dry)	2 tablespoons	28.35 grams
1 pound	16 ounces	453.59 grams
2.2 pounds	35.3 ounces	1,000 kilograms

SUBSTITUTION AND EQUIVALENCY CHART

When the recipe calls for:	You can use:
1 tablespoon cornstarch	2 tablespoons all-purpose flour (for thickening)
1 whole egg	2 egg yolks plus 1 tablespoon water
1 cup thoroughly mixed whole wheat flour	1 cup whole wheat plus 2 tablespoons bran or wheat germ (for fine, evenly textured whole wheat flour)
1 ounce unsweetened mixed chocolate	3 tablespoons cocoa powder plus 1 tablespoon butter or margarine
1 teaspoon baking powder	¼ teaspoon cream of tartar plus ¼ teaspoon baking soda
1 cup sifted cake flour	⅞ cup sifted all-purpose flour (for one to 2 cup size 2 tablespoons)
½ cup (1 stick) butter or margarine	1 tablespoon vegetable shortening
1 cup sour milk or buttermilk	1 tablespoon white vinegar plus sweet milk to equal 1 cup
1 whole fresh garlic	1 teaspoon garlic salt (dec. ½ teaspoon garlic powder
1 teaspoon minced onion	1 teaspoon onion powder
1 tablespoon finely chopped fresh chives	1 teaspoon freeze-dried chives
1 teaspoon dry leaf herb	1 tablespoon chopped fresh herbs
1 cup dairy sour cream	1 tablespoon lemon juice plus evaporated milk to make 1 cup

When the recipe calls for:	You can use:
8½ cups sifted flour sugar	8 cups or package (no sifting)
4 cups sifted cake powdered	4 medium-size potatoes
2½ cups sifted carrots	1 pound raw carrots
4 cups shredded cabbage	1 pound cabbage (1 pound)
1 tablespoon grated lemon rind	1 medium-size lemon
2 tablespoons lemon juice	1 medium-size lemon
4 teaspoons grated orange rind	1 medium-size orange
4 cups sliced apples	4 medium-size apples
2 cups shredded Swiss or Cheddar cheese	½ pound (basic or Cheddar cheese)
1 cup soft bread crumbs	2 slices bread torn
1 cup egg whites	8 or 9 large eggs
1 cup egg yolks	12 or 13 large eggs
4 cups chopped walnuts or pecans	1 pound shelled walnuts or pecans