

Recipe Basics—

Measure accurately, substitute wisely, adjust carefully

Commonly used abbreviations

t. or tsp.	=	teaspoon
T. or Tbsp.	=	tablespoon
c.	=	cup
pt.	=	pint
qt.	=	quart
gal.	=	gallon
fl. oz.	=	fluid ounce
oz.	=	ounce
lb.	=	pound
pkg.	=	package
doz.	=	dozen
min.	=	minute
hr.	=	hour
mod.	=	moderate
°C.	=	Centigrade
°F.	=	Fahrenheit

Equivalent amounts

½ tablespoon	1 ½ teaspoons	¼ fl. oz.
1 tablespoon	3 teaspoons	½ fl. oz.
¼ cup	4 tablespoons	2 fl. oz.
½ cup	5 tablespoons + 1 teaspoon	
¾ cup	8 tablespoons	4 fl. oz.
1 cup	16 tablespoons	8 fl. oz.
1 pint	2 cups	16 fl. oz.
1 quart	2 pints or 4 cups	32 fl. oz.
1 gallon	4 quarts	128 fl. oz.

For margarine/butter:

1 pound	4 sticks
1 stick	½ cup or 8 T.

Additional resources from Iowa State University Extension and Outreach

AnswerLine

www.extension.iastate.edu/answerline

Call 1-800-262-3804 or (515) 296-5883

Spend Smart. Eat Smart.

spendsmart.extension.iastate.edu

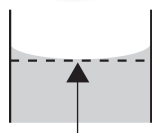
IOWA STATE UNIVERSITY
Extension and Outreach

Practice makes any cook better, but even a first-time cook can achieve success by following a few basic guidelines. Before starting to work

- Read the recipe carefully and plan each step
- Gather all needed ingredients and utensils

Accuracy counts

Fannie Farmer, “the mother of level measurements” had it right when she published her 1896 collection of recipes and insisted on the use of standard measuring cups and spoons. Every recipe requires measuring something; neither fancy tools nor gourmet recipes can make up for careless measuring.



Read at the bottom of the meniscus



Liquid measuring cup

- Used to measure liquid ingredients (milk, water, corn syrup, vegetable oil, etc.)
- Has a rim with a pouring lip above the one cup line
- Marked on one side to read portions of a cup and on the other side to read in milliliters
- Set cup on a flat surface and read measurement at eye level OR Use an angled measuring cup that can be read when looking down
- Commonly available in glass or plastic 1-, 2-, and 4-cup sizes



Dry measuring cup

- Used to measure dry ingredients (flour, sugar, brown sugar, oatmeal, etc.)
- Has no rim
- Spoon, scoop or dip out the ingredient into the cup; level with the straight edge of a knife or a metal spatula
- Standard set is metal or plastic and includes 1 cup, ½ cup, ⅓ cup, and ¼ cup

Measuring spoons

- Used to measure amounts smaller than ¼ cup
- Level dry ingredients with the straight edge of a knife or metal spatula
- Standard set includes 1 tablespoon, 1 teaspoon, ½ teaspoon, and ¼ teaspoon



Ingredient hints

Flour is presifted before packaging but settles during transportation and storage; stir before scooping.

Brown sugar should be packed firmly so that it holds the shape of the cup when removed.

Granulated (white) sugar may have clumps; break apart before measuring.

Vegetable shortening is stored at room temperature; spoon into cup and pack down to remove air pockets; use a rubber scraper to remove measured amount (rinsing cup in water first can make it easier).

Substitute wisely

Using the ingredient specified in the recipe will produce results closest to those intended by the recipe creator. Occasionally, however, it's good to know what substitutions are possible. In most recipes, making the following substitutions should produce results similar to the original recipe.

If recipe calls for	Try this substitution
Baking powder (1 teaspoon)	½ teaspoon cream of tartar + ½ teaspoon baking soda
Bouillon cube (1)	1 tablespoon brewer's yeast + 1 tablespoon soy sauce
Butter, margarine or vegetable shortening in baking (1 cup)	¾ cup* vegetable oil
(1 tablespoon)	1 tablespoon vegetable oil
Chocolate (unsweetened, 1 ounce)	3 tablespoons unsweetened cocoa powder + 1 tablespoon shortening
Cornstarch (1 tablespoon)	2 tablespoons flour OR 1 tablespoon + 1 teaspoon granular tapioca
Corn syrup (1 cup)	1 cup sugar + ¼ cup liquid
Egg	2 egg whites
Flour, cake (1 cup)	¾ cup* all-purpose flour
Flour, self-rising (1 cup)	1 cup all-purpose flour + 1 ½ teaspoons baking powder + ½ teaspoon salt
Honey (1 cup)	1¼ cups sugar + ¼ cup additional liquid OR 1 cup corn syrup
Lemon juice (1 teaspoon)	½ teaspoon vinegar
Miniature marshmallows (10)	1 large marshmallow
(1 cup)	11 large marshmallows
Milk, buttermilk or sour (1 cup)	1 tablespoon lemon juice or vinegar + milk to make 1 cup OR 1 cup yogurt
Milk, whole (1 cup)	½ cup evaporated milk + ½ cup water OR 1 cup skim milk + 2 teaspoons fat
Molasses (1 cup)	1 cup honey OR ¾ cup firmly packed brown sugar OR 1 cup dark corn syrup OR 1 cup pure maple syrup
Non-dairy coffee creamer (1 tablespoon)	1 tablespoon instant dry milk + 1 tablespoon water
Sour cream (1 cup)	1 tablespoon lemon juice + evaporated milk to make 1 cup (let stand to thicken) OR 3 tablespoons butter plus ¾ cup* sour milk
Sugar, granulated (1 cup)	¾ cup honey (reduce liquid in recipe by ¼ cup or add ¼ cup flour per ¾ cup honey)
Tomato juice (1 cup)	½ cup tomato sauce + ½ cup water
Tomato sauce (1 cup)	¾ cup tomato paste + 1 cup water
Yogurt, plain (1 cup)	1 cup buttermilk or sour milk

* ¾ cup equals 1 cup minus 2 tablespoons OR ¾ cup plus 2 tablespoons

Adjust carefully

Often it's easier to make the whole recipe and freeze half or third. If not, use these guidelines.

If recipe calls for	Use this amount to make ½ of total	Use this amount to make ⅓ of total
¼ cup	2 tablespoons	1 tablespoon + 1 teaspoon
½ cup	2 tablespoons + 2 teaspoons	1 tablespoon + 2 ¼ teaspoons
⅓ cup	¼ cup	2 tablespoons + 2 teaspoons
¾ cup	½ cup	3 tablespoons + 1 ½ teaspoons
¾ cup	6 tablespoons	¼ cup
1 cup	½ cup	⅓ cup
1 tablespoon	1 ½ teaspoons	1 teaspoon
1 teaspoon	½ teaspoon	Generous ¼ teaspoon
½ teaspoon	¼ teaspoon	Scant ¼ teaspoon
¼ teaspoon	⅛ teaspoon	Scant ¼ teaspoon
⅛ teaspoon	Dash	Dash

Prepared by Cindy Baumgartner, human sciences specialist in nutrition and wellness and Ruth Litchfield, PhD, RD, LD, state nutrition and wellness specialist, both with Iowa State University Extension and Outreach.

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to Ross Wilburn, Diversity Officer, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, wilburn@iastate.edu.