

Cooking Conversions

LIQUID MEASURES

1 gallon = 4 quarts = 8 pints = 128 fluid ounces

1/2 gallon = 2 quarts = 4 pints = 8 cups = 64 fluid ounces

1/4 gallon = 1 quart = 2 pints = 4 cups = 32 fluid ounces

1/2 quart = 1 pint = 2 cups = 16 fluid ounces

1/4 quart = 1/2 pint = 1 cup = 8 fluid ounces

DRY MEASURES

1 cup = 16 tablespoons = 48 teaspoons = 250 milliliters

3/4 cup = 12 tablespoons = 36 teaspoons = 175 milliliters

2/3 cup = 10 2/3 tablespoons = 32 teaspoons = 150 milliliters

1/2 cup = 8 tablespoons = 24 teaspoons = 125 milliliters

1/3 cup = 5 1/3 tablespoons = 16 teaspoons = 75 milliliters

1/4 cup = 4 tablespoons = 12 teaspoons = 50 milliliters

1/8 cup = 2 tablespoons = 6 teaspoons = 30 milliliters

1 tablespoon = 3 teaspoons = 15 milliliters

QUICK EQUIVALENCY CHART

3 teaspoons = 1 tablespoon

2 tablespoons = 1/8 cup = 1 fluid ounce

4 tablespoons = 1/4 cup = 2 fluid ounces

5 tablespoons + 1 teaspoon = 1/3 cup

8 tablespoons = 1/2 cup

1 cup = 1/2 pint

2 cups = 1 pint

4 cups = 2 pints = 1 quart

4 quarts = 1 gallon

16 ounces = 1 pound

dash/pinch = less than 1/8 teaspoon

gal = gallon
qt = quart
pt = pint
fl oz = fluid ounce

c = cup
tbsp = tablespoon
tsp = teaspoon
ml = milliliter

Common Terminology

CUTTING

Cube: To cut food into small (about 1/2- inch) cubes.

Dice: To cut food into very small (1/8-to 1/4-inch) cubes.

Mince: To cut into tiny pieces, usually with a knife.

Grind: To reduce food to tiny particles using a grinder or a food processor.

Puree: To mash or grind food until completely smooth, usually in a food processor, blender, sieve, or food mill.

Julienne: To cut into long, thin strips, matchstick-like in shape.

Shred: To cut food into narrow strips with a knife or a grater.

Grate: To rub foods against a serrated surface to produce shredded or fine bits.

HERBS

Bouquet Garni: A tied bundle of herbs, usually parsley, thyme, and bay leaves and is removed before serving.

Fines Herbes: A mixture of herbs traditionally parsley, chervil, chives, and tarragon.

WATER TEMPERATURES

Room Temperature: 72°F to 74°F

Lukewarm/Tepid: 98°F to 100°F

Simmer: Tiny bubbles that don't pop at the surface

Boil: Approximately 210°F with large bubbles

Rolling Boil/Hard Boil: Large, constant bubbles with a cloud of steam over the pot