

# Cooking Conversions



## Metric Quantity and Equivalent

1 ml	=	slightly less than 1/4 teaspoon
2 ml	=	slightly less than 1/2 teaspoon
5 ml	=	1 teaspoon
15 ml	=	1 tablespoon
25 ml	=	1 tablespoon plus 1 teaspoon
50 ml	=	1/4 cup minus 2 teaspoons
125 ml	=	1/2 cup plus 1 1/2 teaspoons
250 ml	=	1 cup plus 1 tablespoon
500 ml	=	1 pint plus 2 tablespoons
1 L	=	1 quart plus 1/4 cup



## Metric Weights

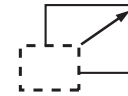
30 g	=	1 ounce plus a large pinch
125 g	=	1/4 pound plus 1/4 ounce
250 g	=	1/2 pound plus less than 1 ounce
500 g	=	1 pound plus 1 2/3 ounces
750 g	=	1 1/2 pounds plus 2 1/2 ounces
1 kg	=	2 pounds plus 3 1/2 ounces

Use liters for measuring dry and liquid ingredients. Use grams for measuring solids by weight.

## Common Abbreviations

Teaspoon	=	teas. t. tps.
Tablespoon	=	T. Tbs
Cup	=	c.
Ounce	=	oz.
Pound	=	lb.

## Proportions



1 Tablespoon	=	3 teaspoons
1 cup	=	8 ounces
1 pint	=	2 cups
1 quart	=	2 pints
1 gallon	=	4 quarts
1 pound	=	16 ounces

## Temperature



### Celsius Degrees To Fahrenheit Degrees

Celsius degree X 9/5 + 32 = Fahrenheit Degrees

### Fahrenheit Degrees to Celsius Degrees

5/9 (Fahrenheit degree - 32) = Celsius Degrees

Due to the high altitude of Fort Collins, when baking, add a little extra flour, when boiling it will take more time.

