

TOOLS, TIPS & INFORMATION FOR THE KITCHEN ~

Weights and Measurements

VOLUME EQUIVALENTS FOR LIQUIDS

1 Tbsp =	3 tsp =	0.5 fl oz
1/8 cup =	2 Tbsp =	1 fl oz
1/4 cup =	4 Tbsp =	2 fl oz
1/3 cup =	5 Tbsp + 1 tsp =	2.65 fl oz
3/8 cup =	6 Tbsp =	3 fl oz
1/2 cup =	8 Tbsp =	4 fl oz
5/8 cup =	10 Tbsp =	5 fl oz
2/3 cup =	10 Tbsp + 2 tsp =	5.3 fl oz
3/4 cup =	12 Tbsp =	6 fl oz
7/8 cup =	14 Tbsp =	7 fl oz
1 cup =	16 Tbsp =	8 fl oz
1/2 pint =	1 cup =	8 fl oz
1 pint =	2 cups =	16 fl oz
1 quart =	2 pt =	32 fl oz
1 gallon =	4 qt =	128 fl oz

EQUIVALENT WEIGHTS

16 oz =	1 lb =	1.000 lb
12 oz =	3/4 lb =	0.750 lb
8 oz =	1/2 lb =	0.500 lb
4 oz =	1/4 lb =	0.250 lb
2 oz =	1/8 lb =	0.125 lb
1 oz =	1/16 lb =	0.063 lb

The two most commonly used units of weight (or mass) measurement for cooking in the U.S. are the ounce and the pound. Do not confuse the ounce of weight with the fluid ounce, because they are not the same; there is no standard conversion between weight and volume unless you know the density of the ingredient.

Basic Cooking Rule: 16 ounces = 1 pound

DRY INGREDIENT MEASUREMENTS

3 tsp =	1 Tbsp
2 Tbsp. =	1/8 cup
4 Tbsp. =	1/4 cup
5 Tbsp + 1 tsp =	1/3 cup

8 Tbsp =	1/2 cup
10 Tbsp + 2 tsp =	2/3 cup
12 Tbsp =	3/4 cup
16 Tbsp =	1 cup

4 cups =	1 quart
16 cups =	1 gallon

FRACTION TO DECIMAL EQUIVALENTS

1/8 =	0.125	5/8 =	0.625
1/4 =	0.250	2/3 =	0.666
1/3 =	0.333	3/4 =	0.750
3/8 =	0.375	7/8 =	0.875
1/2 =	0.500		

STEAMTABLE PAN CAPACITY

Pan Size	Approx. Capacity	Serving Size	Ladle (fl. oz.)	Scoop #	Approx. # of Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320



SCOOPS/DISHERS

Scoops are left or right handed or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.

Size/Number	Level Measure
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3-1/3 Tbsp
24	2-2/3 Tbsp
30	2 Tbsp
40	1-2/3 Tbsp
50	3-3/4 tsp

LADLES/PORCION SERVERS

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl. oz." would be more accurate since they measure volume, not weight.

Ladle/Portion Server (Fluid Ounce)	Approximate Measure
1 oz	1/8 cup
2 oz	1/4 cup
3 oz	3/8 cup
4 oz	1/2 cup
6 oz	3/4 cup
8 oz	1 cup
12 oz	1 1/2 cup