**Liquid Measures**

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz

* gal = 2 qt = 4 pt = 8 cups = 64 fl oz ¼ gal = 1 qt = 2 pt = 4 cups = 32 fl oz
* qt = 1 pt = 2 cups = 16 fl oz

¼ qt = ½ pt = 1 cup = 8 fl oz

**Dry Measures**

1 cup = 16 Tbsp = 48 tsp = 250ml

* cup = 12 Tbsp = 36 tsp = 175ml

⅔ cup = 10 ⅔ Tbsp = 32 tsp = 150ml ½ cup = 8 Tbsp = 24 tsp = 125ml

⅓ cup = 5 ⅓ Tbsp = 16 tsp = 75ml ¼ cup = 4 Tbsp = 12 tsp = 50ml ⅛ cup = 2 Tbsp = 6 tsp = 30ml

1 Tbsp = 3 tsp = 15ml

Dash or Pinch or Speck = less than ⅛ tsp

**Quickies**

1 fl oz = 30 ml

1 oz = 28.35 g

1 lb = 16 oz (454 g)

1 kg = 2.2 lb

1 quart = 2 pints

|  |  |
| --- | --- |
| **U.S.** | **Canadian** |
|  |  |  |
| ¼ tsp | 1.25 mL |
| ½ tsp | 2.5 mL |
| 1 tsp | 5 mL |
| 1 Tbl | 15 mL |
| ¼ cup | 50 mL |
| ⅓ cup | 75 mL |
| ½ cup | 125 mL |
| ⅔ cup | 150 mL |
| ¾ cup | 175 mL |
| 1 cup | 250 mL |
| 1 quart | 1 liter |

**Recipe Abbreviations**

Cup = c or C

Fluid = fl

Gallon = gal

Ounce = oz

Package = pkg

Pint = pt

Pound = lb or #

Quart = qt

Square = sq

Tablespoon = T or Tbl

or TBSP or TBS

Teaspoon = t or tsp

**Fahrenheit (**°**F) to Celcius (**°**C)**

°C = (°F - 32) x 5/9

32°F 0°C

40°F 4°C

140°F 60°C

150°F 65°C

160°F 70°C

225°F 107°C

250°F 121°C

275°F 135°C

300°F 150°C

325°F 165°C

350°F 177°C

375°F 190°C

400°F 205°C

425°F 220°C

450°F 230°C

475°F 245°C

500°F 260°C

**OVEN TEMPERATURES**

**WARMING**: 200°F

**VERY SLOW:** 250°F - 275°F

**SLOW**: 300°F - 325°F

**MODERATE**: 350°F - 375°F

**HOT**: 400°F - 425°F

**VERY HOT**: 450°F - 475°F

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