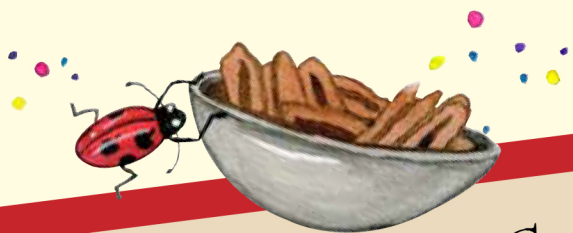


Measurement & Ingredient Substitution Guide

For more baking activities, information on food safety and baking resources go to www.homebaking.org.



Measurement Guide

- Pinch = 1/16 teaspoon
- Dash = 1/8 teaspoon or less
- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1/8 cup or 1 ounce
- 4 tablespoons = 1/4 cup
- 5 1/3 tablespoons = 1/3 cup
- 8 tablespoons = 1/2 cup
- 16 tablespoons = 1 cup
- 1 cup = 8 fluid ounces
- 2 cups = 1 pint = 16 fluid ounces
- 4 cups = 2 pints = 1 quart = 32 fluid ounces

- 4 quarts = 1 gallon
- 1 oz. = 28.35 grams
- 1 liter = 1.06 quarts

- oz. = ounce or ounces
- c. = cup
- T. = tbsp. = tablespoon
- t. = tsp. = teaspoon
- g. = gram or grams
- lb. = pound



Ingredient Substitution Guide

- 1 cup all-purpose flour..... 1 cup + 2 T. cake flour
- 1 cup cake flour..... 7/8 cup (1 cup - 2 T.) all-purpose flour + 2 T. corn starch
- 1 package active dry yeast..... 1 (1/4 oz.) package active dry yeast, 2 1/4 tsp fast-acting yeast
or 1 (1/2 oz.) cake compressed yeast
- 1 tsp. baking powder 1 tsp. baking soda + 1/2 tsp. cream of tartar
- 1 cup honey..... 1 1/4 cups sugar, or 2 cups powdered sugar + 1/4 cup liquid
stir and let stand 5 minutes, or 1 cup plain yogurt thinned with milk
- 1 cup buttermilk or sour milk..... 1 T. lemon juice or vinegar plus milk to make 1 cup;
- 1 cup whole milk..... 1 cup skim milk + 2 T. melted butter or margarine
- 1 T. cornstarch 2 T. all-purpose flour, or 4 tsp. quick cooking tapioca
- 1 oz. unsweetened chocolate 3 T. unsweetened cocoa plus 1 T. shortening
- 1 cup packed brown sugar..... 1 cup white granulated sugar blended with 2 T. molasses
- 1 large egg egg whites + 1/2 tsp. vegetable oil, or 1 T. milled flax + 3 T. water,
or 1/4 cup soft tofu (quick breads and cookies only)