

Cooking Weights and Measures

American recipes use dry and fluid measures. Volume determines fluid measures; weight determines dry measures. However, most U.S. recipes refer to ingredients in terms of volume. So don't worry too much whether the ingredient you're measuring is dry or fluid; just use the measure specified in your recipe.

Measurements and Conversion Table

TEASPOONS	TABLESPOONS	CUPS	FLUID OUNCES	MILLILITERS	OTHER
1/4 teaspoon				1 ml	
1/2 teaspoon				2 ml	
3/4 teaspoon	1/4 tablespoon			4 ml	
1 teaspoon	1/3 tablespoon			5 ml	
3 teaspoons	1 tablespoon	1/16 cup	1/2 oz	15 ml	
6 teaspoons	2 tablespoons	1/8 cup	1 oz	30 ml	
			1 1/2 oz	44 ml	1 jigger
12 teaspoons	4 tablespoons	1/4 cup	2 oz	60 ml	
16 teaspoons	5 1/3 tablespoons	1/3 cup	2 1/2 oz	75 ml	
18 teaspoons	6 tablespoons	3/8 cup	3 oz	90 ml	
24 teaspoons	8 tablespoons	1/2 cup	4 oz	125 ml	1/4 pint
32 teaspoons	10 2/3 tablespoons	2/3 cup	5 oz	150 ml	
36 teaspoons	12 tablespoons	3/4 cup	6 oz	175 ml	
48 teaspoons	16 tablespoons	1 cup	8 oz	237 ml	1/2 pint
		1 1/2 cups	12 oz	355 ml	
		2 cups	16 oz	473 ml	1 pint
		3 cups	24 oz	710 ml	1 1/2 pints
			25.6 oz	757 ml	1 fifth
		4 cups	32 oz	946 ml	1 quart or 1 liter
		8 cups	64 oz		2 quarts
		16 cups	128 oz		1 gallon

Some recipes use additional instructions that require a specific amount of the ingredient. For example, a recipe might request "1 cup brown sugar, firmly packed", or "2 heaping cups flour".

Dash or Pinch

Generally considered to be less than 1/8 teaspoon.

Firmly Packed

With a spatula, a spoon or your hand, tightly press the ingredient into the measuring cup. You should measure as much of the ingredient as you can fit into the measure.

Lightly Packed

Press the ingredient into the measuring cup lightly. Make sure there are no air pockets, but do not compress it too much either.

Even / Level

Measure the amount precisely, discarding the entire ingredient that rises above the rim of the measuring cup. The back of a straight knife works well for this.

Rounded

Do not flatten out the ingredient to the top of the measuring cup. Instead allow it to pile up above the rim naturally, into a soft, rounded shape.

Heaping / Heaped

Pile as much of the ingredient on top of the measure as it can hold.

Sifted

Sift with a strainer or sifter before measuring to ensure ingredient is not

compacted and there is no other foreign substance in it.