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 × 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.