



Math in the Kitchen



Equivalent Measures

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 5 $\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup
- 8 tablespoons = $\frac{1}{2}$ cup
- 12 tablespoons = $\frac{3}{4}$ cup
- 16 tablespoons = 1 cup or $\frac{1}{2}$ pint or 8 ounces
- 2 cups = 1 pint or 16 ounces
- 4 cups = 1 quart, or roughly, 1 liter
- 4 quarts = 1 gallon
- 1 fluid ounce = 2 tablespoons
- $\frac{1}{2}$ stick butter or margarine = $\frac{1}{4}$ cup
- 1 stick butter or margarine = $\frac{1}{2}$ cup or $\frac{1}{4}$ pound
- 2 sticks butter or margarine = 1 cup or $\frac{1}{2}$ pound
- 4 sticks butter or margarine = 2 cups or one pound



Metric Conversions

United States Customary measurement is used throughout this book. For metric conversions, use the information below to find equivalent measurements.

- | | |
|------------------------------------|-------------------------------------|
| 1 teaspoon = 5 milliliters | $\frac{1}{8}$ cup = 80 milliliters |
| 1 tablespoon = 15 milliliters | $\frac{1}{2}$ cup = 125 milliliters |
| $\frac{1}{4}$ cup = 60 milliliters | $\frac{3}{4}$ cup = 185 milliliters |
| | 1 cup = 250 milliliters |

Oven Temperatures

The oven temperature for all recipes in this book is measured in Fahrenheit degrees. To convert Fahrenheit degrees to Celsius, subtract 32 degrees and multiply by $\frac{5}{9}$. To convert Celsius degrees to Fahrenheit, multiply by $\frac{9}{5}$ and add 32 degrees—or use the handy chart below!

Fahrenheit	Celsius
250-275	125-135
300-325	150-165
350-375	175-190
400-425	205-220
450-475	230-245

Linear Measures

Refer to the following measurements for any linear metric conversion information you may need in this book.

1" = 2.54 cm	5" = 25 cm	11" = 28 cm
2" = 5 cm	8" = 20 cm	12" = 30 cm
2 $\frac{1}{2}$ " = 6.4 cm	8 $\frac{1}{2}$ " = 22 cm	14" = 36 cm
3" = 8 cm	9" = 23 cm	17" = 43 cm