



COOKING BASICS:

Substitutions & Equivalent Measurements

Equivalent Weights and Measurements				
		DRY WEIGHT MEASUREMENTS		LIQUID MEASUREMENTS
4 Tablespoons	=	1/4 Cup	=	2 Fluid Ounces
8 Tablespoons	=	1/2 Cup	=	4 Fluid Ounces
12 Tablespoons	=	3/4 Cup	=	6 Fluid Ounces
16 Tablespoons	=	1 Cup	=	8 Fluid Ounces
2 Cups	=	1 Pint	=	16 Fluid Ounces
4 Cups	=	2 Pints or 1 Quart	=	32 Fluid Ounces
16 Cups	=	4 Quarts or 1 Gallon	=	128 Fluid Ounces

Cooking Terms	
BRAISE	To brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.
CREAM	To stir or mix ingredients until they are soft and creamy.
MARINATE	To allow food to stand in an oil and acid mixture to add flavor or tenderize.
POACH	To cook food by slipping it into a hot liquid.
SAUTÉ	To cook in a small amount of fat.
SIMMER	To cook in liquid below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface.
STIR FRY	To cook and stir small pieces of food quickly in a small amount of oil until just tender.

Abbreviations

C = cup
 t / tps. = teaspoon
 T / Tbsp. / Tbs. = tablespoon
 oz. = ounces
 lb. = pound

Substitutions

What to use if you are missing an ingredient		
INGREDIENT	AMOUNT	SUBSTITUTION
<i>Baking powder</i>	1 teaspoon	¼ teaspoon baking soda + ½ teaspoon cream of tartar
<i>Bread crumbs, dry</i>	¼ cup	¼ cup cracker crumbs or cornmeal or 1 slice toasted bread, cubed or ⅓ cup quick-cooking oats
<i>Brown sugar</i>	½ cup	½ cup white sugar + 2 Tablespoons molasses
<i>Chocolate, unsweetened</i>	1 ounce/1 square	3 Tablespoons cocoa + 1 Tablespoon butter
<i>Cornstarch</i>	1 Tablespoon	2 Tablespoons flour
<i>Buttermilk</i>	1 cup	1 Tablespoon vinegar or lemon juice + enough milk to equal 1 cup. Let stand for 10-15 minutes.
<i>Pumpkin pie spice</i>	1 teaspoon	½ teaspoon cinnamon + ½ teaspoon ginger + ⅛ teaspoon ground allspice + ⅛ teaspoon nutmeg
<i>Sour cream</i>	1 cup	1 cup plain yogurt or 1 cup cottage cheese mixed in blender with 2 Tablespoons milk + 1 tablespoon lemon juice

For a Healthier Option	
INGREDIENT	SUBSTITUTION
<i>White Flour</i>	Whole wheat flour
<i>Iceberg Lettuce</i>	Romaine, spinach, or other leafy greens
<i>Fruit canned in Syrup</i>	Frozen or fresh fruit, or fruit canned in water or 100% juice
<i>White Rice</i>	Brown rice
<i>Regular Pasta</i>	Whole wheat pasta
<i>Flour Tortillas</i>	Corn tortillas or whole wheat tortillas
<i>Canned Beans</i>	Beans cooked from dried beans
<i>Ground Beef</i>	Ground turkey
<i>Flavored Yogurt</i>	Plain yogurt with fresh or frozen fruit added



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION