

## KITCHEN- Abbreviations and Measurements





| Abbreviations |             |            |        |
|---------------|-------------|------------|--------|
| <b>C</b>      | Cup or cups | <b>Gal</b> | Gallon |
| <b>Tbs</b>    | Tablespoon  | <b>qt</b>  | quart  |
| <b>tsp</b>    | teaspoon    | <b>pt</b>  | pint   |
| <b>lb</b>     | pound       | <b>oz</b>  | ounce  |



### Useful Kitchen Measurements

- 1 pinch = 1/8 tsp
- 60 drops = 1 tsp
- 3 tsp = 1 Tbs
- 2 Tbs = 1 fluid oz
- 4 Tbs = 1/4 C
- 8 Tbs = 1/2 C
- 16 Tbs = 1 C
- 2 C = 1 pt
- 4 C = 1 qt
- 16 oz = 1 lb

### Conversion Table

|   |                 |   |
|---|-----------------|---|
|   | 1 oz = 28 gr    |   |
|  | 1 tsp = 5 ml    |   |
|   | 1 Tbs = 15 ml   |   |
|   | 1 cup = 240 ml  |   |
|   | 300°F = 150°C   |  |
|   | 350°F = 175°C   |   |
|   | 1 inch = 2.5 cm |   |

### Oven Temperatures

|                       |              |
|-----------------------|--------------|
| <b>Very Slow</b>      | 250° to 275° |
| <b>Slow</b>           | 275° to 325° |
| <b>Moderate</b>       | 325° to 375° |
| <b>Moderately Hot</b> | 375° to 400° |
| <b>Hot</b>            | 400° to 450° |
| <b>Very Hot</b>       | 450° to 500° |
| <b>Extremely Hot</b>  | 500° to 525° |