

433



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KNOW YOUR MEASURES

By

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Extension Service**

**Bulletin No. 433
November 1964**

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Measuring Table

Dash = less than $\frac{1}{8}$ teaspoon

3 teaspoons = 1 tablespoon

16 tablespoons = 1 cup

1 cup = $\frac{1}{2}$ pint

2 cups = 1 pint

2 pints (4 cups) = 1 quart

4 quarts (liquid) = 1 gallon

8 quarts (solid) = 1 peck

4 pecks = 1 bushel

1 ounce = 2 tablespoons

4 ounces = $\frac{1}{2}$ cup

8 ounces = 1 cup

16 ounces = 1 pound

32 ounces = 1 quart

Abbreviations used

qt. = quart

pt. = pint

lb. = pound

oz. = ounce

med. = medium

c. = cup

tbsp. = tablespoon

T. = tablespoon

tsp. = teaspoon

t. = teaspoon

| Beverages | Weight | Measure | Serves |
|----------------|-----------|-----------------------------------------------------------------------|--------|
| Chocolate..... | 1 oz..... | 1 square..... | 3- 4 |
| Cocoa..... | | 3 tbsp. cocoa plus 1 tbsp. fat is equal to 1 oz. chocolate..... | 3- 4 |
| Coffee..... | 1 lb..... | 5 c..... | 40-50 |
| Tea..... | 1 lb..... | 6-8 c..... | 300 |

| Dairy Foods | Weight | Measure | Serves |
|-----------------------------------|-----------------|------------------------------------------------------------------|------------------------|
| Milk..... | | 1 qt. or 4 c..... | 4 |
| Coffee cream..... | | $\frac{1}{2}$ pt. or 1 c..... | 10-12 |
| Whipping cream..... | | $\frac{1}{2}$ pt. or 1 c..... 2 c. whipped | 10-12 |
| Cheese, American..... | 1 lb..... | 4 c. grated or 16 slices..... | 16 |
| Cottage cheese..... | 1 lb..... | 2 c..... | 6 ($\frac{1}{3}$ cup) |
| Philadelphia cream cheese..... | 3 oz..... | $\frac{1}{3}$ c..... | 3 |
| Ice cream..... | | 1 qt..... | 6 |
| Instant nonfat dry milk..... | 1 lb..... | 5 qt..... | 20 |
| Condensed milk..... | 15-oz. can..... | $1\frac{1}{3}$ c. = $2\frac{1}{2}$ c. milk plus 8 tbsp. sugar | |

| Dairy Foods | Weight | Measure | Serves |
|---------------------------|-----------------------|--------------------|--------|
| Evaporated milk | 14½-oz. can | 1⅔ c. = 3⅓ c. milk | |
| Evaporated milk | 6-oz. can | ⅔ c. | |

To sour sweet milk:

Add 1 tbsp. lemon juice or vinegar to 1 c. sweet milk for 1 c. of sour milk.

To sour sweet cream:

Add 1 tbsp. vinegar or lemon juice to 1 c. cream or evaporated milk.

| Eggs | Weight | Measure |
|------------------------------|----------------|-----------------------|
| Eggs, whole, large | 1 lb. | 2 c. or 10 whole eggs |
| Yolks | 1 lb. | 2 c. or 24 yolks |
| Whites | 1 lb. | 2 c. or 16-19 whites |
| 1 large egg | 2 oz. | ¼ c. |
| 1 med. egg | 1¾ oz. | 1/5 c. |
| 1 small egg | 1½ oz. | 1/6 c. |

| Fats | Weight | Measure |
|------------------|---------------|-----------------|
| Lard | 1 lb. | 2 c. |
| Butter | 1 lb. | 2 c. or 48 pats |
| Oils | 1 lb. | 1 pt. or 2 c. |

| Fats | Weight | Measure |
|--------------------------------|-------------------------|---------|
| Shortenings..... | 1 lb..... | 2 c. |
| Suet, chopped medium fine..... | 4 $\frac{1}{4}$ oz..... | 1 c. |

Approximate substitutions:

- 1 c. butter is equal to $\frac{7}{8}$ to 1 c. hydrogenated fat plus $\frac{1}{2}$ tsp. salt;
 $\frac{7}{8}$ c. lard plus $\frac{1}{2}$ tsp. salt;
 $\frac{7}{8}$ c. rendered fat plus $\frac{1}{2}$ tsp. salt.

| Fish and Shellfish | Weight | Serves |
|------------------------|-----------|--------|
| Fish, whole..... | 1 lb..... | 1 |
| Fish, drawn..... | 1 lb..... | 2 |
| Fish, dressed..... | 1 lb..... | 2 |
| Fish, steaks..... | 1 lb..... | 3 |
| Fish, fillets..... | 1 lb..... | 3 |
| Fish, sticks..... | 1 lb..... | 3 |
| Oysters, shucked..... | 1 pt..... | 3 |
| Scallops, shucked..... | 1 lb..... | 3 |
| Shrimp, headless..... | 1 lb..... | 4 |

| Flours and Cereals | Weight | Measure |
|-------------------------|-----------|--------------------------|
| White, sifted once..... | 1 lb..... | 4 c. |
| White, instantized..... | 1 lb..... | appx. 3 $\frac{2}{3}$ c. |
| Cake, sifted once..... | 1 lb..... | 4 $\frac{3}{4}$ c. |

| Flours and Cereals | Weight | Measure |
|---------------------------|-----------|--------------------------------------------------|
| Rye, sifted once..... | 1 lb..... | 5 $\frac{2}{3}$ c. |
| Whole wheat, stirred..... | 1 lb..... | 3 $\frac{3}{4}$ c. |
| Corn meal..... | 1 lb..... | 3 c. raw, 12 c. cooked |
| Bread crumbs..... | 1 lb..... | 5 c. (dry bread) 10 c. (fresh or soft pieces) |
| Crackers, soda..... | 1 lb..... | 108 1 c. crumbs=7- 9 crackers |
| Graham crackers..... | | 1 c. crumbs=9-11 crackers |
| Vanilla wafers..... | | 1 c. crumbs=20-30 wafers |
| Zweiback..... | | 1 c. crumbs=4-9 |
| Macaroni..... | 1 lb..... | 4 c. raw or 9 c. cooked |
| Rice..... | 1 lb..... | 2 c. raw or 8 c. cooked |

Approximate substitutions:

- 1 tbsp. flour— $\frac{1}{2}$ tbsp. cornstarch or $\frac{3}{4}$ tbsp. quick-cooking tapioca
- 1 c. cake flour— $\frac{7}{8}$ c. hard wheat, all purpose flour.

| Fruits (Dried) | Weight | Measure |
|----------------|------------|-----------------------------------------------------------------------|
| Apples..... | 1 lb..... | 4 c. raw, 8-10 c. cooked |
| Apricots..... | 1 lb..... | 3 c. raw, 5 c. cooked |
| Currants..... | 1 lb..... | 3 c. |
| Dates..... | 16 oz..... | 2 $\frac{1}{2}$ c. pitted, 50-60 dates 1 $\frac{3}{4}$ c. unpitted |

| Fruits (Dried) | | Weight | Measure | |
|--------------------|-------------|-------------|--------------------------|-----------------------|
| Figs | 1 lb. | 1 lb. | 3 c. or 44 figs | |
| Prunes, size 30-40 | 1 lb. | 1 lb. | 2 c. dry or 40-60 prunes | |
| | | | 4 c. soaked and drained | |
| Raisins | 16 oz. | 16 oz. | 3 c. seedless | |
| | | | 2½ c. seeded | |
| Fruits (Fresh) | | Weight | Measure | Serves |
| Apples | 1 lb. | 1 lb. | 3 med. | 3 |
| Apricots | 1 lb. | 1 lb. | 8 to 12 | 5 |
| Avocado | 1 lb. | 1 lb. | 1 | 2 |
| Bananas | 1 lb. | 1 lb. | 3 | 3 |
| Berries | | | | |
| Strawberries | 1 qt. | 1 qt. | | 4 |
| Blueberries | 1 qt. | 1 qt. | | 6 |
| Cranberries | 1 lb. | 1 lb. | 1 qt. | 16 (⅛ c.) |
| Cherries, red | 1 qt. | 1 qt. | 2 c. pitted | 4 (½ c.) |
| Grapefruit | 1 lb. | 1 lb. | 1 med. | 2 |
| Grapes | | | | |
| Concord | 1 lb. | 1 lb. | 1 qt. | 4 |
| Tokay | 1 lb. | 1 lb. | 2¾ c. seeded | |
| Lemons | 1 doz. med. | 1 doz. med. | 3 lb. | Yields 1 pt. juice |

| Fruits (Fresh) | Weight | Measure | Serves |
|----------------|-------------|------------|--------------------------------------|
| Oranges | 1 doz. med. | 6 lb. | Yields 1 qt. juice 3 qt. diced |
| Peaches | 1 lb. | 4 med. | 4 |
| Pears | 1 lb. | 4 med. | 4 |
| Pineapple | 2 lbs. | 1 med. | 6 (½ c.) |
| Plums | 1 lb. | 8-20 | 4 |
| Rhubarb | 1 lb. | 4-8 stalks | 4 (½ c.) |

| Fruits (Frozen) | Weight | Measure | Serves |
|-----------------|-------------------|---------|--------|
| | 10-16 oz. package | 1-2 c. | 2-4 |

| Meats | Weight | Serves |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|
| Boned or ground | 1 lb. | About 4 |
| Flank, beef roll, tenderloin, boneless loin, sirloin butt, sirloin strip, heel of round, liver, heart, kidneys, brains, sweetbreads, tongue, sausages, frankfurters. | | |
| Meat with medium amount of bone | 1 lb. | 2 to 3 |
| Steaks, ham slices, rib roasts, chuck, chops, rump roasts, loin roasts. | | |

Meats**Weight****Serves**

| | | |
|--------------------------------------------------------------------------------|-----------|--------|
| Meat with large amount of bone..... | 1 lb..... | 1 to 2 |
| Shoulder cuts, short ribs, spareribs, neck, breasts, plate, brisket, shank. | | |

Poultry**Weight****Serves****Chicken****Broiler**

| | | |
|--------------------|-----------|------------------------------------------------|
| dressed..... | 1 lb..... | $\frac{1}{4}$ - $\frac{1}{2}$ bird per serving |
| ready to cook..... | 1 lb..... | $\frac{1}{4}$ - $\frac{1}{2}$ bird per serving |

Fryer

| | | |
|--------------------|-----------|---------------------|
| dressed..... | 1 lb..... | $\frac{3}{4}$ to 1 |
| ready to cook..... | 1 lb..... | 1 to $1\frac{1}{2}$ |

Roaster

| | | |
|--------------------|-----------|---------------------|
| dressed..... | 1 lb..... | $\frac{3}{4}$ to 1 |
| ready to cook..... | 1 lb..... | 1 to $1\frac{1}{2}$ |

Stewing

| | | |
|--------------------|-----------|--------|
| dressed..... | 1 lb..... | 1 to 3 |
| ready to cook..... | 1 lb..... | 1 to 4 |

| Poultry | Weight | Serves |
|--------------------|-----------|---------------------------------|
| Duck | | |
| dressed..... | 1 lb..... | $\frac{3}{4}$ |
| ready to cook..... | 1 lb..... | 1 |
| Goose | | |
| dressed..... | 1 lb..... | 1 |
| ready to cook..... | 1 lb..... | $1\frac{1}{2}$ |
| Turkey | | |
| dressed..... | 1 lb..... | $\frac{3}{4}$ to $1\frac{1}{2}$ |
| ready to cook..... | 1 lb..... | 1-2 depending on size |

| Vegetables (Dried) | Weight | Measure | Serves |
|--------------------|-----------|-----------------------|-----------------------|
| Kidney beans..... | 1 lb..... | $2\frac{1}{2}$ c..... | 9 ($\frac{3}{4}$ c.) |
| Lima beans..... | 1 lb..... | $2\frac{1}{2}$ c..... | 8 ($\frac{3}{4}$ c.) |
| Navy beans..... | 1 lb..... | $2\frac{1}{3}$ c..... | 8 ($\frac{3}{4}$ c.) |
| Split peas..... | 1 lb..... | 2 c..... | 7 ($\frac{3}{4}$ c.) |

| Vegetables (Fresh) | Weight | Measure | Serves |
|--------------------------|-----------|-------------------------------|-----------------------|
| Asparagus..... | 1 lb..... | 16-20 stalks..... | 4 |
| Beans, lima in pod..... | 1 lb..... | $\frac{2}{3}$ c. shelled..... | 2 ($\frac{1}{3}$ c.) |
| Beans, lima shelled..... | 1 lb..... | 2 c..... | 6 ($\frac{1}{3}$ c.) |

| Vegetables (Fresh) | Weight | Measure | Serves |
|-----------------------|-------------|----------------------------------------|-----------------|
| Beans, snap..... | 1 lb..... | 3 c., 1 inch..... | 5 (½c.) |
| Beets..... | 1 lb..... | 2 c. diced..... | 4 |
| Broccoli..... | 1 lb..... | | 3 |
| Brussell sprouts..... | 1 lb..... | 1 qt. or less..... | 5 |
| Cabbage | | | |
| raw..... | 1 lb..... | ½ small head 4 c. shredded..... | 7 |
| cooked..... | 1 lb..... | | 4 (½ c.) |
| Carrots..... | 1 lb..... | 2½ c. diced or shredded..... | 5 (½ c.) |
| Cauliflower..... | 1 lb..... | 1½ c..... | 3 (½ c.) |
| Celery..... | 1 lb..... | 2 med. bunches or 2 c. diced..... | 4 (½ c. cooked) |
| Corn, cut..... | 1 lb..... | | 5 |
| Corn, ears..... | 12 med..... | 3 c. cut..... | 6 |
| Eggplant..... | 1 lb..... | 2½ c. diced or 11 ½ in. slices..... | 5 (½ c.) |
| Greens..... | 1 lb..... | | 4 |
| Mushrooms..... | 1 lb..... | 35-45..... | 6 |
| Onions..... | 1 lb..... | 3 large..... | 4 |
| Parsnips..... | 1 lb..... | 4 med..... | 4 |
| Peas, in pod..... | 1 lb..... | 1 c. shelled..... | 2 |

| Vegetables (Fresh) | Weight | Measure | Serves |
|----------------------|-----------|------------------|------------|
| Potatoes, sweet..... | 1 lb..... | 3 med..... | 3 |
| Potatoes, white..... | 1 lb..... | 3 med..... | 3 |
| | | 2½ c. diced..... | 5 (½ c.) |
| Rutabaga..... | 1 lb..... | 2⅔ c. diced..... | 4 |
| Squash, Hubbard..... | 1 lb..... | | 2 |
| Squash, summer..... | 1 lb..... | | 3 |
| Tomatoes..... | 1 lb..... | 4 small..... | 3 (cooked) |
| | | 16 slices..... | 4 (raw) |
| Turnips..... | 1 lb..... | 3 med..... | 4 (½ c.) |

| Vegetables (Frozen) | Weight | Measure | Serves |
|---------------------|---------------------------|----------------|--------|
| | 10 to 12 oz. package..... | 1¼ to 2 c..... | 3 to 4 |

| Nuts | Pounds in Shell | gives | Pounds Shelled |
|-----------------------|-----------------|-------|------------------------|
| Almonds..... | 3½..... | | 1 lb. or 3½ c. |
| Brazil..... | 2½..... | | 1 lb. or 3½ c. |
| Chestnut..... | 1½..... | | 1 lb. or 3 c. |
| Filbert..... | 2¼..... | | 1 lb. or 3½ c. |
| Peanuts..... | 1½..... | | 1 lb. or 3-3½ c. |
| Pecans..... | 2½..... | | 1 lb. or 3½ c. |
| Walnuts, English..... | 2½..... | | 1 lb. or 3 c. (halves) |

Storage of Nuts

Because nuts are high in fat they become rancid. Keep nuts in an air-tight container in a cool dry place. A satisfactory home storage method is in jars from which the air has been exhausted in a boiling water bath. Select well-developed, fresh nut kernels free from bits of shell. Sterilize one-half pint or pint jars and allow them to dry. Fill with the nuts and partially seal the jars. Place them in a hot water bath that comes up about 2 inches on the side of the jars, and let remain in it while the water boils for 30 minutes. Complete the sealing, cool, and store in a cool dark place.

Almond Paste, sometimes called marzipan, is a cooked mixture of about 60 percent of ground blanched almonds, 30 percent of sugar, 10 percent water, and flavoring. It is used in baking and for making candies and macaroons.

To Blanch Almonds, pour boiling water over them, and allow to stand for a few minutes. Drain, remove skins by rubbing with the fingers.

Candied Cherries. The cherries are repeatedly cooked in colored syrup until they are saturated with sugar, after which they are drained and dried.

Marrons are preserved chestnut meats in either a vanilla-flavored syrup or in dried form as *glacé marrons*.

To Crack Brazil Nuts Easily, soak in hot water or heat in the oven.

To Remove Pecan Nut Meats, soak the nuts in the shell overnight in a salt solution of $\frac{1}{2}$ cup salt to 3 quarts of cold water.

Sugars and Sweets**Weight****Measure****Sugar**

| | | |
|---------------------------------|---------------|---------------------|
| white | 1 lb. | 2¼ c. |
| brown | 1 lb. | 2¼ c. firmly packed |
| confectioners, sifted | 1 lb. | 3½ c. |
| Sugar cubes | 1 lb. | 80-200 pieces |
| Molasses | 1 lb. | 1⅓ c. |
| Corn syrup | 1 lb. | 1⅓ c. |
| Honey | 1 lb. | 1⅓ c. |
| Marshmallows | 1 lb. | 80 large |

Published and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914, by the
University of Idaho Agricultural Extension Service, James E. Kraus, Director;
and the United States Department of Agriculture, cooperating.

