

Cooking Measurement Equivalents

Teaspoons	Tablespoons	Cups	Fluid Ounces	Milliliters
(t or tsp)	(T or Tbsp)	(c)	(fl oz)	(ml)
1 tsp				5 ml
3 tsp	1 Tbsp		1/2 oz	15 ml
6 tsp	2 Tbsp	1/8 c	1 oz	30 ml
12 tsp	4 Tbsp	1/4 c	2 oz	50 ml
16 tsp	5 Tbsp + 1 tsp	1/3 c		75 ml
18 tsp	6 Tbsp		3 oz	
24 tsp	8 Tbsp	1/2 c	4 oz	125 ml
30 tsp	10 Tbsp		5 oz	
32 tsp	10 Tbsp + 2 tsp	2/3 c		150 ml
36 tsp	12 Tbsp	3/4 c	6 oz	175 ml
48 tsp	16 Tbsp	1 c	8 oz (1/2 pint)	250 ml
		2 c	16 oz (1 pint or 1 pound)	500 ml
		4 c	32 oz (2 pints or 1 quart)	1 liter

Note: A "dash" or a "pinch" are generally considered to be less than 1/8 teaspoon.

Garlic's Pungency

Mildest: Leave whole and roast or cook long and slow. Chop coarsely and cook in liquid

Medium: Chop fine. Saute just enough to soften but not color

Strong: Crush with the flat of a knife blade

Stronger: Crush peeled clove in garlic press

Strongest: Crush unpeeled clove in garlic press. Saute to a deep gold or use raw

Onion's Pungency

Mildest: Leave whole and roast or cook long and slow. Chop coarsely and cook in liquid

Medium: Slice thin or chop small. Saute just enough to soften but not color

Strong: Grate or chop super fine. Saute to a deep gold. Use raw

When to Cover a Pot

Never when frying

Never when roasting

Never when reducing

Never when boiling green vegetables (the cover traps acids given off by the vegetables and they turn grey)

Initially when adding pasta to boiling water. Uncover the minute water returns to boil.

Partially when simmering, to eliminate the risk of boiling over and to allow the liquid to concentrate slightly.

Tightly when steaming or braising. To ensure a really tight cover, lay a sheet of foil on the pan before putting on the cover.

To Salt Water or Not?

Do salt water for things that have a short, furious boiling time, like vegetables and pasta.

Don't salt water for corn; it toughens it. Add a pinch of sugar to the water instead.

Don't salt water for foods that cook long and slowly, like stocks, stews and beans. Stock may become too salty when it reduces, beans get tough. Salt these dishes when they are almost done.

Microwave Hints

Not all glass cookware is microwave-safe. To test, fill a glass measure with 1 cup of water, set it in the dish you're testing and put both in the microwave. Heat at high for 1 minute. Touch the dish. If it's hot, it's not microwave-safe. If the water is hot but the dish is cool, it is microwave-safe.