

Rating		Meaning	
3 stars		Time consuming and concentration required. We recommend you follow the recipe closely.	
2 stars		Easy to follow but best to stick to the step by step instructions.	
1 star		Feel free to experiment with the recipe and to add your own individual touch.	
Cooking Measurements			
1 tablespoon (tbsp) =		3 teaspoons (tsp)	
1/16 cup =		1 tablespoon	
1/8 cup =		2 tablespoons	
1/6 cup =		2 tablespoons + 2 teaspoons	
1/4 cup =		4 tablespoons	
1/3 cup =		5 tablespoons + 1 teaspoon	
3/8 cup =		6 tablespoons	
1/2 cup =		8 tablespoons	
2/3 cup =		10 tablespoons + 2 teaspoons	
3/4 cup =		12 tablespoons	
1 cup =		48 teaspoons	
1 cup =		16 tablespoons	
1 cup =		1/2 pint, 1 fluid ounce	
2 cups =		1 pound	
8 fluid ounces (fl oz) =		1 cup	
1 pint (pt) =		2 cups	
1 quart (qt) =		2 pints	
4 cups =		1 quart	
1 gallon (gal) =		4 quarts	
16 ounces (oz) =		1 pound (lb)	
1 milliliter (ml) =		1 cubic centimeter (cc)	
1 inch (in) =		2.54 centimeters (cm)	
Cooking Abbreviations			
tsp=		Teaspoon	
tbsp=		Tablespoon	
C=		Cup	
gm=		gram	
mg=		milligram	
sq=		square	
pt=		pint	
min=		60 seconds	
hr=		60 minutes	
mod.=		moderate	
Dozen=		12	
Pinch or a dash=		less than 1/8 of a teaspoon	
oz=		ounce	
lb=		pound	
2 tablespoons of fat=		1 ounce	
1 cup of fat =		1/2 pound	
1 cup egg yolks =		12 - 14 yolks	
1 cup egg whites =		8 - 10 whites	
2 egg whites =		1 whole egg	
2 egg yolks =		1 whole egg	
4 egg yolks =		2 whole eggs	
1 cup molasses =		1 cup of honey	
Gas Mark	Fahrenheit	Celsius	Description
1	275	140	cool
2	300	150	---
3	325	170	very moderate
4	350	180	moderate
5	375	190	---
6	400	200	moderately hot
7	425	220	hot
8	450	230	---
9	475	240	very hot