

# Basics at a Glance

## Recipe Abbreviations

|           |                                |
|-----------|--------------------------------|
| approx.   | = approximate                  |
| tsp or t  | = teaspoon                     |
| Tbsp or T | = tablespoon                   |
| c         | = cup                          |
| pt        | = pint                         |
| qt        | = quart                        |
| gal       | = gallon                       |
| wt        | = weight                       |
| oz        | = ounce                        |
| lb or #   | = pound (e.g., 3#)             |
| g         | = gram                         |
| kg        | = kilogram                     |
| vol       | = volume                       |
| mL        | = milliliter                   |
| L         | = liter                        |
| fl oz     | = fluid ounce                  |
| No. or #  | = number (e.g., #3)            |
| in. or "  | = inches (e.g., 12")           |
| °F        | = degree Fahrenheit            |
| °C        | = degree Celsius or centigrade |

## Volume Equivalents for Liquids



|          |                   |              |
|----------|-------------------|--------------|
| 60 drops | = 1 tsp           |              |
| 1 Tbsp   | = 3 tsp           | = 0.5 fl oz  |
| 1/8 cup  | = 2 Tbsp          | = 1 fl oz    |
| 1/4 cup  | = 4 Tbsp          | = 2 fl oz    |
| 1/3 cup  | = 5 Tbsp + 1 tsp  | = 2.65 fl oz |
| 3/8 cup  | = 6 Tbsp          | = 3 fl oz    |
| 1/2 cup  | = 8 Tbsp          | = 4 fl oz    |
| 5/8 cup  | = 10 Tbsp         | = 5 fl oz    |
| 2/3 cup  | = 10 Tbsp + 2 tsp | = 5.3 fl oz  |
| 3/4 cup  | = 12 Tbsp         | = 6 fl oz    |
| 7/8 cup  | = 14 Tbsp         | = 7 fl oz    |
| 1 cup    | = 16 Tbsp         | = 8 fl oz    |
| 1/2 pint | = 1 cup           | = 8 fl oz    |
| 1 pint   | = 2 cups          | = 16 fl oz   |
| 1 quart  | = 2 pt            | = 32 fl oz   |
| 1 gallon | = 4 qt            | = 128 fl oz  |

## Equivalent Weights



|       |           |            |
|-------|-----------|------------|
| 16 oz | = 1 lb    | = 1.000 lb |
| 12 oz | = 3/4 lb  | = 0.750 lb |
| 8 oz  | = 1/2 lb  | = 0.500 lb |
| 4 oz  | = 1/4 lb  | = 0.250 lb |
| 1 oz  | = 1/16 lb | = 0.063 lb |

# Scoops (Dishers)

| Size/No. <sup>1</sup> | Level Measure | Color Code <sup>2</sup> |
|-----------------------|---------------|-------------------------|
| 6                     | 2/3 cup       |                         |
| 8                     | 1/2 cup       |                         |
| 10                    | 3/8 cup       |                         |
| 12                    | 1/3 cup       |                         |
| 16                    | 1/4 cup       |                         |
| 20                    | 3-1/3 Tbsp    |                         |
| 24                    | 2-2/3 Tbsp    |                         |
| 30                    | 2 Tbsp        |                         |
| 40                    | 1-2/3 Tbsp    |                         |
| 50                    | 3-3/4 tsp     |                         |
| 60                    | 3-1/4 tsp     |                         |
| 70                    | 2-3/4 tsp     |                         |
| 100                   | 2 tsp         |                         |

<sup>1</sup> Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.



<sup>2</sup> Use colored dots matching the brand-specific color coding of scoop sizes.

# Ladles Portion Servers

| Ladle<br>fl oz | Approx. Measure | Portion Server<br>fl oz |
|----------------|-----------------|-------------------------|
| 1 oz           | 1/8 cup         | 1 oz                    |
| 2 oz           | 1/4 cup         | 2 oz                    |
| 3 oz           | 3/8 cup         | 3 oz                    |
| 4 oz           | 1/2 cup         | 4 oz                    |
| 6 oz           | 3/4 cup         | 6 oz                    |
| 8 oz           | 1 cup           | 8 oz                    |
| 12 oz          | 1-1/2 cups      | —                       |

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

# Cooking or Serving Spoons

## Solid Spoons



## Perforated Spoons



## Slotted Spoons



Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

# Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

# Fraction to Decimal Equivalents



|     |         |
|-----|---------|
| 1/8 | = 0.125 |
| 1/4 | = 0.250 |
| 1/3 | = 0.333 |
| 3/8 | = 0.375 |
| 1/2 | = 0.500 |
| 5/8 | = 0.625 |
| 2/3 | = 0.666 |
| 3/4 | = 0.750 |
| 7/8 | = 0.875 |

# Metric Equivalents by Weight



| Customary Unit (avoirdupois) | Metric Unit           |
|------------------------------|-----------------------|
| <b>Ounces (oz)</b>           | <b>Grams (g)</b>      |
| 1 oz                         |                       |
| 4 oz                         | = 113.4 g             |
| 8 oz                         | = 226.8 g             |
| 16 oz                        | = 453.6 g             |
| <b>Pounds (lb)</b>           | <b>Grams (g)</b>      |
| 1 lb                         | = 453.6 g             |
| 2 lb                         | = 907.2 g             |
| <b>Pounds (lb)</b>           | <b>Kilograms (kg)</b> |
| 2.2 lb                       | = 1 kg (1000 g)       |



# Metric Equivalents by Volume



| Customary Unit (fl oz) | Metric Unit |
|------------------------|-------------|
| 1 cup (8 fl oz)        | = 236.59 mL |
| 1 quart (32 fl oz)     | = 946.36 mL |
| 1.5 quarts (48 fl oz)  | = 1.42 L    |
| 33.818 fl oz           | = 1.0 L     |



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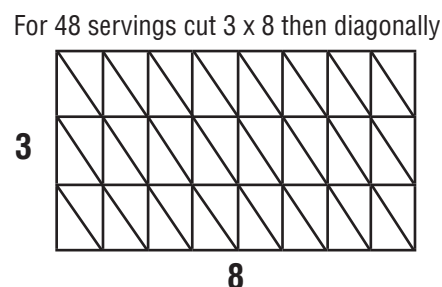
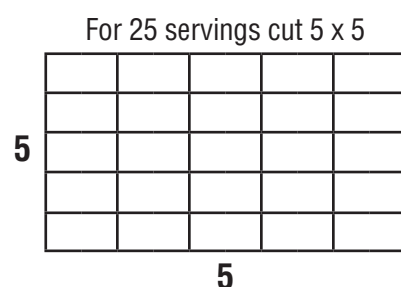
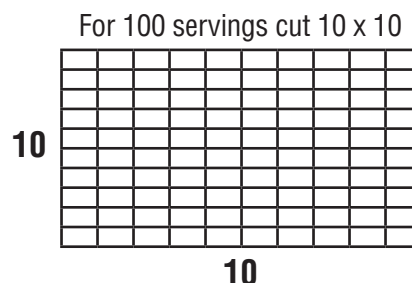
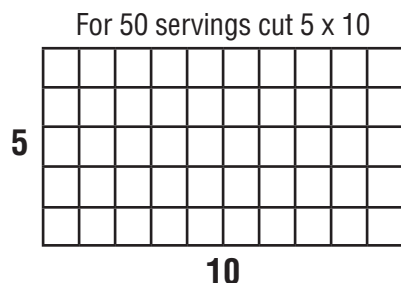
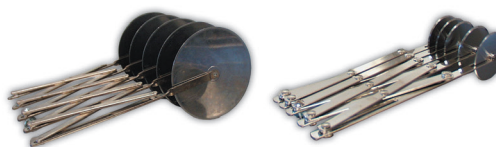
# Steamtable Pan Capacity

| Pan Size                                                                                                | Approx. Capacity | Serving Size | Ladle (fl oz) | Scoop # | Approx. # Servings |
|---------------------------------------------------------------------------------------------------------|------------------|--------------|---------------|---------|--------------------|
| 12" x 20" x 2-1/2"<br> | 2 gal            | 1/2 cup      | 4 oz          | 8       | 64                 |
|                                                                                                         |                  | 3/8 cup      | 3 oz          | 10      | 80                 |
|                                                                                                         |                  | 1/3 cup      | 2.65 oz       | 12      | 96                 |
|                                                                                                         |                  | 1/4 cup      | 2 oz          | 16      | 128                |
| 12" x 20" x 4"<br>     | 3-1/2 gal        | 1/2 cup      | 4 oz          | 8       | 112                |
|                                                                                                         |                  | 3/8 cup      | 3 oz          | 10      | 135                |
|                                                                                                         |                  | 1/3 cup      | 2.65 oz       | 12      | 168                |
|                                                                                                         |                  | 1/4 cup      | 2 oz          | 16      | 224                |
| 12" x 20" x 6"<br>     | 5 gal            | 1/2 cup      | 4 oz          | 8       | 160                |
|                                                                                                         |                  | 3/8 cup      | 3 oz          | 10      | 200                |
|                                                                                                         |                  | 1/3 cup      | 2.65 oz       | 12      | 240                |
|                                                                                                         |                  | 1/4 cup      | 2 oz          | 16      | 320                |

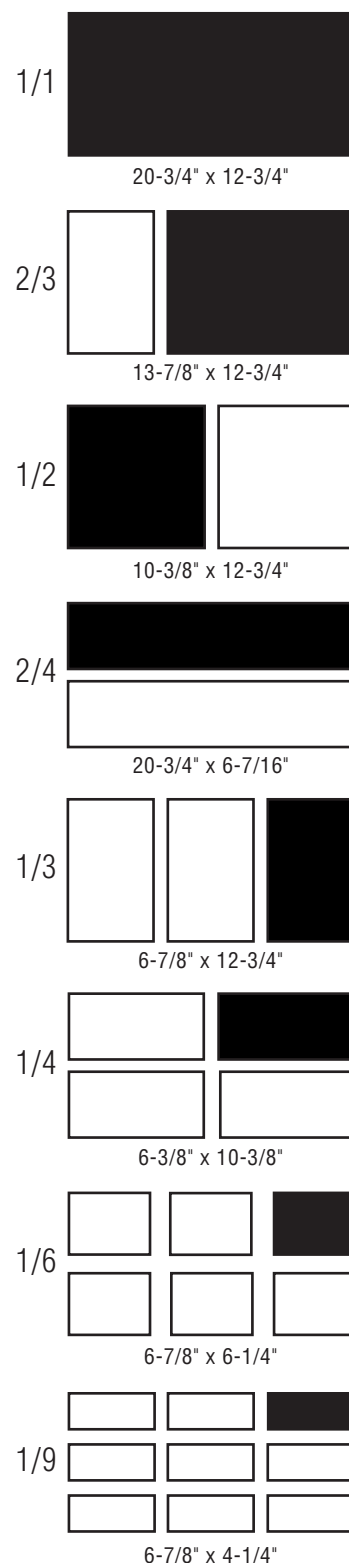
## Approximate Dimensions of Serving Sizes from Different Pan Sizes

| Pan                  | Approx. Size       | No. and Approx. Size Servings per Pan |                 |                 |
|----------------------|--------------------|---------------------------------------|-----------------|-----------------|
|                      |                    | 25                                    | 50              | 100             |
| Baking or steamtable | 12" x 20" x 2-1/2" | 2" x 3-3/4"                           | 2" x 2"         | -----           |
| Sheet or bun         | 18" x 26" x 1"     | 3-1/4" x 5"                           | 3-1/4" x 2-1/2" | 1-3/4" x 2-1/2" |

## Cutting Diagrams for Portioning



## Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.