

Cooking In America

A Note on Conversions:

Some say cooking is a science and an art. Geography has a hand in it, too. For example, flour milled in Europe and elsewhere will feel and taste different from flour milled in the United States. So, there is no promise that the loaf of bread you bake in England or Cameroon will taste the same as a loaf baked in the States, but we can offer guidelines for converting weights and measures. We also recommend that you rely on instincts when using American recipes and refer to the visual cues provided. For more information on versions and ingredient equivalents, visit the Cook's Illustrated Web site at www.cooksillustrated.com, and search for "conversion chart".

The following charts offer equivalents for U.S. metric, and Imperial (U.K.) measures. All conversions are approximate and have been rounded up or down to the nearest whole number. For example: 1 teaspoon = (about) 5 milliliters
1 ounce = (about) 28 grams

Volume Conversions

<u>U.S.</u>	<u>Metric</u>
1 teaspoon (tsp)	5 mL
2 teaspoons	10 mL
1 tablespoon (Tbsp)	15 mL
2 tablespoons	30 mL
¼ cup	59 mL
½ cup	118 mL
¾ cup	177 mL
1 cup	237 mL
1 ¼ cup	296 mL
1 ½ cup	355 mL
2 cups	473 mL
2 ½ cups	592 mL
3 cups	710 mL
4 cups (1 quart)	1 L
4 quarts (1 gallon)	4 L

Weight Conversions

<u>Ounces</u>	<u>Grams</u>
½	14
¾	21
1	28
1 ½	43
2	57
2 ½	71
3	85
3 ½	99
4	113
4 ½	128
5	142
6	170
7	198
8	227
9	255
10	283
12	340
16 (1 pound, lb.)	454

Conversions for Ingredients Commonly Used in Baking

Baking is an exacting science. Because measuring by weight is far more accurate than measuring by volume, and therefore more likely to achieve reliable results, sometimes ounce measures in addition to cup measures are included for many ingredients. The following chart converts basic American measures into grams.

Ingredient	Ounces	Grams
1 cup all-purpose <u>flour</u> *	5	142
1 cup whole-wheat <u>flour</u>	5 ½	156
1 cup granulated (white) <u>sugar</u>	7	198
1 cup packed brown <u>sugar</u> (light or dark)	7	198
1 cup confectioners' <u>sugar</u>	4	113
1 cup <u>cocoa powder</u>	3	85

* U.S. all-purpose flour is the most frequently used and does not contain leaveners, as some European flours do. Leavened flours are called self-rising or self-raising. If you do use self-rising flour, take this into consideration before adding leavening to a recipe.

Butter**

4 tablespoons (1/2 stick or ¼ cup)	2	57
8 tablespoons (1 stick, or ½ cup)	4	113
16 tablespoons (2 sticks, or 1 cup)	8	227

** In the United States, butter is sold both salted and unsalted. Most recipes generally recommend for unsalted butter. If you are using salted butter, take this into consideration before adding salt to a recipe.

Converting Temperatures from an Instant-Read Thermometer

Many recipes contain doneness temperatures for poultry, meat, and bread. An instant-read thermometer is a very helpful tool for this job. Refer to the table on the next page to convert Fahrenheit degrees to Celsius, or, for temperatures not represented in the chart, use this simple formula:

Subtract 32 degrees from the Fahrenheit reading, and then divide the result by 1.8 to ascertain the Celsius reading.

For example, “Roast until the juices run clear when the chicken is cut with a paring knife or the thickest part of the breast registers 160 degrees on an instant-read thermometer.” To convert: 160 degrees F – 32 = 128 degrees
128 degrees divided by 1.8 = about 71 degrees C

Happy Cooking!

Oven Temperatures

Fahrenheit	Celsius	Gas Mark (Imperial)
225	105	$\frac{1}{4}$
250	120	$\frac{1}{2}$
275	130	1
300	150	2
325	165	3
350	180	4
375	190	5
400	200	6
425	220	7
450	230	8
475	245	9