



### 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

### Scoops (Dishers)

Size/No.	Level Measure
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

### Ladles – Portion Servers

Ladle fl oz	Approx. Measure	Portion Server 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	---



### Metric Equivalents by Weight

Customary Unit	Metric Unit
1 oz	28.35 g
4 oz	113.4 g
8 oz	226.8 g
16 oz	453.6 g



### 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

### 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



### 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

### Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	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"	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"	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

