

FOR YOUR REFERENCE

WEIGHT EQUIVALENTS OF COMMON FOODS

NOTE TO STUDENT: This list is to keep as a reference for cooking.

When planning your shopping list or checking your supplies for a spur of the moment urge to cook, it will help if you have some idea of knowledge about measurements of a given weight of certain foods. Some recipes, especially those in older cookbooks use weight proportion rather than size measurements on large quantity cookery. A basic understanding of how different food weigh in comparison to measurements will help you in shopping as well as in cooking and adjusting recipes. *Industry recipes usually are weighed.*

Flour sifted	4c.	=1 lb.
Flour sifted--cake	4 3/4c.	=1 lb.
Sugar--granulated	2 1/4c.	=1 lb.
Sugar--brown	2 1/4c.	=1 lb.
Sugar--confectioner's	3 1/2c.	=1 lb.
Walnuts--chopped	1c.	=1 lb.
Rice	2c.	=1 lb.
Potatoes	4 med.	=1 lb.
Chocolate--unsweetened	1 sq.	=1 oz.
Lemon	1 med.	=1 T juice
Orange	1 med.	=1/3 to 1/2 cup
Butter	2c.	=1 lb.
Evaporated milk	1 can	=1 2/3 cup
Cheese--cheddar--grated	4c.	=1 lb.
Cheese--cottage	2c.	=1 lb.
Eggs	1 lg.	=1/4 cup
Eggs	1 med.	=3 1/2 T
Tomatoes	4 small	=1 lb.

SEE HOW YOU CAN USE THIS CHART

1. If you need 7T eggs, how many would you use? _____
2. If you need 2 cups of walnuts, how many lbs. would you buy? _____
3. If you need 4 cups butter how many lbs. would you buy? _____
4. If you need 11 1/4 cups of granulated sugar, how many lbs. would you buy? _____
5. If you need 4 cups grated cheese how many lbs. would you buy? _____
6. How many squares of chocolate would you use if a recipe asks for 8 oz. chocolate? _____

7. How many cans of evaporated milk would you buy if you needed $3 \frac{1}{3}$ cup? _____
8. If you needed $4 \frac{1}{2}$ cups of brown sugar how many lbs. would you buy? _____
9. What size egg would you use if a recipe asked for $\frac{1}{4}$ cup? _____

STANDARD SUBSTITUTIONS

Why substitute? Someday it may be necessary to do just that. What happens if you are in the middle of baking a cake and you find you are out of baking powder? How about the recipe that calls for cornstarch and that is the only ingredient you are short of. Are you going to make a special trip to the store or just forget about making what you had in mind? What if someone in your family cannot eat a certain food. Do you just not use any recipe with that ingredient? Standard substitutions have been tested, so you can use them with confidence. You must remember, though, that a change in ingredients can make a difference in results, although both may be acceptable. It is not recommended that you make substitutions unless you know what you are doing.

1T cornstarch	= 2t flour (to thicken)
1c. honey	= $\frac{3}{4}$ c. sugar + $\frac{1}{4}$ c liquid.
1sq. chocolate	= 3T coca + 1T shortening
1tsp. baking powder	= $\frac{1}{4}$ t. soda + $\frac{1}{2}$ t. cream tarter
1c. sour milk or buttermilk	= 1c. fresh milk + 1T vinegar or lemon juice (let stand for 5 min.)
1c. fresh milk	= $\frac{1}{2}$ c. evaporated milk + $\frac{1}{2}$ c water
1c. cake flour	= 1c. less 2T all purpose flour
1t. corn syrup	= $\frac{1}{8}$ tsp. cream of tarter
1c. butter	= $\frac{7}{8}$ c. fat (lard or shortening)

NOTE: Other foods may be substituted in some cases, but not at all times.

CHECK LIST

Place a check in the blank in front of the foods that have common substitutes.

<input type="checkbox"/> SALT	<input type="checkbox"/> BAKING SODA
<input type="checkbox"/> CORNSTARCH	<input type="checkbox"/> BAKING POWDER
<input type="checkbox"/> FLOUR	<input type="checkbox"/> COCOA
<input type="checkbox"/> FRESH MILK	<input type="checkbox"/> UNSWEETENED CHOCOLATE SQUARES
<input type="checkbox"/> VINEGAR	<input type="checkbox"/> HONEY
<input type="checkbox"/> SHORTENING	<input type="checkbox"/> SOUR MILK
<input type="checkbox"/> CONFECTIONERS SUGAR	

CHOCOLATE MARBLE LOAF CAKE

1/3 cup shortening	2/3 cup milk
1 cup sugar	3 eggs
1 tsp. vanilla melted	1 1-oz. sq. unsweetened chocolate,
2 cups sifted flour	2 T hot water
2-1/2 tsp. baking powder	1/8 tsp red food coloring
1/4 tsp. salt	1/4 tsp. soda

Cream butter and sugar until light, then add vanilla and eggs, one at a time, beating well after each addition. Combine remaining ingredients; stir into a thirds of the batter. Alternate light and dark batters by spoonfuls in greased and lightly floured 9x5x3 in. loaf pan. Zig zag spatula through batter. Bake at 350 F for 55-60 min. Cool 15 min. Remove from pan.

1. Write out the full word for each abbreviation.
 - a. T.
 - b. Tsp.
 - c. Oz.
 - d. C.
2. The recipe calls for 1/3 cup shortening, you don't have a 1/3 cup measure. How many tablespoons of shortening should you use? _____
3. Your recipe calls for 2 cups of cake flour. How much all pupose flour should you use?

4. You have just found out you are out of baking powder. What can you use in place of it?

5. What can you substitute for one square of unsweetened chocolate?

6. You have ran out of milk for the cake and went to the store and bought 1/2 pint carton. Will you have enough to make your cake?

DANISH ORANGE BREAD

- 1 cup oil
- 2 cups sugar
- 4 eggs
- 2 tsp. baking soda
- 1 1/3 cup buttermilk
- 4 cups flour
- 1 tsp. salt
- Grated peel of 1 orange
- 1 cup nuts, chopped

- Glaze- juice of 2 oranges
 2/3 cup sugar

Mix oil and sugar.

Add eggs.

Dissolve baking soda in buttermilk and blend into oil and sugar mixture.

Then add flour, salt, orange peel, and nuts.

Pour batter into 2 greased loaf pans and bake 350 F for 1 hour.

To make glaze, mix orange juice and sugar; boil one minute.

Remove bread from pans and brush with glaze while bread is hot.

REFER TO THE RECIPE FOR DANISH BREAD TO ANSWER THESE QUESTIONS.

1. What would you substitute for the buttermilk?

2. What would you substitute for 4 cups flour?

3. Can you use a substitution for the oil? _____ Why/Why not?

4. Can you substitute honey for sugar? Why/Why not? _____
