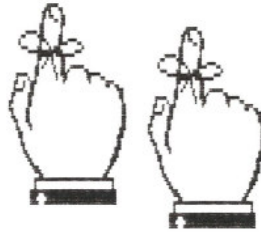


# Handy Equivalents



# & Substitutions

## FOOD EQUIVALENTS & SUBSTITUTIONS

ALMOND PASTE: 1 pound = 2 cups, packed

ALMONDS, SHELLED: 1 pound = 3 cups

APRICOTS, DRIED: 1 pound = 3 1/2 cups

BUTTER or MARGARINE: 1 stick = 1/4 pound  
1 stick = 1/2 cup  
4 tablespoons = 1/4 cup  
8 tablespoons = 1/2 cup  
2 tablespoons = 1 ounce  
1 pound = 2 cups  
1/2 cup = 1/2 cup shortening + 1/4 teaspoon salt  
5 tablespoons + 1 teaspoon = 1/3 cup

BUTTERMILK: 1 cup = 1 or 2 tablespoons vinegar or 1 1/2 tablespoons lemon juice with milk to fill the cup (let stand 5 minutes)

BAKING POWDER: 1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar

CAKE FLOUR: 1 pound = 4 1/2 cups, sifted

CATSUP: 1 cup = 1/2 cup tomato sauce + 1/2 cup sugar + 2 tablespoons vinegar

CHEESE, GRATED: 1 pound = 4 cups, grated

CHOCOLATE (UNSWEETENED):

1 square = 1 ounce or 1 square = 3 tablespoons cocoa + 1 tablespoon butter

COCONUT, SHREDED: 1 pound = 6 cups

CORNSTARCH: 1 tablespoon = 2 tablespoons flour

COTTAGE CHEESE: 1 pound = 2 cups

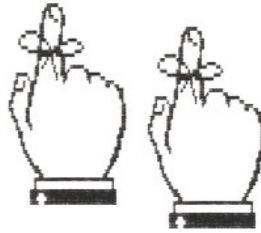
CRACKERS, GRAHAM: 9 coarsely crumbled = 1 cup  
11 finely crumbled = 1 cup

CRACKERS, SALTED: 7 coarsely crumbled = 1 cup  
9 finely crumbled = 1 cup

CREAM, WHIPPED: 1/2 pint = 2 cups whipped

DATES: 1 pound unpitted = 2 1/2 cups

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EGGS: 2 large = 3 small

1 whole egg = 2 egg yolks

12-14 egg yolks = 1 cup

8-10 egg whites = 1 cup

EVAPORATED MILK: 1/2 cup + 1/2 cup water = 1 cup milk

FIGS: 1 pound = 2 3/4 cups

FLOUR: 1 pound = 4 cups, sifted

LEMONS: 1 average size = 2-3 teaspoons juice

1 average size = 1 1/2 to 3 teaspoons grated rind

LARD: 1 pound = 2 cups

MOLASSES: 1 cup = 10 ounces

MARSHMALLOWS: 1 pound = 64 regular size

MILK: 1 pint = 1 cup evaporated milk + 1 cup water

MACARONI: 1 cup uncooked = 2 1/4 cups cooked

2 cups small shell = 4 cups cooked

MUSTARD: 1 tablespoon prepared = 1 teaspoon dry

NUTS: 1/4 pound chopped = 1 cup

NOODLES (WIDE OR REGULAR): 2 cups uncooked = 3 1/2 cups cooked

NOODLES (FINE): 5 cups uncooked = 5 1/2 cups cooked

ORANGES: 1 average size = 1/2-1/2 cup juice

1 average size = 1-2 tablespoons grated rind

ONION: 1/4 cup finely chopped fresh onion = 1 tablespoon instant minced onion

PECANS: 1 pound shelled = 3-4 cups

POPCORN: 1 pound unpopped = 2 2/3 cups

RAISINS: 1 pound = 2 1/2-3 cups

RICE: 1 cup = 3 cups cooked

SHORTENING: 1 pound = 2 cups

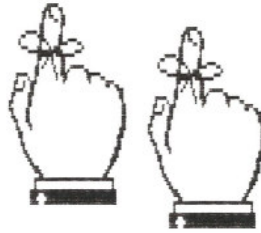
SUGAR: 1 pound granulated = 2 cups

1 pound confectioners = 4 1/2 cups sifted

1 pound brown = 2 1/4 cups packed

1 cocktail cube = 1/2 teaspoon

# Handy Equivalents



# & Substitutions

THICKENING: 1 tablespoon quick-cooking tapioca = 1 tablespoon cornstarch or 1 1/3 to 1 1/2 tablespoons flour

## TOMATOES:

1 pound fresh tomatoes, simmered & seasoned = 1 8-oz can tomato sauce

1 cup tomato puree = 1 8-ounce can tomato sauce

1 cup tomato juice = half of 1 8-ounce can tomato sauce and 1/2 cup water

1 cup solid-pack tomatoes = half of 1 8-ounce can tomato sauce

1 6-ounce tomato paste = 2 8-ounce cans tomato sauce

1 10 3/4-ounce can tomato soup = 1 8-ounce can tomato sauce + 1/4 cup water

WALNUTS: 1 pound shelled = 4 cups