



## When You Cut a Recipe

Recipes are usually for 6 to 8 servings — sometimes more. The following tables can help in cutting a recipe to half of the original recipe.

### General Measuring Equivalents

1 Tablespoon	3 teaspoons
$\frac{1}{8}$ cup	2 Tablespoons
$\frac{1}{4}$ cup	4 Tablespoons
$\frac{1}{3}$ cup	$5\frac{1}{3}$ Tablespoons
$\frac{1}{2}$ cup	8 Tablespoons
$\frac{2}{3}$ cup	10 Tablespoons + 2 teaspoons
$\frac{3}{4}$ cup	12 Tablespoons
1 cup	16 Tablespoons
1 cup	8 fluid ounces (liquid measure)
1 fluid ounce	2 Tablespoons
1 pint	2 cups
1 pound	16 ounces (weight)
Pinch or speck	less than $\frac{1}{8}$ teaspoon

### Some Abbreviations

c	cup
Tbsp.	Tablespoon
tsp.	teaspoon
oz.	ounce
fl. oz.	fluid ounce



It may help to use your measuring cups and spoons to do some actual measuring as you figure your recipe.

## When You Want $\frac{1}{2}$ of a Recipe, Use These Equivalents

### Cups

$\frac{1}{2}$ of a $\frac{1}{4}$ cup	2 Tablespoons
$\frac{1}{2}$ of $\frac{1}{3}$ cup	2 Tablespoons + 2 teaspoons
$\frac{1}{2}$ of $\frac{1}{2}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ of $\frac{2}{3}$ cup	$\frac{1}{3}$ cup
$\frac{1}{2}$ of 1 cup	$\frac{1}{2}$ cup

### Tablespoons

$\frac{1}{2}$ of 1 Tablespoon	$1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 3 Tablespoons	1 Tablespoon + $1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 5 Tablespoons	2 Tablespoons + $1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 7 tablespoons	3 Tablespoons + $1\frac{1}{2}$ teaspoons

### Teaspoons

$\frac{1}{2}$ of 1 teaspoon	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ of $\frac{3}{4}$ teaspoon	$\frac{3}{8}$ teaspoon
$\frac{1}{2}$ of $\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon



## Safe Minimum Cooking Temperatures

([foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature](https://foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature))

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops (Rest time: 3 minutes)	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham (Rest time: 3 minutes)	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

## Kitchen Tools and Substitutions

If you need a kitchen tool that you don't have, here are some alternatives you can try.

Kitchen Tools	Tool Ideas
Measuring cup	Marked jar or baby bottle
Colander	Pan with lid
Cookie sheet	Bottom side of cake pans
Rolling pin	Smooth bottle or glass
Potato masher	Two forks
Measuring spoons	Regular teaspoon and/or tablespoon
Tea kettle	Deep kettle or pan
Cutting board	Sturdy plate or heavy brown shopping bag
Pie pan	Flat cake pan
Round cake pan	Square or oblong pan
Biscuit/cookie cutters	Lids, rim of jars, rim of cans, glasses
Ladle for serving soup	Cup with handle
Spatula	2 knives
Cooling rack	Oven rack
Roasting pan	Any pan/skillet that can be used in the oven with a cover, or make a cover of foil
Wire whisk	2 forks or jar with a tight lid
Pot holder	Folded dry towel

# Cranberry Pumpkin Muffins—Reducing a Recipe Worksheet

Here's an opportunity to practice reducing a recipe. The measurements for 12 servings are given. Use the tables on page 2 to help you cut the recipe in half, to make 6 servings, and fill in those amounts in the table. Then bake!

Ingredients	12 Servings	6 Servings
Flour	2 cups	
Sugar	$\frac{3}{4}$ cup	
Baking Powder	3 teaspoons	
Salt	$\frac{1}{2}$ teaspoon	
Cinnamon	$\frac{1}{2}$ teaspoon	
Allspice	$\frac{3}{4}$ teaspoon	
Vegetable Oil	$\frac{1}{3}$ cup	
Eggs, large	2	
Cranberries, fresh or frozen, chopped	2 cups	

## Directions:

1. Preheat oven to 400 degrees.
2. Sift or stir together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 25 to 30 minutes (For six muffins, check at 12.5 to 15 minutes. Note baking time needed: \_\_\_\_\_)

**Nutrition Facts:** Each one cup serving (1 muffin) provides 200 calories, 7g total fat, 1g saturated fat, 230mg sodium, 32g total carbohydrate, 2g dietary fiber, 3g protein

**Source:** *Kansas Snap-Ed EZ Does It Recipe:*

<https://www.hhs.k-state.edu/ks-snaped/recipes/ez-does-it/recipes/baking/cranberry-pumpkin-muffins.pdf>

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