

GUIDE TO AMERICAN CUP

MEASUREMENTS:

DRY INGREDIENTS:

1lb flour = 4 American Cups
0.5oz flour = 1 level tablespoon
1oz flour = 1 heaped tablespoon
1lb granulated sugar = 2 American Cups
1oz granulated sugar = 1 heaped tablespoon
1lb caster/superfine sugar = 2 American Cups
1oz caster/superfine sugar = 1 heaped tablespoon
1lb icing/confectioner's sugar = 3 American cups
1oz icing/confectioner's sugar = 1.5 heaped tablespoons
1lb brown (moist) sugar = 2.5 American Cups
1lb dried fruit = 2 American Cups
1lb fine, dry bread crumbs = 4 American Cups
2oz fresh bread crumbs = 1 American Cup
6oz slivered almonds = 1.5 American Cups
4oz ground almonds - 1 American Cup
3.5oz rolled oats = 1 American Cup
2.5oz desiccated coconut = 0.75 American Cup
1oz hazelnuts (whole, shelled) = 0.25 American Cup

FATS AND OILS:

1lb butter or other fat = 2 American cups
0.5oz butter = 1 level tablespoon

PULSES AND PASTA:

1lb rice = 2 American Cups
1lb lentils/split peas = 2 American Cups

MEAT AND CHEESE:

1lb chopped meat = 2 American Cups
2oz Gorgonzola Cheese = 0.5 American Cup

VEGETABLES:

6oz button mushrooms = 1.5 American Cups
11oz shredded red cabbage = 4 American Cups
2oz shredded leek or spring onions = 0.5 American Cup

MISCELLANEOUS:

1lb golden syrup/treacle = 1 American Cup
1oz golden syrup/treacle = 1 level tablespoon
1oz jam = 1 level tablespoon
1oz fresh yeast = 0.5oz dried yeast = 4 level teaspoons
1lb coffee beans = 2.5 American Cups
2oz sliced dill pickles = 0.5 American Cup
6oz canned chestnut puree = 0.75 American Cup
8 fluid oz strawberry puree = 2 American Cups

WEIGHTS:

16 ounces = 1 lb (pound)
1 ounce = approx. 30 grams
4 ounces = approx. 115 grams
8 ounces = approx. 230 grams
1 lb = 454 grams

LIQUIDS:

1 tsp (teaspoon) = 5 ml (millilitres)
1 dsp (dessertspoon) = 10 ml
1 tbs (tablespoon) = 15 ml
1 floz (fluid ounce) = approx 30 ml
1 pint = approx 570 ml
British Imperial Pint = 20 fluid oz
American Pint = 16 fluid oz
1 gill = 1/4 pint
Jigger = 3tbs
Dash = 4-5 drops
1 Quart = 2 Pints