



Edmonton Journal, March 4, 2015

## Question: How can I convert metric into imperial measurements for cooking?

Answer: For the most part, once equipped with some basic skills and a cookbook, you can make anything. However, the units of measuring can be inconsistent from cookbook to cookbook. European instructions tend to measure everything by metric weight, and if you have a kitchen scale you're set. Weight is a measure of how much gravity pulls on an object and is the most exact measure for dry and liquid ingredients. In general, we measure things using imperial measures. We measure volume in quarts, cups, tablespoons and teaspoons, and measure weight in ounces and pounds. Our home economists have worked out some approximate equivalencies for some common food items:

- Chocolate chips: 12 oz package = 2 cups
- Butter: 1 stick =  $\frac{1}{2}$  cup =  $\frac{1}{4}$  lb
- Instant yeast: 1 package = 7 g =  $2 \frac{1}{4}$  tsp
- Raisins: 1 lb = 4 cups
- Marshmallows: 400 g package = 54 regular marshmallows = 710 mini marshmallows

You can find a more in-depth list of food equivalents on our website under the Recipes tab or by searching "food equivalents".

We Can Help! is a weekly column from ATCO Blue Flame Kitchen. Do you have a cooking or household question you'd like the ATCO Blue Flame Kitchen Answer Line to help you with? Call us toll-free at 1-877-420-9090 Monday to Friday, from 9 a.m. to 4 p.m., or send us an email at [bfkanswerline@atcogas.com](mailto:bfkanswerline@atcogas.com). For our searchable database of kitchen-tested recipes, along with household tips and expert advice, visit our website at [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com)