

Common Terms

Abbreviations // Measures // Cooking

Abbreviations

tsp = teaspoon
 Tbsp = .tablespoon
 oz = ounce
 lb or # = pound
 pkg = package
 F = Degrees Fahrenheit
 1/2 = one half
 1/3 = one third
 1/4 = one fourth

Ounces to Pounds

16 oz = 1 lb
 12 oz = 3/4 lb = 0.75 lb
 8 oz = 1/2 lb = 0.5 lb
 6 oz = 3/8 lb = 0.375 lb
 4 oz = 1/4 lb = .25 lb
 2 oz = 1/8 lb = 0.125 lb
 1 oz = 1/16 lb = 0.0625 lb

Tablespoons To Cups

16 Tbsp = 1 cup
 12 Tbsp = 3/4 cup
 10 2/3 Tbsp = 2/3 cup
 8 Tbsp = 1/4 cup
 5 1/3 Tbsp = 1/3

Teaspoons To Tablespoons

3 tsp = 1 Tbsp
 2 1/2 tsp = 7/8 Tbsp
 2 1/4 tsp = 3/4 Tbsp
 2 tsp = 2/3 Tbsp
 1 1/2 tsp = 1/2 Tbsp
 1 tsp = 1/3 Tbsp

Common Cooking Terms:

- Slice-cutting flat thin pieces
- Chop-cut foods with a knife into smaller pieces
- Dice-cut foods with a knife into tiny cubes
- Mince-chop food into very fine pieces
- Season-improve flavor by adding salt, pepper, and spices
- Marinate-soak meat in flavored seasonings or liquid mixture
- Simmer-water is almost boiling but no rapid bubbles rising to the surface
- Saute-using a hot pan with oil and stirring food in the pan with constant motion
- Sear-browning meat over high temperatures to seal in juices
- Stir fry-cutting food into small pieces and using a hot pan with oil and stirring food in the pan with constant motion
- Roast-cook by dry heat in the oven and promotes browning
- Braise-cook food by gently simmering in flavorful liquid covered in a pot
- Grill-quick cooking foods directly on an outdoor fire or indoor grill pan. Flavor develops from the dripping of juices and fat hits the heat source creating smoke that seasons the exterior of food
- Toss-combine ingredients with a lifting motion
- Toast-cooking or browning food by dry heat without adding fat using an oven or skillet