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News Release

Reducing the Size of Recipes

Many recipes can be cut in half or thirds. Here are some guidelines to help you adapt a larger recipe to a smaller one.

- It may be easier to make the entire recipe for baked goods and freeze half.
- When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.
- The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.
- A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce the oven temperature by 25° F when substituting a glass pan for a metal one.
- Two Web sites that let you adjust their recipes to smaller serving sizes are:
 - www.mealsforyou.com
 - www.allrecipes.com
- To help divide recipes, remember:
 - 1 cup = 16 tablespoons
 - 1 tablespoon = 3 teaspoons
 - 1 cup = 8 fluid ounces
 - 1 fluid ounce = 2 tablespoons
 - 1 pound = 16 ounces (weight)
 - 1 pint = 2 cups
 - 2 pints = 1 quart
 - 1 quart = 2 pints

When the recipe says:

To Make 1/2 of a Recipe

1/4 cup = 2 tablespoons
1/3 cup = 2 tablespoons + 2 teaspoons
1/2 cup = 1/4 cup
2/3 cup = 1/3 cup
3/4 cup = 6 tablespoons
1 cup = 1/2 cup
1 tablespoon = 1-1/2 teaspoon
1 teaspoon = 1/2 teaspoon
1/2 teaspoon = 1/4 teaspoon
1/4 teaspoon = 1/8 teaspoons
1/8 teaspoon = Dash

To Make 1/3 of a Recipe

1/4 cup = 1 tablespoon + 1 teaspoon

1/3 cup = 1 tablespoon + 2-1/3 teaspoons

(or round to 1 tablespoon + 2-1/4 teaspoons)

1/2 cup = 2 tablespoons + 2 teaspoons

2/3 cup = 3 tablespoons + 1-1/2 teaspoons

3/4 cup = 1/4 cup

1 cup = 1/3 cup

1 tablespoon = 1 teaspoon

1 teaspoon = Generous 1/4 teaspoon

1/2 teaspoon = Scant 1/4 teaspoon

1/4 teaspoon = Scant 1/8 teaspoon

1/8 teaspoon = Dash

For more information about this topic or food safety, preservation, or preparation please contact Regional Extension Agent-Angela Treadaway at (205) 338-9416 or (205) 410-3696-cell or email atreadaw@aces.edu.

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