## Cup as a Measure in Recipes

## Cup (unit)

From Wikipedia, the free encyclopedia


A simple plastic measuring cup, capable of holding the volume one cup.
The cup is a customary unit of measurement mainly used in North America for volume, used in cooking to measure liquids ( measurement) and bulk foods such as granulated sugar
(dry measurement). This measure is usually used as an informal unit in cooking recipes
rather than as a measure for the sale of foodstuffs; precision is rarely required.

Actual cups used in a household in any country may differ from the cup size used for recipes; standard measuring cups, often calibrated in fluid measure and weights of usual dry ingredients as well as in cups, are available.


Look up
cup in
Wiktionary , the free dictionary.

There is no internationally-agreed standard definition of the cup, whose modern volume ranges
between 200 and 284 millilitres. The cup sizes generally used in the many Commonwealth countries and the United States differ by up to 44 mL (1.5 bsp;oz
).

No matter what size cup is used, the ingredients of a recipe measured with the same size cup will have their volumes in the same proportion to one another. The relative amounts to ingredients measured differently (by weight, or by different measures of volume such as teas poons , etc.) may be affected by the definitions used.

Metric cup In Australia, Canada, New Zealand and South Africa and Lebanon one cup is commonly defined as 250 millilitres. 1 metric cup $\quad 250$

| $=$ | $162 / 3$ | international tablespoons (15 mL each) |
| :--- | :---: | :--- |
| $=$ | $12^{1 / 2}$ | Australian tablespoons |
| 0 | 8.80 | imperial fluid ounces |
| 0 | 8.45 | U.S. customary fluid ounces |

gallon

| $=$ | $1 / 4$ | U.S. customary | quart |
| :--- | :--- | :--- | :--- |
| $=$ | $1 / 2$ | U.S. customary pint |  |
| $=$ | 8 | U.S. customary | fluid ounces |
| $=$ | 16 | U.S. customary | tablespoons |
| $=$ | 236.5882365 | millilitres |  |
| 0 | $15^{2} / 3$ | international tablespoons |  |

Australian tablespoons
imperial cups
8.33
imperial fluid ounces
United States "legal" cup The cup currently used in the United States for nutrition labeling is defined in United States law as 240 mL .

1 U.S. "legal" cup
$=$
$=$

■

■
16 international tablespoons

12 Australian tablespoons
8.12 U.S. customary fluid ounces
8.45 imperial fluid ounces

Imperial cup The imperial cup, unofficially defined as half an imperial pint, is rarely found today. It may still appear on older kitchen utensils and in older recipe books.
$=$

2 imperial
10 imperial fluid ounces

284 millilitres
19 international tablespoons
1.20 U.S. customary cups
9.61 U.S. customary fluid ounces

Japanese cup The Japanese cup is currently defined as 200 mL .
1 Japanese cup

## Cup as a Measure in Recipes

Written by W.J.Pais
—
—
Gō The traditional Japanese cup, the $g \bar{o}$, is approximately 180 mL .10 gō make one s hō
, the traditional flask size, approximately 1.8 litres.
Gō
cups are typically used for measuring rice, and sake
is typically sold by both the cup (180 mL) and flask (1.8 litre) sizes.
[
180.3907 millilitres
—
6.35 imperial fluid ounces
6.10 U.S. customary fluid ounces

## Using volume measures to estimate mass

In Europe, cooking recipes normally state any liquid volume larger than a few tablespoons in millilitres, the scale found on most measuring cups worldwide. Non-liquid ingredients are normally weighed in grams instead, using a kitchen scale, rather than measured in cups. Most recipes in Europe use the millilitre or decilitre ( $1 \mathrm{dL}=100 \mathrm{~mL}$ ) as a measure of volume. For example, where an American customary recipe might specify "1 cup of sugar and 2 cups of milk", a European recipe might specify "200 g sugar and 500 mL of milk" (or $1 / 2$ litre or 5 decilitres). process easier.

Volume to mass conversions for some common cooking ingredients ingredient $\mathrm{g} / \mathrm{mL}$
g

OZ
density
metric cup

U.S. customary cup

OZ
water
1
249-250
8.8
granulated sugar
0.8

200
7.0
wheat flour
$0.5-0.6$
120-150
4.4-5.3
table salt
1.2

300
10.6

For more information on conversions, click HERE

