







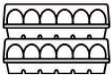



Recipe Abbreviations

abbreviation		meaning
t or tsp		teaspoon(s)
T or Tbsp		Tablespoon(s)
C		Cup(s)
oz		Ounce(s)
pt		Pint(s)
qt		Quart(S)
lb		Pound(s)
min		Minute(s)
hr		Hour(s)
doz		Dozen
mod		moderate 350-375°F

Everyday Recipe Abbreviations and Conversions



Teaspoon through Oz Conversions

Teaspoons (tsp)	Tablespoons (Tbsp)	Cups	Fluid Ounces (OZ)
3 tsp	1 Tbsp	1/16 C	1/2 oz
6 tsp	2 Tbsp	1/8 C	1 oz
8 tsp	2 Tbsp + 2 tsp	1/6 C	1 1/3 oz
12 tsp	4 Tbsp	1/4 C	2 oz
16 tsp	5 Tbsp + 1 tsp	1/3 C	2 2/3 oz
24 tsp	8 Tbsp	1/2 C	4 oz
32 tsp	10 Tbsp + 2 tsp	2/3 C	5 1/3 oz
36 tsp	12 Tbsp	3/4 C	6 oz
48 tsp	16 Tbsp	1 C	8 oz

Recipe Abbreviations

Teaspoon Abbreviations

- t
- tsp

The abbreviations for teaspoon and tablespoon are often confusing. Essentially, a lowercase "t" and any abbreviation starting with a lowercase "t" mean teaspoon.

Tablespoon Abbreviations

- T
- TB
- tbsp
- tbl
- tbs

The most common abbreviations are the uppercase T and lowercase tbsp, with the "b" being the signal that the measurement is a tablespoon.

Cup Abbreviation

- C

Cup is already very short however many recipes written in speed writing use a "c" to designate cup. The "c" can be uppercase or lowercase.

Ounce Abbreviation

- oz - for weight
- fl oz - for liquids (fluid)

Ounce can mean by weight or by volume and meticulous recipe writers will specifically denote "fl oz" for liquids. Weights are always simply "oz".

Pint Abbreviation

- pt

Pint in recipes generally means liquid pint, except in canning where it could mean either a liquid or dry abbreviation.

In the US, 2 cups equal a pint.

Quart Abbreviation

- qt

Quart is another term, like pint, that generally means a liquid quart. A quart contains 2 pints, which is 4 cups.

Pound Abbreviation

- lb

The pound is a measurement of weight. There are 16 ounces in a pound.

Minute(s) Abbreviation

- min

Minute in recipes is a standard measurement of time.

Hour Abbreviation

- hr

Hour is a measurement of time. There are 60 minutes in an hour. Recipes written before the 20th century might state "quarter hour" ($\frac{1}{4}$ hr) for 15 minutes, "half-hour" ($\frac{1}{2}$ hr) for 30 minutes, and "three-quarters hour" ($\frac{3}{4}$ hr) for 45 minutes.

Dozen Abbreviation

- doz

Dozen can be 12 of anything, although it generally refers to eggs.

Square Abbreviation

- sq

Cooking and baking chocolate is often sold in bars divided into squares. Each square is 1 ounce (weight measurement).

Moderate Abbreviation

- mod

Moderate refers to the temperature of an oven and is generally between 350°F and 375°F.