

COMMON EQUIVALENCIES:

ALLIUMS:

1 medium onion	1 cup chopped
1 small garlic clove	1/2 teaspoon minced
1 medium garlic clove	1 teaspoon minced
1 small shallot	1 1/2 to 2 tablespoons minced
1 medium shallot	3 tablespoons minced
1 large shallot	4 tablespoons minced

CHEESE:

1 ounce blue cheese	About 1/4 cup crumbled
1 ounce cheddar cheese	About 1/3 cup shredded
1 ounce feta cheese	About 1/4 cup crumbled
1 ounce Gruyère	About 1/3 cup grated
1 ounce fresh mozzarella	About 1/4 cup shredded
1 ounce mozzarella cheese	About 1/3 cup shredded
1 ounce hard cheese (Parmesan, etc.)	About 1/2 cup grated

COCOA:

1 cup	3 ounces
1/2 cup	1 1/2 ounces
1/3 cup	1 ounce
1/4 cup	3/4 ounce

CORNMEAL:

1 cup cornmeal (any grind)	About 5 ounces
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CORNSTARCH: (See cake flour)

FLOUR

All-Purpose:

1 cup	5 ounces
3/4 cup	3 3/4 ounces
2/3 cup	3 1/4 ounces (rounded)
1/2 cup	2 1/2 ounces
1/3 cup	1 5/8 ounces (rounded)
1/4 cup	1 1/4 ounces

Bread & Whole Wheat:

1 cup	5 1/2 ounces
3/4 cup	4 1/8 ounces
2/3 cup	3 3/4 ounces (rounded)
1/2 cup	2 3/4 ounces
1/3 cup	1 7/8 ounces (rounded)
1/4 cup	1 3/8 ounces

Cake Flour, Cornstarch, and Confectioners' Sugar

1 cup	4 ounces
3/4 cup	3 ounces
2/3 cup	2 3/4 ounces (rounded)
1/2 cup	2 ounces
1/3 cup	1 3/8 ounces (rounded)
1/4 cup	1 ounces

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FRUIT:

Apples (Granny Smith and McIntosh)

1 large	8 ounces
1 medium	6 1/2 ounces

Bananas

1 large, mashed	1/2 cup
1 medium, mashed	1/3 cup

Blackberries

1 cup	5 1/2 ounces
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Blueberries

1 cup fresh	5 ounces
1 cup frozen	6 ounces

Cherries

2 cups fresh	From 1 pound, pitted
2 cups jarred	From 1 (24-ounce) jar, drained

Cranberries

1 cup	4 ounces
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Dates, pitted whole

1 cup	4 1/2 ounces
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Mangoes

1 large	1 pound
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Peaches

1 medium	7-8 ounces; 1 cup sliced
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Pears (Bosc and Barlett)

1 medium	8 ounces
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Pineapple

1/2 large	3 cups cubed
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Plums

1 medium	6-7 ounces
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Raspberries

1 cup 5 ounces

Rhubarb

1/2 pound 5 to 6 cups chopped

Strawberries

1 1/2 pounds 5 cups hulled and quartered

GINGER:

1 (1-inch piece) fresh ginger 1 tablespoon minced

SALT FOR BRINING:

Per 1 quart water, use: 1/4 cup table salt OR
1/4 cup plus 2 tablespoons Morton Kosher
1/2 cup Diamond Crystal Salt

SUGAR:

Granulated:

1 cup 7 ounces
3/4 cup 5 1/4 ounces
2/3 cup 4 3/4 ounces (rounded)
1/2 cup 3 1/2 ounces
1/3 cup 2 3/8 ounces (rounded)
1/4 cup 1 3/4 ounces

Light Brown (Packed)

1 cup 7 ounces

Dark Brown (Packed)

1 cup 7 ounces

Confectioners' (see cake flour for equivalents)