Baking Quick Reference ♥

The numbers every baker looks up, all on one page. Tape it inside a cabinet door.

US measure equivalents

3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
5⅓ tablespoons	⅓ cup
8 tablespoons	½ cup
16 tablespoons	1 cup
1 cup	8 fl oz · 237 ml
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon

Butter basics

1 stick	½ cup · 8 Tbsp · 4 oz · 113 g
2 sticks	1 cup · 8 oz · 227 g
½ stick	¼ cup · 4 Tbsp · 2 oz
"Room temperature"	about 65°F, dents when pressed

Common weights *(spooned & leveled)*

1 cup all-purpose flour	120 g
1 cup bread flour	120 g
1 cup cake flour	114 g
1 cup granulated sugar	200 g
1 cup packed brown sugar	213 g
1 cup powdered sugar	113 g
1 cup cocoa powder	84 g
1 large egg (no shell)	about 50 g

Pan swaps *(similar area, same depth)*

9-inch round	8-inch square · 64 sq in
Two 9-inch rounds	one 9×13 pan · 117 sq in
8-inch round	9×5 loaf · 50 sq in
10-inch tube / Bundt	two 9×5 loaves, 12 cups
Standard muffin cup	about ¼ cup batter each

Thinner batter bakes faster; start checking 5–10 minutes early when you change pans.

Oven temperatures

300°F	150°C · slow
325°F	165°C · moderately slow
350°F	175°C · moderate
375°F	190°C · moderately hot
400°F	200°C · hot
425°F	220°C · very hot
450°F	230°C · very hot

Handy swaps

- **Buttermilk, 1 cup:** 1 cup milk + 1 Tbsp lemon juice or white vinegar, rest 5 min.
- **Cake flour, 1 cup:** 1 cup all-purpose minus 2 Tbsp, plus 2 Tbsp cornstarch, sifted.
- **Self-rising flour, 1 cup:** 1 cup all-purpose + 1½ tsp baking powder + ¼ tsp salt.
- **Brown sugar, 1 cup:** 1 cup granulated + 1 Tbsp molasses.
- **Baking powder, 1 tsp:** ¼ tsp baking soda + ½ tsp cream of tartar.
- **Sour cream:** plain whole-milk yogurt, 1:1.
- **Unsweetened chocolate, 1 oz:** 3 Tbsp cocoa + 1 Tbsp butter or oil.

Done when…

- **Cakes & quick breads:** a toothpick in the center comes out clean or with a few moist crumbs; edges pull from the pan.
- **Yeast bread:** deep golden, sounds hollow when tapped; 190–210°F inside.
- **Cookies:** edges set and lightly golden, centers still look a touch soft.
- **Cheesecake:** edges set, center jiggles slightly; about 150°F in the middle.
- **Pie:** filling bubbles thickly through the vents, crust deep golden.

How long it keeps

Cookies, room temp, airtight	3–5 days
Frosted cake (buttercream)	2–3 days covered
Cream-cheese or custard filling	fridge, 3–4 days
Yeast bread, room temp	2–3 days, then toast
Cookie dough, fridge / freezer	3 days / 3 months
Baked goods, well wrapped, freezer	about 3 months

For the most consistent results, weigh your ingredients. A kitchen scale is the one tool that fixes most "why did this come out different" mysteries.