

Reducing the Size of Recipes

Alice Henneman, MS, RD, Extension Educator

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:	REDUCE TO:
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

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