

Pomo? kod kuhanja

Pošto često dobivam upite od vas da prevedem recept ili koliko nešto ima cup(šalica) ili koliko je to u gramima odlučila sam sa stranice <http://allrecipes.com/howto/cup-to-gram-conversions/>

prevesti mjere i nadam se da će vam to pomoći :)

Maslac/Margarin

1 Cup maslaca ima 8 Ounce 1 ounce = 28.34 grama, tako da jedna cup ima 227 grama .1/4

cup maslaca = 57 g

1/3 cup maslaca = 76 g

1/2 cup maslaca = 113 g

Suhe namirnice

Brašno i šećer u prahu

Cups	Grams	Ounces
1/8 cup (dvije velike žlice)	16 g	.563 oz
1/4 cup	32 g	1.13 oz
1/3 cup	43 g	1.5 oz
1/2 cup	64 g	2.25 oz
2/3 cup	85 g	3 oz
3/4 cup	96 g	3.38 oz
1 cup	128 g	4.5 oz

Brašno za kruh

Cups	Grams	Ounces
1/4 cup	34 g	1.2 oz
1/3 cup	45 g	1.6 oz

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1/2 cup	68 g	2.4 oz
1 cup	136 g	4.8 oz

Zobeno brašno

Cups	Grams	Ounces
1/4 cup	21 g	.75 oz
1/3 cup	28 g	1 oz
1/2 cup	43 g	1.5 oz
1 cup	85 g	3 oz

Bijeli še?er

Cups	Grams	Ounces
2 Tbsp	25 g	.89 oz
1/4 cup	50 g	1.78 oz
1/3 cup	67 g	2.37 oz
1/2 cup	100 g	3.55 oz
2/3 cup	134 g	4.73 oz
3/4 cup	150 g	5.3 oz
1 cup	201 g	7.1 oz

Sme?i še?er

Cups	Grams	Ounces
1/4 cup	55 g	1.9 oz
1/3 cup	73 g	2.58 oz
1/2 cup	110 g	3.88 oz
1 cup	220 g	7.75 oz

Sirupi, med i melasa

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Cups	Grams	Ounces
2 velike žlice	43 g	1.5 oz
1/4 cup	85 g	3 oz
1/3 cup	113 g	4 oz
1/2 cup	170 g	6 oz
2/3 cup	227 g	8 oz
3/4 cup	255 g	9 oz
1 cup	340 g	12 oz

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THIS for THAT

A Guide to Cooking and Baking Substitutions

ORIGINAL	SUBSTITUTE
Baking Powder 1 tsp	Cream of Tartar 1/4 tsp + Baking Soda 1/4 tsp
Bread Crumbs, Dry	Rollod Oats as needed OR Crushed Bran Cereal as needed
Buttermilk 1 cup	Milk 1 cup + Vinegar 1 tbsp OR Milk 1 cup + Lemon Juice 1 tbsp OR Yogurt 1 cup
Cajun Seasoning 1 tsp	Cayenne Pepper 1/4 tsp + Dried Thyme 1/4 tsp + Dried Basil 1/4 tsp + Minced Garlic 1 clove
Chocolate, Semi-sweet 1 square (1 ounce)	Unsweetened Chocolate 1 square + Sugar 1 tsp OR Semisweet Chocolate Chips 3 tbsp
Chocolate 1 square (1 ounce)	Baking Cocoa 3 tbsp + Shortening 1 tbsp OR Baking Cocoa 3 tbsp + Vegetable Oil 1 tbsp
Cornstarch, Thickening Agent 1 1/2 tsp	All-Purpose Flour 2 tbsp
Corn Syrup, Dark 1 cup	Light Corn Syrup 1/2 cup + Molasses 1/4 cup
Corn Syrup, Light 1 cup	Sugar 1 cup + Water 1/4 cup
Cracker Crumbs 1 cup	Bread Crumbs, Dry 1 cup
Cream Half and Half 1 cup	Melted Butter 1/2 cup + Whole Milk 1 cup
Egg 1 whole	Mashed Potatoes 1/4 cup OR Pumpkin, Canned 1/4 cup OR Squash, Canned 1/4 cup OR Prunes, Pureed 1/4 cup OR Potato Starch 2 tbsp OR Egg Whites 1/4 cup OR Egg Yolks 1/4 cup OR Egg Substitute 1/4 cup
Flour, Cake 1 cup	All-Purpose Flour 3/4 cup + 1/4 tsp
Flour, Self-Rising 1 cup	All-Purpose Flour 1 cup + Baking Powder 1 tsp + Salt 1/4 tsp + Baking Soda 1/4 tsp
Honey 1 cup	Sugar 1 1/4 cup + Water 1/4 cup
Lemon Juice 1 tsp	Apple Cider Vinegar 1/2 tsp
Lemon Peel 1 tsp	Lemon Extract 1/4 tsp
Margarine 1 cup	Apple Sauce 1/2 cup + Prune 1/2 cup
Milk, Whole 1 cup	Evaporated Milk 1/2 cup + Water 1/2 cup OR Water 1 cup + Nonfat dry milk powder 1/4 cup
Molasses 1 cup	Honey 1 cup
Mustard, Prepared 1 tbsp	Ground Mustard 1/2 tsp + Vinegar 2 tsp
Oil Based Marinades	Wine as needed OR Balsamic Vinegar as needed OR Fruit Juice as needed OR Fat Free Broth as needed
Poultry Seasoning 1 tsp	Rubbed Sage 1/4 tsp + Dried Thyme 1/4 tsp
Soups, Thickening Agent	Mashed Potato Flakes as needed OR Potatoes as needed OR Tofu as needed
Sour Cream 1 cup	Plain Yogurt 1 cup
Sugar 1 cup	Brown Sugar, Packed 1 cup OR Confectioners Sugar, Sifted 2 cups
Tomato Sauce 2 cups	Tomato Paste 1/2 cup + Water 1 cup

SOURCES: Taste of Home Cookbooks <http://www.getty.com/food/egg-replacements/>
<http://www.mapkitchen.org/healthy-living/nutrition-and-health/water-in-depth/healthy-recipes/art-20047355>

BRUGHT TO YOU BY: **ReplacementParts** IN PARTNERSHIP WITH: **OREOCCA**

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