

The tips and charts in this fact sheet will help you adapt recipes for fewer servings. You'll also find the safe cooking temperatures chart helpful.

## Tips for Reducing a Recipe:

1. Recipes that need accurate measuring and precise amounts of ingredients like baked goods may be difficult to reduce so make the entire recipe, including cooking/baking, and then freeze half or freeze in individual portions.
2. Most recipes call for the standard large egg and it is  $\frac{1}{4}$  cup. For half a large egg, break it into a small bowl, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use within two days.
3. Some foods, such as a meatloaf, can be mixed up, portioned into individual containers, and frozen raw. Then, portions can be cooked as needed.
4. Food should not be partially cooked and frozen. Freezing slows down bacterial growth but it does not stop it. Refer to temperature charts to make sure foods are cooked safely.
5. When reducing recipes, you may need to use smaller saucepans, skillet, and baking pans.
6. 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.
7. When using a different pan size, try to keep the depth of food the same.
8. When baking, the oven temperature for the reduced recipe will be the same unless you are using a glass pan or dark metal pan. If so, reduce the oven temperature by 25 degrees F to prevent over browning and over cooking.
9. The time for baking and cooking smaller amounts of food may be less. Begin by reducing the cooking or baking time by one-half and checking to see if the product is done. If not, add additional time. Use a food thermometer for proper end-point temperatures. See the chart for Safe Minimum Temperatures on page 3.
10. When adjusting spices, herbs, and seasonings, you may want to use a little less than half and then add more if needed.



## When You Cut a Recipe

Recipes are usually for 6 to 8 servings — sometimes more. The following tables can help in cutting a recipe to half of the original recipe.

### General Measuring Equivalents

1 Tablespoon	3 teaspoons
$\frac{1}{8}$ cup	2 Tablespoons
$\frac{1}{4}$ cup	4 Tablespoons
$\frac{1}{3}$ cup	$5\frac{1}{3}$ Tablespoons
$\frac{1}{2}$ cup	8 Tablespoons
$\frac{2}{3}$ cup	10 Tablespoons + 2 teaspoons
$\frac{3}{4}$ cup	12 Tablespoons
1 cup	16 Tablespoons
1 cup	8 fluid ounces (liquid measure)
1 fluid ounce	2 Tablespoons
1 pint	2 cups
1 pound	16 ounces (weight)
Pinch or speck	less than $\frac{1}{8}$ teaspoon

### Some Abbreviations

c	cup
Tbsp.	Tablespoon
tsp.	teaspoon
oz.	ounce
fl. oz.	fluid ounce



It may help to use your measuring cups and spoons to do some actual measuring as you figure your recipe.

## When You Want $\frac{1}{2}$ of a Recipe, Use These Equivalents

### Cups

$\frac{1}{2}$ of a $\frac{1}{4}$ cup	2 Tablespoons
$\frac{1}{2}$ of $\frac{1}{3}$ cup	2 Tablespoons + 2 teaspoons
$\frac{1}{2}$ of $\frac{1}{2}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ of $\frac{2}{3}$ cup	$\frac{1}{3}$ cup
$\frac{1}{2}$ of 1 cup	$\frac{1}{2}$ cup

### Tablespoons

$\frac{1}{2}$ of 1 Tablespoon	$1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 3 Tablespoons	1 Tablespoon + $1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 5 Tablespoons	2 Tablespoons + $1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 7 tablespoons	3 Tablespoons + $1\frac{1}{2}$ teaspoons

### Teaspoons

$\frac{1}{2}$ of 1 teaspoon	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ of $\frac{3}{4}$ teaspoon	$\frac{3}{8}$ teaspoon
$\frac{1}{2}$ of $\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon



## Safe Minimum Cooking Temperatures

([foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature](https://foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature))

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops (Rest time: 3 minutes)	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham (Rest time: 3 minutes)	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

## Kitchen Tools and Substitutions

If you need a kitchen tool that you don't have, here are some alternatives you can try.

Kitchen Tools	Tool Ideas
Measuring cup	Marked jar or baby bottle
Colander	Pan with lid
Cookie sheet	Bottom side of cake pans
Rolling pin	Smooth bottle or glass
Potato masher	Two forks
Measuring spoons	Regular teaspoon and/or tablespoon
Tea kettle	Deep kettle or pan
Cutting board	Sturdy plate or heavy brown shopping bag
Pie pan	Flat cake pan
Round cake pan	Square or oblong pan
Biscuit/cookie cutters	Lids, rim of jars, rim of cans, glasses
Ladle for serving soup	Cup with handle
Spatula	2 knives
Cooling rack	Oven rack
Roasting pan	Any pan/skillet that can be used in the oven with a cover, or make a cover of foil
Wire whisk	2 forks or jar with a tight lid
Pot holder	Folded dry towel

## Cranberry Pumpkin Muffins—Reducing a Recipe Worksheet

Here's an opportunity to practice reducing a recipe. The measurements for 12 servings are given. Use the tables on page 2 to help you cut the recipe in half, to make 6 servings, and fill in those amounts in the table. Then bake!

Ingredients	12 Servings	6 Servings
Flour	2 cups	
Sugar	$\frac{3}{4}$ cup	
Baking Powder	3 teaspoons	
Salt	$\frac{1}{2}$ teaspoon	
Cinnamon	$\frac{1}{2}$ teaspoon	
Allspice	$\frac{3}{4}$ teaspoon	
Vegetable Oil	$\frac{1}{3}$ cup	
Eggs, large	2	
Pumpkin	$\frac{3}{4}$ cup	
Cranberries, fresh or frozen, chopped	2 cups	

### Directions:

1. Preheat oven to 400 degrees.
2. Sift or stir together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 25 to 30 minutes (For six muffins, check at 12.5 to 15 minutes. Note baking time needed: \_\_\_\_\_)

**Nutrition Facts:** Each one cup serving (1 muffin) provides 200 calories, 7g total fat, 1g saturated fat, 230mg sodium, 32g total carbohydrate, 2g dietary fiber, 3g protein

**Source:** *Kansas Snap-Ed EZ Does It Recipe:*

<https://www.hhs.k-state.edu/ks-snaped/recipes/ez-does-it/recipes/baking/cranberry-pumpkin-muffins.pdf>

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