

4. MEASUREMENTS. *a.* Accuracy at all times is essential for success in cooking. Ingredients either must be weighed accurately or measured accurately. It is preferable to weigh ingredients if scales are available; otherwise it is best to measure them in graduated measures and in standard cups and spoons. If graduated measures are not available, No. 56 dippers, mess kit cups, and mess kit spoons can be used. A cook or baker can obtain satisfactory results with Army equipment if he is careful to follow the same procedure each time he prepares the recipe. He can train his eye to judge the line on the utensil that means $\frac{1}{4}$, $\frac{1}{2}$, or $\frac{3}{4}$ full when an unmarked measure is used. One cupful of liquid comes approximately to the top of the date figures on a No. 56 dipper; two cupfuls to the top of the letters designating the manufacturer; three cupfuls to the top of the "U. S." letters.

b. Measure sugar, cornstarch, and other dry ingredients without packing or shaking. Pack brown sugar and shortening firmly into the measuring utensil. Sift flour *before measuring*; place lightly, without packing, in measuring utensil until level full. If ingredients are weighed, flour may be weighed before sifting but must be sifted afterwards before combining with other ingredients.

c. To measure with a spoon, fill spoon to overflowing and level with the straight edge of a knife. To measure a half spoonful, fill the spoon; level and divide it lengthwise with a knife. The Quartermaster tablespoon is slightly larger than the mess kit spoon but for practical purposes may be used as an identical measure.

5. TABLES OF INFORMATION. *a.* Table of equivalent measures.

3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup (measuring)
5 $\frac{1}{2}$ tablespoons	$\frac{1}{3}$ cup (measuring)
8 tablespoons	$\frac{1}{2}$ cup (measuring)
16 tablespoons	1 cup (measuring)
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound

b. Table of mess equipment measures.

1 mess kit cup	1 $\frac{1}{2}$ liquid pints
1 No. 56 dipper	1 liquid quart
1 No. 55 dipper	1 $\frac{3}{4}$ liquid quarts

(U.S.)

Army Recipes TM 10-412 Wardapt August 1946

BEVERAGES
 BREADS
 BREAKFAST FOODS
 CAKES AND COOKIES
 DESSERTS
 EGGS
 FISH AND SHELLFISH
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 GROUND MEAT
 MILK
 NUTS
 OILS AND FATS
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 PICKLES
 PRESERVED FRUITS
 RICE
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 VEGETABLES

c. Table of weights and mess measurements of commonly used foods.

Item	M-1910 spoon ounces	Mess kit cup (1½ pints)		No. 56 dipper (1 quart)		No. 55 dipper (1¼ quarts)	
		Pounds	Ounces	Pounds	Ounces	Pounds	Ounces
Allspice, ground.....	¼						
Apples, evaporated.....			7		9	1	
Apricots, evaporated.....		1		1	5	2	5
Barley.....		1	8	2		3	8
Beans, dry, kidney.....		1	3	1	9	2	12
Beans, dry, lima.....		1	4	1	10	2	14
Beans, dry, navy.....		1	5	1	12	3	1
Beef, ground, raw.....		1	8	2		3	8
Bread crumbs, dried.....			12	1		1	12
Bread crumbs, moist (loose pack).....			6		8		14
Butter (solid pack).....		1	8	2		3	8
Carrots, cubed.....			14	1	3	2	1
Celery, cubed.....			12	1		1	12
Cheese, American cheddar, ground.....			14	1	3	2	1
Cheese, American cheddar, shredded.....			12	1		1	12
Cheese, cottage.....		1	8	2		3	8
Cinnamon, ground.....	¼						
Cloves, ground.....	¼						
Cocoa.....	¼						
Coconut, shredded (loose pack).....			10		13	1	7
Coffee, roasted and ground.....			8		11	1	3
Cornmeal.....		1	12	1		1	12
Cornstarch.....		1		1	5	2	5
Cream of tartar.....	⅓				5	2	5
Eggs, powdered, whole.....	¼				12	1	5
Eggs, whites, fresh.....		1	9				
Eggs, whole, without shell.....		1	8	2		3	8
Eggs, yolks, fresh.....		1	8	2		3	8
Extract, lemon or vanilla.....	½			2		3	8
Farina.....		1	3				
Flour, issue, sifted.....	¼		12	1	9	2	12
Flour, issue, unsifted.....	¼		15	1	4	2	12
Flour, pastry, sifted.....	⅓		10		13	1	7
Flour, pastry, unsifted.....	⅓		13	1	1	1	14
Flour, whole wheat.....	⅓		14	1	3	2	1
Gelatin powder, flavored.....	¼			1	5	2	5
Ginger, ground.....	¼						
Hominy grits.....		1	2	1	8	1	10
Lard substitute.....		1	8	2		3	8
Lentils.....		1		1	5	2	5
Mace.....	¼						
Milk, powdered, whole.....	¼		12			1	12
Molasses.....		2	4	3		5	4
Mustard, ground.....	¼						
Nutmeg, ground.....	¼						
Oats, rolled.....			9		12	1	5
Oil, salad.....		1	4	1	10	2	14
Onions, diced.....			12	1		1	12
Paprika.....	¼						
Parsley, chopped.....			9		12	1	5
Peaches, evaporated.....		1		1	5	2	5
Peas, dry, split.....		1	5	1	12	3	1
Pepper, black.....	¼						
Peppers, green, chopped.....			12	1		1	12
Powder, baking.....	⅓				8	2	10
Powder, chili.....	¼						
Powder, curry.....	¼						
Prunes, evaporated.....		1		1	5	2	5

c. Table of weights and mess measurements of commonly used foods. (Con't)

Item	M-1910 spoon ounces	Mess kit cup (1½ pints)		No. 56 dipper (1 quart)		No. 55 dipper (¾ quarts)	
		Pounds	Ounces	Pounds	Ounces	Pounds	Ounces
Raisins, seedless.....		1	8	1	5	2	5
Rice.....		1	8	2	10	3	8
Sage.....	⅛						
Salt.....	½	1	9	2	1	3	10
Seasoning, poultry.....	¼						
Soda, baking.....	½	1	8	2	10	3	8
Sugar, brown (loose pack).....	¼	1	8	1	5	2	5
Sugar, powdered.....	¼		14	1	3	2	1
Sugar, granulated.....	½	1	8	2	10	3	8
Tapioca, granulated.....		1	3	1	9	2	12
Tapioca, pearl.....		1	8	1	5	2	5
Tea.....			8		11	1	3
Vinegar.....	½	1	9	2	1	3	10
Water.....		1	8	2	10	3	8

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FRUIT
VEGETABLES AND
CONDIMENTS