



Handy Reference for Converting Fresh Herbs to Dried Herbs

Herb	Fresh	Dried
Basil	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Bay Leaves	One leaf fresh	One leaf dried
Chervil	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Cinnamon	One cinnamon stick	½ teaspoon (tsp) of dried
Cumin	4.5 tbs whole seed	Four Tablespoon (TbIs)s ground
Dill	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Garlic (Large clove)	One clove of fresh	½ teaspoon (tsp) powder
Garlic (Small clove)	One clove of fresh	1/8 teaspoon (tsp) powder
Ginger	One Tablespoon (TbIs) of fresh grated	¼ teaspoon (tsp) dry ground
Onion	One medium onion	One teaspoon (tsp) of onion powder
Oregano	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Parsley	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Rosemary	Three teaspoons (tsp)s of fresh	One teaspoon (tsp) of dried
Sage	One Tablespoon (TbIs) of fresh	One-half teaspoon (tsp) of dried
Summer Savory	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Tarragon	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Thyme	One Tablespoon (TbIs) of fresh	One teaspoon (tsp) of dried
Thyme	One teaspoon (tsp) dried	¾ teaspoon (tsp) ground
Vanilla	1-inch bean	One teaspoon (tsp) extract

Tablespoon & Teaspoon Conversions

Tablespoons (TbIs) and teaspoons (tsp)s are units of volume that are handy for measuring smaller amounts of ingredients (e.g., spices, oils, vanilla extract) that wouldn't be practical to weigh on a scale and are much too small to measure in cups. They are essential to cooking and baking and are used in metric and imperial systems.

When working with a limited set of measuring spoons or scaling your favorite recipes up or down, refer to the following to save time:

One Tablespoon is equal to three teaspoons; for everything else, use this list of conversions for cooking measurements:

- One Tablespoon (TbIs) = Three teaspoons (tsp)s
- ½ Tablespoon (TbIs) = 1½ teaspoons (tsp)s
- One Tablespoon (TbIs) = 12 ¼ teaspoons (tsp)s
- Three Tablespoon (TbIs)s = 9 teaspoons (tsp)s
- ¼ cup = Four Tablespoons (TbIs)s

Bouquet Garni - Made by bundling fresh herbs, such as parsley, thyme, and a bay leaf, a bouquet garni is used to infuse flavor into braises, sauces, and soups, allowing you to easily remove the packet of aromatics once their flavor has dissipated.

An Herb Sachet – Similarly, a sachet is used in cooking to include dried herbs, spices, or other tiny ingredients that are tricky to fish out. Like a bouquet garni, a sachet can contain any herbs you like. A sachet can be made using two or more cheesecloth layers or put into a fine mesh tea or herb infuser, then placed in a pot to enhance your cooking flavor. When done cooking, remove and discard.

A Sprig - A sprig is approximately a 2–4-inch herb (stem) piece with a few leaves on it. This is used like a bay leaf or bouquet garni. For instance, you can substitute about ½ teaspoon of dried rosemary or sage when a recipe calls for a sprig.

Mirepoix - Like a bouquet garni, mirepoix is a mixture of aromatic vegetables that are ultimately discarded. Typically, a mirepoix includes onions, carrots, and celery stalks, but some cooks prefer to use onions, leeks, and carrots, as celery has a strong flavor and leeks enhance sweetness. In addition to containing different ingredients, a mirepoix will generally be strained out after cooking. However, thanks to its cheesecloth pouch, a bouquet garni can be removed once a dish is ready.

Standard Cooking Conversions

Teaspoon (tsp) · Tablespoon (TbIs) · Cup (C) · Pint (pt) · Quart (qt) · Ounce (oz) · Fluid Ounces (fl oz) · Pound (lb)
Millimeter (ml) · Liter (L) · Gram (gr) · Kilogram (kg) · Fahrenheit (°F) · Celsius (°C)

Teaspoon & Tablespoon Measures

- Dash or pinch = +/- 1/8 teaspoon (tsp)
- 1-1/2 teaspoon (tsp) = 1/2 Tablespoon (TbIs)
- 3 teaspoon (tsp) = 1 Tablespoon (TbIs); 1/2 fluid ounces (fl oz)
- 4-1/2 teaspoon (tsp) = 1-1/2 Tablespoon (TbIs)
- 2 Tablespoon (TbIs) = 1/8 C; 1 fluid ounces (fl oz)
- 4 Tablespoon (TbIs) = 1/4 C; 2 fluid ounces (fl oz)
- 8 Tablespoon (TbIs) = 1/2 C; 4 fluid ounces (fl oz)
- 12 Tablespoon (TbIs) = 3/4 C; 6 fluid ounces (fl oz)
- 16 Tablespoon (TbIs) = 1 C; 8 fluid ounces (fl oz); 1/2 pt

Cup Measures

- 1/8 C = 2 Tablespoon (TbIs); 1 fluid ounces (fl oz)
- 1/4 C = 4 Tablespoon (TbIs); 2 fluid ounces (fl oz)
- 1/3 C = 5 Tablespoon (TbIs) + 1 teaspoon (tsp)
- 1/2 C = 8 Tablespoon (TbIs); 4 fluid ounces (fl oz)
- 2/3 C = 10 Tablespoon (TbIs) + 2 teaspoon (tsp)s
- 3/4 C = 12 Tablespoon (TbIs); 6 fluid ounces (fl oz)
- 7/8 C = 3/4 C + 2 Tablespoon (TbIs)
- 1 C = 16 Tablespoon (TbIs); 8 fluid ounces (fl oz); 1/2 pt
- 2 C = 1 pt; 16 fluid ounces (fl oz)
- 4 C = 2 pt; 1 qt; 32 fluid ounces (fl oz); 1 qt

Pints, Quarts, Gallons & Pounds

- 1/2 pt = 1 C; 8 fluid ounces (fl oz)
- 1 pt = 2 C; 16 fluid ounces (fl oz)
- 1 qt = 4 C; 32 fluid ounces (fl oz)
- 1 gal = 4 qt; 16 C
- 1/4 pound (lb) = 4 ounces
- 1/2 pound (lb) = 8 ounces
- 3/4 pound (lb) = 12 ounces
- 1 pound (lb) = 16 ounces

Metric Volume Conversions

- 1 ml = 1/5 teaspoon (tsp)
- 5 ml = 1 teaspoon (tsp)
- 15 ml = 1 Tablespoon (TbIs)
- 60 ml = 1/4 C; 2 fluid ounces (fl oz)
- 80 ml = 1/3 C
- 125 ml = 1/2 C; 4 fluid ounces (fl oz)
- 160 ml = 2/3 C
- 180 ml = 3/4 C; 6 fluid ounces (fl oz)
- 250 ml = 1 C; 8 fluid ounces (fl oz)
- 375 ml = 1-1/2 C; 12 fluid ounces (fl oz)
- 500 ml = 2 C; 16 fluid ounces (fl oz); 1 pt
- 700 ml = 3 C
- 950 ml = 4 C; 32 fluid ounces (fl oz); 1 qt
- 1 L = 33.8 fluid ounces (fl oz)
- 3.8 L = 4 qt; 1 gal

Metric Weight Conversions

- 1 gr = 0.035 ounces
- 100 gr = 3.5 ounces
- 500 gr = 17.6 ounces; 1.1 pounds (lbs)
- 1 kg = 35 ounces; 2.2 pounds (lbs)

Cooking & Oven Temperatures *

- 32°F = 0°C
- 210°F = 100°C
- 250°F = 120°C
- 325°F = 165°C
- 350°F = 180°C
- 375°F = 190°C
- 400°F = 205°C
- 425°F = 220°C
- 450°F = 230°C

* Please note: Oven temperatures reflect our standards for most recipes we publish in our cookbooks and share at GfreeDeliciously.com. Conversions are rounded to the nearest five degrees to accommodate non-digital ovens. Digital cooking temperatures should be set to the preferred Fahrenheit (°F) or Celsius (°C) setting according to the manufacturer instructions of the suggested tool or appliance used.