

Portion Control

The recipes are standardized to yield a certain number of servings specified in the recipe. To obtain that number of servings, follow the specified serving size as closely as possible. Scoops, ladles, or spoons of standard sizes help in serving equal-sized portions.

Ladles

Using ladles will help in obtaining equal-size servings of soups, sauces, creamed foods, and similar foods. Perforated ladles are available for accurate portioning of foods that need draining.

Measuring Cups

A measuring cup can be used in place of a scoop (or disher) or measuring service spoon. Measuring cups are not as expensive to purchase.

Scoop (or Disher) Number

The number of the scoop or disher indicates the number of **level** scoopfuls it takes to make 1 quart.

Standardized Portioning Tools

Measure (cup, Tbsp, or tsp)	=	Ladle Size	=	Measuring Serving Spoons	=	Scoop (or Disher) Number *
1 cup	=	8 oz	=	8 oz	=	...
$\frac{3}{4}$ cup	=	6 oz	=	6 oz	=	...
$\frac{2}{3}$ cup	=	...	=	...	=	6
$\frac{1}{2}$ cup	=	4 oz	=	4 oz	=	8
$\frac{3}{8}$ cup	=	...	=	3 oz	=	10
$\frac{1}{3}$ cup	=	...	=	...	=	12
$\frac{1}{4}$ cup	=	2 oz	=	2 oz	=	16
$3\frac{1}{3}$ Tbsp	=	...	=	...	=	20
$2\frac{3}{4}$ Tbsp	=	...	=	...	=	24
2 Tbsp	=	...	=	...	=	30
$1\frac{2}{3}$ tsp	=	...	=	...	=	40
$3\frac{3}{4}$ tsp	=	...	=	...	=	50
$3\frac{1}{4}$ tsp	=	...	=	...	=	60
$2\frac{3}{4}$ tsp	=	...	=	...	=	70
2 tsp	=	...	=	...	=	100

* measures for scoops and dishers are approximate.