

Common Abbreviations Used in Cooking

c	cup
t or tsp	teaspoon
T or Tbsp	tablespoon
oz	ounce
pkg or pk	package
pt	pint
qt	quart
gal	gallon
pd or #	pound
gm	gram
f.g.	few grains
min	minute
hr	hour
sec	seconds
med	medium or moderate
lg	large
pinch	less than 1/8 teaspoon
dash	less than 1/8 teaspoon
sq	square
doz	dozen