

# Ounces and tablespoons and teaspoons – oh my!

*CookingwithAlicia.com is making cooking a bit easier by offering this free cooking conversion chart; stick it on your refrigerator.*

Boston, March 18, 2007 – "How many teaspoons in 5 tablespoons?" was a question in a recent episode of Are You Smarter than a 5th Grader? Larry, the contestant, could not correctly answer the question. He is not alone -- a lot of people find cooking measurements confusing. Many cooks run around looking for a cookbook or go to the computer for answers, or like Larry, they may just guess.

If the whole measurement thing is confusing and a convenient solution would be nice, check out a free cooking conversion chart download from [www.CookingwithAlicia.com](http://www.CookingwithAlicia.com). Finding out how many teaspoons are in a tablespoon, or how many ounces are in a cup, may have just become easier.

Patrick Ambrosio, consulting chef to Russian Hill Estate Winery, Sonoma CA suggests that "the CookingwithAlicia cooking conversion chart is a great and easy to use reference tool for both the professional and home cook alike."

Print the chart, cut it to size and attach it to your fridge with a magnetic clip. Subscribers receive a 4x6-inch refrigerator magnet version for free.

Subscriber Mary Huntley of West Virginia says "I like it. It's really useful!"

This cooking website provides help and great recipes for new and experienced cooks. CookingwithAlicia aims to offer a "whole new cooking experience" starting with understanding basics like measurement. "Well, if they can make converting cups, tablespoons and teaspoons this easy, imagine what else they can do!" says Ambrosio.

To get your copy of the chart, visit  
<http://www.cookingwithalicia.com/tourinfo/download.cfm>

CookingwithAlicia.com, your online cooking assistant™, was created by Alicia Shea to help people learn how to cook, or improve their current cooking skills. The site provides interesting and healthy recipes with completely illustrated step-by-step cooking instructions. "It's like having a private cooking lesson" says Alicia. The site also includes help with meal-planning and grocery shopping as well as instructions on how to cook everything so that it can all be served at the same time.

Photo: Directly access high resolution image of chart at: [high resolution chart photo](#)

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