



QUICK GUIDE MEASUREMENTS AND CONVERSIONS

ROUNDED FOR COOKERY

METRIC CUP & SPOON SIZES

¼ cup ▶ 60ml	¼ teaspoon ▶ 1.25ml	1 tablespoon ▶ 20ml
⅓ cup ▶ 80ml	½ teaspoon ▶ 2.5ml	1 Tbl = 4 tsps
½ cup ▶ 125ml	1 teaspoon ▶ 5ml	
1 cup ▶ 250ml	2 teaspoons ▶ 10ml	

CUP CONVERSIONS FOR METRIC & IMPERIAL

INGREDIENT	1 CUP	½ CUP	⅓ CUP	¼ CUP
BREADCRUMBS – <i>Dry</i>	90g 2¾ oz	45g 1 ½ oz	30g 1 oz	25g ¾ oz
BUTTER	250g 8 oz	125g 4 oz	80g 2½ oz	60g 2 oz
CHEESE, SHREDDED/GRATED	80g 2½ oz	40g 1 oz	35g 1 oz	25g ¾ oz
CHOC BITS	190g 6 oz	95g 3 oz	70g 2½ oz	55g 1 ¾ oz
COCONUT, DESICCATED	85g 2¾ oz	45g 1½ oz	35g 1 oz	20g ½ oz
FLOUR, PLAIN/SELF-RAISING	150g 4¾ oz	75g 2½ oz	50g 1½ oz	40g 1½ oz
RICE – UNCOOKED <i>(Long-grain/Basmati/Jasmine)</i>	200g 6½ oz	100g 3 oz	70g 2¼ oz	50g 1½ oz
SOUR CREAM	235g 7½ oz	125g 4 oz	85g 2½ oz	65g 2 oz
SUGAR, BROWN – <i>Lightly Packed</i>	160g 5 oz	80g 2½ oz	60g 2 oz	45g 1½ oz
SUGAR, BROWN – <i>Firmly Packed</i>	200g 6½ oz	100g 3 oz	70g 2¼ oz	55g 1¾ oz
SUGAR, CASTER	220g 7 oz	115g 3¾ oz	80g 2½ oz	60g 2 oz
SUGAR, ICING	150g 4¾ oz	80g 2½ oz	60g 2 oz	45g 1½ oz
SUGAR, WHITE	225g 7 oz	110g 3½ oz	80g 2½ oz	60g 2 oz
SULTANAS	170g 5½ oz	90g 3 oz	65g 2 oz	45g 1½ oz
YOGHURT	260g 8¾ oz	130g 4 oz	90g 3 oz	70g 2¼ oz



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MASS - WEIGHT

10g	▶	¼oz
15g	▶	½oz
30g	▶	1oz
60g	▶	2oz
90g	▶	3oz
125g	▶	4oz (¼ lb)
155g	▶	5oz
185g	▶	6oz
220g	▶	7oz
250g	▶	8oz (½ lb)
280g	▶	9oz
315g	▶	10oz
345g	▶	11oz
375g	▶	12oz (¾ lb)
410g	▶	13oz
440g	▶	14oz
470g	▶	15oz
500g	▶	16oz (1 lb)
750g	▶	24oz (1½ lb)
1kg	▶	32oz (2 lb)
1.5kg	▶	48oz (3 lb)
2kg	▶	64oz (4 lb)

LIQUIDS

METRIC	CUP	IMPERIAL
30ml	–	1 fl oz
60ml	¼ cup	2 fl oz
80ml	⅓ cup	2¾ fl oz
100ml	–	3½ fl oz
125ml	½ cup	4 fl oz
150ml	–	5 fl oz
180ml	¾ cup	6 fl oz
200ml	–	7 fl oz
250ml	1 cup	8¾ fl oz
310ml	1¼ cups	10½ fl oz
375ml	1½ cups	13 fl oz
430ml	1¾ cups	15 fl oz
475ml	–	16 fl oz
500ml	2 cups	17 fl oz
625ml	2½ cups	21½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz



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PAN MEASUREMENTS

MUFFIN PANS			TART TINS	
MINI	30ml	1½ Tbs	8cm	▶ 3inch
REGULAR 1	80ml	⅓ cup	10cm	▶ 4inch
REGULAR 2	125ml	½ cup	20cm	▶ 8inch
TEXAS	180ml	¾ cup	23cm	▶ 9inch
			25cm	▶ 10inch

OVEN TEMPERATURES

CELSIUS (NON FAN)	CELCIUS (FAN FORCED)	FAHRENHEIT	GAS
120°	100°	250°	1 very slow
150°	130°	300°	2 slow
160°	140°	325°	3 moderately slow
180°	160°	350°	4 moderate
190°	170°	375°	5 moderately hot
200°	180°	400°	6 hot
230°	210°	450°	7 very hot
250°	230°	500°	9 very hot



BLIND BAKING GUIDE

TART TIN	WEIGHTS REQUIRED	OVEN TEMP	TIME
20cm	600g	180 FF	20-25 min
23cm	600g	180 FF	25-30min
25cm	600g	180 FF	30-35min