



## QUICK CONVERSION GUIDE

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The metric system has many a cook confused. Most modern recipes feature volumetric measurements, i.e. milliliters and liters. It's important to remember that a volumetric measurement, e.g. 250ml of a specific ingredient does not necessarily mean it is equivalent in weight, i.e. 250g and vice versa. Volumetric measurements of different ingredients can differ in weight measurement. This handy table will help simplify measurements. Remember all measurements are level.

### VOLUME/MASS CONVERSION CHART

Approximate mass in grams per 250ml (1 cup) of ingredients

|                                       |                |
|---------------------------------------|----------------|
| Butter                                | = 250g         |
| Bread crumbs, fresh                   | = 60g          |
| Bread crumbs, dry                     | = 120g         |
| Cake Flour                            | = 120g         |
| Bread Flour                           | = 120g         |
| Bran Rich Flavour                     | = 130g         |
| Self-Raising Flour                    | = 130g         |
| Whole Wheat Flour                     | = 130g         |
| Cheese, grated                        | = 100g         |
| Cottage cheese                        | = 250g         |
| Cocoa powder                          | = 100g         |
| Custard powder                        | = 130g         |
| Desiccated coconut                    | = 80g          |
| Dried fruit - raisins, currants, etc. | = 150g         |
| Jam, apricot                          | = 330g         |
| Margarine                             | = 250g         |
| Mealie meal                           | = 120g         |
| Milk powder                           | = 100g         |
| Nuts, whole                           | = 100g         |
| Nuts, chopped                         | = 150g         |
| Pasta, macaroni                       | = 100g         |
| Rice                                  | = 200g         |
| Samp                                  | = 100g         |
| Sugar, white granulated               | = 200g         |
| Sugar, brown                          | = 200g         |
| Sugar, castor                         | = 210g         |
| Sugar, icing                          | = 130g         |
| Syrup/honey                           | = 340g         |
| 1ml                                   | = a pinch      |
| 2ml                                   | = 1/4 teaspoon |
| 3ml                                   | = 1/2 teaspoon |
| 5ml                                   | = 1 teaspoon   |

|         |                  |
|---------|------------------|
| 7ml     | = 1 1/4 teaspoon |
| 8ml     | = 1 1/2 teaspoon |
| 10ml    | = 2 teaspoons    |
| 20ml    | = 4 teaspoons    |
| 15ml    | = 1 tablespoon   |
| 30ml    | = 2 tablespoons  |
| 45ml    | = 3 tablespoons  |
| 60ml    | = 1/4 cup        |
| 85ml    | = 1/2 cup        |
| 125ml   | = 1/2 cup        |
| 165ml   | = 3/4 cup        |
| 180ml   | = 3/4 cup        |
| 250ml   | = 1 cup          |
| 300ml   | = 1 1/4 cups     |
| 375ml   | = 1 1/2 cups     |
| 500ml   | = 2 cups         |
| 750ml   | = 3 cups         |
| 1 liter | = 4 cups         |
| 1 fl oz | = 30ml           |
| 3 pints | = 1.9 liters     |
| 4 pints | = 2.5 liters     |

### WEIGHTS

|        |                      |
|--------|----------------------|
| 1/2 oz | = 15g                |
| 1 oz   | = 30g                |
| 2 oz   | = 60g                |
| 3 oz   | = 90g                |
| 4 oz   | = 125g               |
| 5 oz   | = 150g               |
| 6 oz   | = 180g               |
| 7 oz   | = 210g               |
| 1/2 lb | = approximately 250g |
| 1 lb   | = approximately 500g |
| 2 lb   | = approximately 1kg  |

### OVEN TEMPERATURES

| CELSIUS | FAHRENHEIT | GAS MARK | DESCRIPTION | BAKING       |
|---------|------------|----------|-------------|--------------|
| 130°C   | 250°       | 1/2      | Very cool   | Meringues    |
| 140°C   | 275°       | 1        | Very cool   |              |
| 150°C   | 300°       | 2        | Cool        | Fruit cakes  |
| 160°C   | 320°       | 3        | Warm        |              |
| 180°C   | 350°       | 4        | Moderate    | Most cakes   |
| 190°C   | 375°       | 5        | Fairly hot  | Muffins      |
| 200°C   | 400°       | 6        | Fairly hot  | Bread rolls  |
| 220°C   | 425°       | 7        | Hot         | Pastry/pizza |
| 230°C   | 450°       | 8        | Very Hot    |              |
| 240°C   | 475°       | 9        | Very Hot    |              |
| 250°C   | 500°       | 9        | Very Hot    |              |

