



OVEN TEMPERATURES

Gas	°C	Fan°C	°F	Temp
¼	110	90	225	Very cool
½	120	100	225	Very cool
1	140	120	275	Cool/slow
2	150	130	300	Cool/slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

WEIGHTS

Imperial	Metric
1oz	25g
2oz	50g
3oz	75g
4oz	100-125g
5oz	150g
6oz	175g
8oz	225g
10oz	275g
12oz	350g
14oz	400g
16oz (1lb)	450g
1 ½ lb	700g
2lb	900g
3lb	1.4kg

CAKE TIN SIZES

Round tin

6in (15cm)
8in (20cm)
9in (23cm)
11in (28cm)

Square tin

5in (13cm)
7in (18cm)
8in (20cm)
10in (25.5cm)

Please note that all conversions are rounded up – the main thing is to stick to one and not switch from metric to imperial or vice versa mid recipe

SPOONFULS

1 teaspoon (tsp)	5ml
2 level tsp	10ml
1 tablespoon (tbsp)	15ml

LIQUIDS

Metric	Imperial	American	Australian
50ml	2fl oz	¼ cup	¼ cup
125ml	4fl oz	½ cup	½ cup
175ml	6fl oz	¾ cup	¾ cup
225ml	8fl oz	1 cup	1 cup
300ml	10fl oz/½ pint	1 ¼ cups	½ pint
450ml	16fl oz	2 cups/1 pint	2 cups
600ml	20fl oz/1 pint	2 ½ cups	1 pint
1 litre	35fl oz/1 ¾ pints	1 quart	1 ¾ pints