

crumbs & corkscrews

RECIPE CONVERSION TABLES



TEMPERATURES

For fan ovens, reduce oven temperature by 20 degrees

	Celsius	Fahrenheit	Gas Mark
Very Cool	110	225	
	120	250	
Cool	140	275	1
	150	300	2
Moderate	170	325	3
	180	350	4
Moderately Hot	190	375	5
	200	400	6
Hot	220	425	7
	230	450	8
Very Hot	240	475	9



AMERICAN CONVERSIONS

American	Imperial	Metric
1 cup flour	5 oz	150 g
1 cup caster sugar	8 oz	225 g
1 cup brown sugar	6 oz	175 g
1 cup icing sugar	4.5 oz	125 g
1 cup butter	8 oz	225 g
1 stick butter	4 oz	110 g



LIQUID

American	Imperial	Metric
1 tbsp	1/2 fl oz	15 ml
1/8 cup	1 fl oz	30 ml
1/4 cup	2 fl oz	60 ml
1/2 cup	4 fl oz	120 ml
1 cup	8 fl oz	240 ml
1 pint	16 fl oz	480 ml



WEIGHT

Imperial	Metric	Imperial	Metric
0.5 oz	10 g	7 oz	200 g
0.75 oz	20 g	8 oz	225 g
1 oz	25 g	9 oz	250 g
1.5 oz	40 g	10 oz	275 g
2 oz	50 g	12 oz	350 g
2.5 oz	60 g	1 lb	450 g
3 oz	75 g	1lb 8 oz	700 g
4 oz	110 g	2 lb	900 g
4.5 oz	125 g	3 lb	1.35 kg
5 oz	150 g		
6 oz	175 g		