

Oven temperatures

Oven temperatures don't usually have to be exact. Use these tables as a guide. Rule of thumb: double °C to get °F (cooking temperatures only—it doesn't work hotter or colder). Note that fan ovens are different: check your instruction book.

°F to °C to Gas mark				°C to °F	
How hot	°F	°C	Gas mark	°C	°F
cool	200	93		90	194
cool	210	99		95	203
cool	220	104		100	212
cool	230	110		110	230
	240	116		120	248
very slow	250	121		130	266
slow	275	135	1	140	284
slow	300	149	2	150	302
warm	325	162	3	160	320
moderate	350	177	4	170	338
moderately hot	375	191	5	180	356
hot	400	204	6	190	374
very hot	425	218	7	200	392
	450	232	8	220	428
	475	246	9	240	464
	500	260		260	500

American cups

Beware: American cooks use different measurements. Their pint is 473ml, divided into 16 fluid ounces a bit bigger than ours. A more important difference is how they measure dry ingredients. They use a volume measure—the cup—and ignore the weight.

Converting from cups presents problems: how big is a cup? How heavy is the ingredient? How tightly is it packed?

If your recipe asks for cups of ingredients, don't try to convert to weights. Use a cup and leave the contents loose.

What size cup? A standard US cup holds 240ml, or about 8½ UK fluid ounces. Don't reach for a measuring jug, though: a rule of thumb is that a US cup holds 8oz of ordinary sugar. But it doesn't really matter. Proportions are what count, so use the same cup for everything.

Note: conversions are rounded for convenience.

Weights

These tables are accurate enough for the most careful cook. For most of us, somewhere close-ish will do fine. Rule of thumb: think of 25g or 30g as an ounce, and 450g or 500g as a pound.

Imperial to Metric		Metric to Imperial	
Pounds, Ounces	Kilograms, Grams	Kilograms, Grams	Pounds, Ounces
½oz	14g	10g	½oz
¾oz	21g	25g	¾oz
1oz	28g	50g	1¾oz
2oz	57g	75g	2¾oz
3oz	85g	100g	3½oz
4oz or ¼lb	113g	125g	4¾oz
5oz	142g	150g	5¼oz
6oz	170g	175g	6¼oz
7oz	198g	200g	7oz
8oz or ½lb	227g	250g	8¾oz
9oz	255g	300g	10½oz
10oz	283g	350g	12½oz
11oz	312g	400g	14oz
12oz or ¾lb	340g	450g	15¾oz
13oz	369g	500g	1lb 1½oz
14oz	396g	550g	1lb 3½oz
15oz	425g	600g	1lb 5oz
16oz or 1lb	454g	650g	1lb 7oz
1¾lb	567g	700g	1lb 9oz
1½lb	680g	750g	1lb 10oz
1¾lb	794g	800g	1lb 12oz
2lb	907g	850g	1lb 14oz
2½lb	1.13kg	900g	2lb
3lb	1.36kg	1,000g or 1kg	2lb 3oz
3½lb	1.59kg	1.5kg	3lb 5oz
4lb	1.81kg	2kg	4lb 7oz

Dry spoonfuls

If your recipe asks for a spoonful of a dry ingredient—a spice, for example—it means a standard spoon (see *Liquid spoonfuls*, right). Fill it level, not heaped.

Liquids

Except for small quantities, recipes measure liquids in fluid ounces and pints (20 UK fluid ounces=1 pint), or millilitres and litres (1,000ml=1 litre). These tables are great if you need to be exact. (But for me, near enough is near enough!) Rhyming rule of thumb: a litre of water's a pint and three-quarters.

UK fluid ounces and pints to ml		Millilitres to UK fl oz	
Fluid ounces	ml	ml	Fluid ounces
1 fl oz	28ml	25ml	¾ fl oz
2 fl oz	57ml	50ml	1¾ fl oz
3 fl oz	85ml	75ml	2¾ fl oz
4 fl oz	113ml	100ml	3½ fl oz
5 fl oz or ¼ pint	142ml	125ml	4½ fl oz
6 fl oz	170ml	150ml	5¼ fl oz
7 fl oz	198ml	175ml	6¼ fl oz
8 fl oz	227ml	200ml	7 fl oz
9 fl oz	255ml	250ml	8¾ fl oz
10 fl oz or ½ pint	283ml	300ml	10½ fl oz
12 fl oz	340ml	400ml	14 fl oz
14 fl oz	396ml	500ml	17½ fl oz
16 fl oz	454ml	750ml	26 fl oz
18 fl oz	511ml	1,000ml or 1 litre	35 fl oz
20 fl oz or 1 pint	567ml		

Liquid spoonfuls

Small quantities of fluids are measured in spoons. Your spoons are not the same as mine, though, are they? Don't worry: it's not a big deal. If you need to be precise, you can buy a measure. But note that some cough mixtures come with a calibrated measure or a standard 5ml spoon. Hang on to it when the cough is gone!

Spoonfuls		
Teaspoon	Tablespoon	ml
¼	⅙	1.25ml
½	⅓	2.5ml
1	⅔	5ml
2	1	10ml
4	2	20ml

with best wishes
Gillian

**GILLIAN'S
LARDER**

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What's cooking?

Keep an eye on our recipe collection. We're always adding new treats, given by friends and customers to add to our own collection of delicious family favourites.

Gillian's Larder is an old-fashioned grocer's shop, specialising in herbs, spices, teas and coffees, nuts, seeds and other hard-to-find ingredients. We sell them by weight, so you get exactly what you need—just a cup of sugar if you like—with no expensive packaging to pay for.



Mmm!
Cornish
saffron
buns
for tea

Kitchen measures: child's play!



Pounds, litres, Fahrenheit, teaspoons—why are recipes such a pain to follow?

Turn unwelcome units into familiar ones with my easy-to-use ready reckoner: no sums and no guessing.

Give your fridge magnets a job. Stick these tables where you can use them without getting flour in the kitchen drawer.

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