



# Weights & Measures

For a recipe to work well it is important to measure the ingredients accurately.

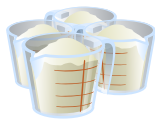
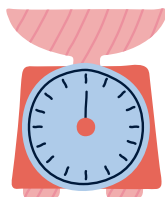
## Top Tip:

Whichever measurements you choose to use: (Imperial or Metric), stick to same one throughout the whole recipe.



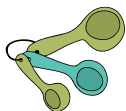
## WEIGHTS

Metric	Imperial	Tablespoon
15g	½oz	1 tbsp
25g	1oz	-
30g	-	2 tbsp
50g	2oz	-
75g	3 oz	5 tbsp
110g	4oz	-
150g	5oz	10 tbsp
175g	6oz	-
200g	7oz	-
225g	8oz	15 tbsp
300g	10½oz	20 tbsp
350g	12oz	-
400g	14oz	-
450g	1lb	30 tbsp
500g	1lb 2oz	-



## Top Tips:

If you don't have a tablespoon you can use a teaspoon instead. Three teaspoons are the same as one tablespoon.



## LIQUID MEASURES

When you measure liquid, look at the mark on the measuring cup at eye level, not from above.

Metric	Imperial	US	Spoons
1.25ml	-	-	¼ teaspoon
2.5ml	-	-	½ teaspoon
5ml	-	-	1 teaspoon
15ml	1/2 fl oz	-	1 tbsp
30ml	1 fl oz	1/8 cup	2 tbsp
45ml	-	-	3 tbsp
50ml	-	-	-
60ml	2 fl oz	¼ cup	4 tbsp
75ml	3 fl oz	⅓ cup	5 tbsp
120ml	4 fl oz	½ cup	8 tbsp
150ml	5 fl oz / ¼ pint	-	10 tbsp
240ml	8 fl oz	1 cup	16 tbsp
275ml	10 fl oz / ½ pint	1 ¼ cups	20 tbsp
450ml	16 fl oz / ¾ pint	2 cups	30 tbsp
500ml	18 fl oz	2 ¼ cups	36 tbsp
570ml	20 fl oz / 1 pint	2 ½ cups	40 tbsp



## OVEN TEMPERATURES



### CONVERSION TOP TIPS!

A US Cup is 240ml. This is slightly different from a UK measure (250ml).

As long as you use the same cup for measuring out each of the ingredients, the proportions should work out the same.

When measuring ingredients such as herbs, spices, salt or a liquid on a spoon, don't hold it over the mixture you are cooking, just in case some spills out of the spoon and into the mixture.

Always measure the ingredient as a level spoonful, not heaped above the edge of the spoon, unless it says 'heaped' in the recipe.

For Fan ovens, reduce oven temperature by 20 degrees

	Celsius	Fahrenheit	Gas Mark
<b>Very Cool</b>	110°C	225°F	¼
<b>Cool</b>	130°C	250°F	½
	140°C	275°F	1
<b>Moderate</b>	150°C	300°F	2
	170°C	325°F	3
<b>Moderately Hot</b>	180°C	350°F	4
<b>Hot</b>	190°C	375°F	5
	200°C	400°F	6
	220°C	425°F	7
<b>Very Hot</b>	230°C	450°F	8
	240°C	475°F	9