

QUICK CONVERSION TABLES

These tables are guides only to help you use international recipes you find online.

TEMPERATURE GUIDE FOR CONVENTIONAL OVENS

- Fan-forced reduce by 68 °F (20 °C) as general rule of thumb

| | FAHRENHEIT (°F) | CELSIUS (°C) | GAS MARK |
|------------------|-----------------|--------------|----------|
| Very cool (slow) | 250 | 120 | ½ |
| Cool (slow) | 275-300 | 150 | 2 |
| Moderate | 350-375 | 180 | 4 |
| Moderately hot | 400 | 200 | 6 |
| Hot | 425-450 | 220 | 7 |
| Very hot | 475 | 240 | 9 |

CUP MEASURES FOR STAPLES

| Metric cup used in UK/Europe/Australia | US Cup | Metric Cup |
|--|--------------------|------------------|
| CUP MEASURES are level | OUNCES (oz) | GRAMS (g) |
| 1 cup sugar | 7 | 220 |
| 1 cup brown sugar (packed in firm) | 7 | 220 |
| 1 cup icing (powdered) sugar (sifted) | 5 | 160 |
| 1 cup flour | 5 | 150 |
| 1 cup butter | 8 | 250 |
| 1 cup honey/syrup | 12 | 350 |
| 1 cup fresh breadcrumbs | 2 | 70 |
| 1 cup dry breadcrumbs | 3 | 100 |
| 1 cup rice, barley (uncooked) | 7 | 200 |
| 1 cup nuts (chopped) | 4 | 125 |
| 1 cup mixed fruit | 5 | 160 |
| 1 cup coconut | 3 | 80 |
| 1 cup grated cheese | 4 | 125 |
| 1 cup of liquid = 16 tbspn | 8 fl oz (240 ml) | 250 ml |
| 1 teaspoon (tspn) | ⅙ fl oz (5 ml) | 5 ml |
| 1 tablespoon (tbspn) = 3 tspn | ½ fl oz (15 ml) | 15 ml* |

*Tablespoon measure in Australia is 20 ml or ~ ⅔ fl oz.