

CONVERSION CHART

The difference between measuring cups and spoons varies slightly from country to country. I use Australian spoon measures in this book and all measurements are level. One North American measuring cup holds 240 ml. One Australian metric measuring cup holds 250 ml, one Australian metric tablespoon holds 20 ml and one Australian teaspoon holds 5 ml. North America, New Zealand and the United Kingdom use a 15 ml tablespoon. Oven temperatures in this book are for fan-forced ovens. If you use a conventional oven, increase the temperature by about 25°C (or by 45°F, if applicable).

DRY MEASUREMENTS

metric g	imperial oz		
15 g	½ oz	250 g	9 oz
20 g	¾ oz	265 g	9¼ oz
30 g	1 oz	270 g	9½ oz
35 g	1¼ oz	285 g	10 oz
40 g	1½ oz	290 g	10¼ oz
50 g	1¾ oz	300 g	10½ oz
60 g	2 oz	320 g	11¼ oz
65 g	2¼ oz	325 g	11½ oz
70 g	2½ oz	340 g	12 oz
80 g	2¾ oz	345 g	12 oz
85 g	3 oz	350 g	12¼ oz
90 g	3 oz	360 g	12¾ oz
100 g	3½ oz	365 g	13 oz
110 g	3¾ oz	395 g	14 oz
115 g	4 oz	400 g	14 oz
125 g	4½ oz	420 g	15 oz
140 g	5 oz	450 g	1 lb)
150 g	5¼ oz	500 g	1 lb 1oz
155 g	5½ oz	545 g	1 lb 3 oz
160 g	5½ oz	550 g	1 lb 3 oz
165 g	5¾ oz	560 g	1lb 3¾ oz
170 g	6 oz	600 g	1lb 5 oz
180 g	6¼ oz	630 g	1 lb 6 oz
185 g	6½ oz	690 g	1 lb 8 oz
190 g	6¾ oz	700 g	1lb 8½ oz
200 g	7 oz	840 g	1 lb 13 oz
225 g	8 oz	1 kg	2 lb 3 oz
240 g	8½ oz		

LIQUID MEASUREMENTS

metric (ml)	imperial (fl oz)	Australian cup
55 ml	2 fl oz	¼ cup
75 ml	2½ fl oz	
80 ml	3 fl oz	⅓ cup
110 ml	3¾ fl oz	
125 ml	4 fl oz	½ cup
150 ml	5 fl oz	
160 ml	5½ fl oz	
175 ml	5¾ fl oz	¾ cup
180 ml	6 fl oz	
200 ml	6½ fl oz	
225 ml	7½ fl oz	
250 ml	8 fl oz	1 cup
270 ml	9½ fl oz	
300 ml	10 fl oz	1¼ cups
340 ml	11½ fl oz	1½ cups
360 ml	12 fl oz	
380 ml	13 fl oz	1¾ cups
400 ml	13½ fl oz	1¾ cups
480 ml	1 pint	
500 ml	17 fl oz	2 cups
540 ml	18¼ fl oz	

OVEN TEMPERATURES

°C fan-forced	°F fan-forced
110°C	230°F
130°C	265°F
140°C	285°F
150°C	300°F
160°C	320°F
170°C	335°F
180°C	350°F
190°C	375°F
200°C	400°F
210°C	410°F
220°C	425°F