

COOKING MEASUREMENTS & UNIT CONVERSION TABLE

ABBREVIATIONS

When using a recipe from another country, you should be aware that standard measuring utensils vary greatly

| | |
|--------------|--------------|
| G | Grams |
| KG | Kilograms |
| OZ | Ounces |
| FL OZ | Fluid Ounces |
| LB | Pounds |
| L | Litre |
| ML | Millilitre |
| MM | Millimetre |
| TSP | Teaspoon |
| TBSP | Tablespoon |
| PT | Pint |
| QT | Quart |
| GAL | Gallon |

LIQUID MEASUREMENTS

American Liquid Measurements

| METRICS | IMPERIAL |
|---------|---------------------|
| 3.79 L | 128 fl oz |
| 0.95 L | 32 fl oz |
| 450 ml | 16 fl oz |
| 225 ml | 8 fl oz |
| *16 ml | 1/2 fl oz |
| 5 ml | |
| | 1 gallon (4 quarts) |
| | 1 quart (2 pints) |
| | 1 pint (2 cups) |
| | 1 cup |
| | 1 tablespoon |
| | 1 teaspoon |

British Liquid Measurements

| METRICS | IMPERIAL |
|---------|-----------------|
| 5 ml | 1 teaspoon |
| 10 ml | 1 dessert spoon |
| 15 ml | 1 tablespoon |
| 570 ml | 10 fl oz |
| | *20 fl oz |
| | 1/3 pint |
| | 1/2 pint |
| | 1 pint |
| | 1 tea cup |
| | 1 breakfast cup |

*Spoons

- 1 Australian tablespoon = 20 ml
- 1 UK tablespoon = 15 ml
- 1 American tablespoon = 16 ml
- 1 liquid ounce (UK) = 0.96 liquid ounce (USA).

DRY INGREDIENTS BY WEIGHT

(To convert ounces to grams, multiply the number of ounces by 30.)

$$1 \text{ oz} = 1/16 \text{ lb} = 30 \text{ g}$$

$$16 \text{ oz} = 1 \text{ lb} = 480 \text{ g}$$

COOKING/OVEN TEMP

| | °F | °C | GAS |
|--------------|-------|-------|-------|
| Freeze Water | 32°F | 0°C | |
| Room Temp | 68°F | 20°C | |
| Boil Water | 212°F | 100°C | |
| Bake | 325°F | 160°C | 3 |
| | 350°F | 180°C | 4 |
| | 375°F | 190°C | 5 |
| | 400°F | 200°C | 6 |
| | 425°F | 220°C | 7 |
| | 450°F | 230°C | 8 |
| Broil | | | |
| | | | Grill |

Length Measurement

Why a length chart in cooking? It can be helpful when you get a recipe that says, "place the cookie dough 2 inches apart to allow for expansion during cooking" or "cut the dough into 10 inch lengths."

| METRICS | IMPERIAL |
|---------|----------|
| 6 mm | 1/4 inch |
| 13 mm | 1/2 inch |
| 19 mm | 3/4 inch |
| 25 mm | 1 inch |
| 51 mm | 2 inch |
| 76 mm | 3 inch |
| 102 mm | 4 inch |
| 127 mm | 5 inch |
| 254 mm | 10 inch |
| 305 mm | 1 foot |
| 610 mm | 2 feet |
| 915 mm | 1 yard |



BROUGHT TO YOU BY



www.KitchenByte.com