

## Weights



Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1½ oz	40 g
2 oz	50 g
2½ oz	60 g
3 oz	75 g
4 oz	110 g
4½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1.35 kg

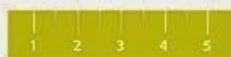
## Oven Temperatures



Gas Mark	oC	oF
1	140°C	275°F
2	150°C	300°F
3	170°C	325°F
4	180°C	350°F
5	190°C	375°F
6	200°C	400°F
7	220°C	425°F
8	230°C	450°F
9	240°C	475°F

If using a fan oven you will need to reduce the oven temperature in a recipe by 20 degrees.

## Dimensions



Imperial	Metric
1 inch	2.5 cm
1¼ inch	3 cm
1½ inch	4 cm
1¾ inch	4.5 cm
2 inch	5 cm
2½ inch	6 cm
3 inch	7.5 cm
3½ inch	9 cm
4 inch	10 cm
5 inch	13 cm
5¼ inch	13.5 cm
6 inch	15 cm
6½ inch	16 cm
7 inch	18 cm
7½ inch	19 cm
8 inch	20 cm
9 inch	23 cm
9½ inch	24 cm
10 inch	25.5 cm
11 inch	28 cm
12 inch	30 cm

## Volume



Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150 ml
10 fl oz (½ pint)	275 ml
1 pint	570 ml
1 ¼ pint	725 ml
1 ¾ pint	1 litre
2 pint	1.2 litre
2½ pint	1.5 litre
4 pint	2.25 litres

## Liquid



American	Imperial	Metric
1 tbsp	½ fl oz	15 ml
1/8 cup	1 fl oz	30 ml
¼ cup	2 fl oz	60 ml
½ cup	4 fl oz	120 ml
1 cup	8 fl oz	240 ml
1 pint	16 fl oz	480 ml

## American Conversions



American	Imperial	Metric
1 cup flour	5oz	150g
1 cup caster sugar	8oz	225g
1 cup brown sugar	6oz	175g
1 cup butter	8oz	225g
1 cup sultanas/raisins	7oz	200g
1 cup currants	5oz	150g
1 stick butter	4oz	110g