

Measurements and conversions

NOTE from JK: All measurements and conversions listed below are for Australian Recipes. The most common variation is the Tablespoon (e.g. 3 teaspoons or 4 in a Tablespoon) in UK & USA recipes. Check the recipe measures the author has used for differences in measurement.

Spoon measurements		Fluid measurements*		
1/4 teaspoon	1.25ml			
1/2 teaspoon	2.5ml			
1 teaspoon	5ml			
1 tablespoon (AUS)	20ml			
1 tablespoon (UK/US)	15ml			
Fluid measurements*		Metric	Cup	Imperial
30ml				1 fl oz
60ml	1/4 cup			2 fl oz
80ml	1/3 cup			3 1/2 fl oz
100ml				2 3/4 fl oz
125ml	1/2 cup			4 fl oz
160ml	2/3 cup			5 fl oz
150ml				6 fl oz
180ml	3/4 cup			7 fl oz
200ml				8 3/4 fl oz
250ml	1 cup			10 1/2 fl oz
310ml	1 1/4 cups			13 fl oz
375ml	1 1/2 cups			15 fl oz
430ml	1 3/4 cups			16 fl oz
475ml				17 fl oz
500ml	2 cups			1 pint/17 fl oz
625ml	2 1/2 cups			21 1/2 fl oz
750ml	3 cups			26 fl oz
1 Litre	4 cups			1 quart/35 fl oz
1.25 Litre	5 cups			44 fl oz
1.5 Litre	6 cups			52 fl oz
2 Litre	8 cups			2 quart/ 70 fl oz
2.5 Litre	10 cups			88 fl oz
Solid measurements*				
10g				1/4 oz
15g				1/2 oz
30g				1 oz
125g				4oz (1/4 lb)
250g				8oz (1/2 lb)
375g				12 oz (3/4lb)
500g (1/2 kg)				16 oz (1lb)
750g				24oz (1 1/2lb)
1kg				32 oz (2lb)
* These measurements are rounded for cookery purposes				

Temperature

	Degrees Celsius	Degrees Farenheit	Gas Mark
Very Slow	120	250	Half
Slow	140 - 150	275 - 300	One - Two
Moderately Slow	160	325	Three
Moderate	180	350 - 375	Four - Five
Moderately Hot	200	400	Six
Hot	220	425 - 450	Seven - Eight
Very Hot	240	475	Nine

Solid cup measurement

Here are some basic measurements that you may find useful

- 1 cup firmly packed brown sugar = 220g
- 1 cup icing sugar = 160g
- 1 cup white or caster sugar = 220g
- 1 cup plain/self raising flour = 150g
- 1 cup cous cous = 200g
- 1 cup uncooked white/brown rice = 200g
- 1 cup desicated coconut = 80g
- 1 cup almond meal = 120g
- 1 cup choc bits = 190g
- 1 cup raisins = 150g
- 1 cup raw peanuts = 140g
- 1 cup grated cheese = 120g
- 1 cup dry breadcrumbs = 100g
- 1 cup sour cream = 240g
- 1 cup yogurt = 280g