

**TABLEAUX**  
**COOKING MEASUREMENTS & CONVERSION CHARTS**  
**to make your life easier**

***Measure. Convert. Cook.***

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*Need help with cooking conversions? Make use of this handy dandy collection of cooking conversion charts for every cooking measuring system I could find.*

*It should make your life easier.*

*If it does, please pass it on.*



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## OVEN SETTINGS

Description	F	C	Gas Mark (UK)
	85	29	
	100	38	
	110	43	
	115	46	
	135	57	
plate warming	140	60	
	150	66	
	160	71	
	165	74	
	170	77	
	180	87	
	190	88	
cool	200	95	
cool	205	96	
cool	212	100	
cool	225	110	
very slow	250	120	
slow	275	140	1
slow	300	150	2
warm	325	165	3
moderate (170-190)	350	180	4
moderately hot	375	190	5
hot	400	205	6
very hot (220+)	425	220	7
	450	230	8
	475	245	9
	500	260	

## METRIC AND IMPERIAL

### *inches, cm, feet and metres*

1/4 cm	3/32", use 1/16" for convenience
1/2 cm	3/16", use 1/8" for convenience
5/8 cm, use 3/4 cm for convenience	1/4"
1 cm	3/8"
1 1/4 cm	1/2"
1 7/8 cm, use 2 cm for convenience	3/4"
2.5 cm	1 inch
30 cm	12" or 1 foot
50 cm	20"
1 m	3 1/3 feet

## ***ounces, grams, pounds and kilograms***

(ounces and pounds of the avoirdupois system used in Britain and the U.S.)

1 ounce (oz) equals 28.352 grams (for convenience work on 30 grams).

1 pound (lb) equals 453.6g

100g equals 3.53oz

1 kilogram (kg) equals 2 pounds 3oz

<b>oz</b>	<b>g (standardised)</b>	<b>g (actual)</b>			
1/2	15	14	16 (1 lb)	500 (1/2 kg)	454
2/3	20	19	17		482
1	30	28	18		510 (1/2 kg)
2	60	57	19		539
3	90	85	20 (1 1/4 lb)	575	567
4 (1/4 lb)	125	113	21		595
5	155	142	22		624
6	185	170	23		652
7	220	198	24 (1 1/2 lb)	750 (3/4 kg)	680
8 (1/2 lb)	250 (1/4 kg)	227	25		709
9	280	255 (1/4 kg)	26		737 (3/4 kg)
10	315	284	27		766
11	345	312	28		794
12 (3/4 lb)	375	340	29		822
13	410	369	30		851
14	440	397	31		879
15	470	425	32 (2lb)	1000 (1 kg)	907
16 (1 lb)	500 (1/2 kg)	454	33		936
			34		964
			35		992 (1 kg)
			3 lb	1 1/2 kg	1362
			4 lb	2 kg	1816

As you can see, the standardised metric conversions common in Australia work well only for small quantities.

## DRY INGREDIENTS

Spoon measurements can be:

Level  
Round (default)  
Heaped

Cups of dry ingredients should be level measurements.

Butter should be softened but not melted before measuring.

The volume to weight changes depending on the ingredient.

Careful measurement is important but most important is the relative proportions of ingredients to each other.

<b>cups</b>	<b>oz</b>	<b>g standardised</b>	<b>g actual</b>
1 cup sugar (crystal, granulated, caster)	8 oz	250 g	230 g
1 cup sugar (sifted icing)	5 oz	155 g	140 g
1 cup brown sugar (lightly packed)	4 oz	125g	110 g
1 cup brown sugar (firmly packed)	5 oz	155 g	140 g
1 cup flour	4 oz	125 g	110 g
1 cup flour, wholemeal	4 1/2 oz	135 g	128 g
1 cup shortening (butter, marg. etc)	8 oz	250 g	230 g
1 cup honey, golden syrup, treacle	10 oz	315 g	280 g
1 cup cornflour	4 oz	125 g	110 g
1 cup soft breadcrumbs	2 oz	60 g	57 g
1 cup dry packet breadcrumbs	4 oz	125 g	110 g
1 cup rice (uncooked)	6 oz	185 g	170 g
1 cup rice (cooked)	5 oz	155 g	140 g
1 cup dried split peas/lentils	6 1/2 oz	200 g	184 g
1 cup mixed dried fruit (sultanas etc)	4 oz	125 g	110 g
1 cup grated cheese	4 oz	125 g	110 g
1 cup nuts (chopped)	4 oz	125 g	110 g
1 cup coconut, desiccated	2 1/2 oz	75 g	71 g

<b>oz (1 oz = 30g)</b>	<b>level tablespoons</b>
1 oz flour	2
1 oz sugar (crystal or castor)	1 1/2
1 oz icing sugar (free from lumps)	2
1 oz shortening	1
1 oz honey	1
1 oz cocoa	3
1 oz cornflour	2 1/2
1 oz custard powder	2 1/2

<b>tablespoons</b>	<b>g</b>
1 tablespoon liquid, water, milk	15 g (1 ml = 1 g)
1 tablespoon jam, treacle, honey	25 g
1 rounded tablespoon flour/cornflour/cocoa powder	20 g
1 rounded tablespoon sugar	25 g
1 rounded tablespoon rice/dried fruit	30 g

# LIQUIDS

Spoon and cup measures should be filled until almost overflowing.  
Measuring jugs need to be on a flat surface and read at eye level for accuracy.

## *teaspoons, millilitres, tablespoons and litres*

Household cutlery volumes vary wildly. Be choosy about what you use.  
Teaspoons from a century or so ago are about half the volume of today.  
Instead, get a set of standardised spoon measurements.

### Actual conversions

1 actual cup = 230 ml  
4  $\frac{2}{5}$  actual cups (use 4  $\frac{1}{3}$ ) = 1 L  
2 teaspoons = 1 dessertspoon  
2 dessertspoons = 1 tablespoon  
4 teaspoons = 1 tablespoon  
15  $\frac{1}{3}$  tablespoons (use 16) = 1 cup

teaspoon	tablespoon	mls
1/4	1/16	0.9 ml
1/2	1/8	1.9 ml
1	1/4	3.75 ml
4	1	15 ml

### Standardised metric conversions of Australia

4 teaspoons = 1 tablespoon  
1 standardised metric cup = 250ml  
4 standardised metric cups = 1 L  
12  $\frac{1}{2}$  tablespoons = 1 cup

teaspoon	tablespoon	mls
1/4	1/16	1.25 ml
1/2	1/8	2.5 ml
1	1/4	5 ml
4	1	20 ml

## *fluid ounces, millilitres, pints and litres*

AAARRGH. How many measuring systems can there be?

The British Imperial System works on 20 fluid ounces of 28.41ml to a pint equalling 568.41ml.

The U.S. Customary System works on 16 fluid ounces of 29.57ml to a pint equal to 473.2ml. 1 wet pint equals 1 pound. Note that the U.S. wet pint differs in volume to the dry pint (550.6cm<sup>3</sup>). In both systems, 1 pint equals 2 cups and 2 pints equal 1 quart. So cups, pints quarts and gallons all depend on which system you use. Confused yet?

In the land of the decimal, 1000g = 1000ml = 1kg = 1 L. Aren't we glad someone used their noggin?  
Standardised metric conversions of cups and the like used in Australia are based on the U.S. system.

I use the standardised metric cups and spoons of Australia.

## U.S. fluid ounce

Measures for the 8 liquid ounce cup (U.S) used throughout this book.  
Standardised metric equivalents common in Australia are based on converting this system.

U.S. fluid ounce	mls	U.S. cups	standard mls	standard metric cup
1fl oz	29 ml		30 ml	
2fl oz	59 ml	1/4 cup	60 ml	1/4 cup
3fl oz	89 ml		100 ml	
4fl oz (1/4 pint)	118 ml	1/2 cup	125 ml	1/2 cup
5fl oz (1 gill)	148 ml		150 ml	
6fl oz	177 ml		180 ml	
7fl oz	207 ml			
8 fl oz (1/2 pint)	237 ml	1 cup	250 ml	1 cup
9fl oz	266 ml			
10fl oz	296 ml	1 1/4 cups	300 ml	1 1/4 cups
11fl oz	325 ml			
12fl oz (3/4 pint)	355 ml	1 1/2 cups	360 ml	1 1/2 cups
13fl oz	384 ml			
14fl oz	414 ml	1 3/4 cups	420 ml	1 3/4 cups
15fl oz	444 ml			
16fl oz (1 pint)	473 ml	2 cups	500ml (1/2 L)	2 cups
20fl oz (1 1/4 pint)	591 ml	2 1/2 cups	650 ml	2 1/2 cups
24fl oz (1 1/2 pints)	710 ml			
32fl oz (2 pints, 1 quart)	946 ml	3 cups	750ml (3/4 L)	3 cups
34 fl oz	1005 ml	4 cups	1L	4 cups

## imperial fluid ounce

Measures for the 10 liquid ounce cup (Imperial).  
I have not used this system for measuring anywhere in this book.  
These conversions are here as a reference only.

<b>imperial fluid ounce</b>	<b>mls</b>	<b>imperial cup</b>
1fl oz	28 ml	
2fl oz	57 ml	
3fl oz	85 ml	
4fl oz	114 ml	
5fl oz (1/4 pint)	142 ml	1/2 cup
6fl oz	170 ml	
7fl oz	199 ml	
8 fl oz	227 ml	
9fl oz	256 ml	
10fl oz (1/2 pint)	284 ml	1 cup
11fl oz	313 ml	
12fl oz	340 ml	
13fl oz	369 ml	
14fl oz	398 ml	
15fl oz (3/4 pint)	426 ml	1 1/2 cups
16fl oz	455 ml	
17fl oz	483 ml	
18fl oz	511 ml	
19fl oz	540 ml	
20fl oz (1 pint)	568 ml	2 cups
25fl oz (1 1/4 pints)	710 ml	
30fl oz (1 1/2 pints)	852 ml	3 cups
35fl oz (1 3/4 pints)	994 ml	
40fl oz (2 pints)	1136 ml	4 cups

# Who wrote this?

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Hello! I'm Fi, the artist of '[WhereFishSing.com](http://www.wherfishsing.com)'. This guide is taken from my blog and book, the 'Art-Filled Seasonal Cookbook that happens to be Vegetarian'.

This is a personal project where I test each individual recipe until I feel it's at optimal deliciousness. If it wouldn't be moreish to a carnivore, it doesn't go in the collection.

My aim is to help people, vegetarian or not, find how easy and tasty vege meals can be and to provide luscious eye candy with a difference. The project is broken into seasons and is being blogged as it progresses.

All the recipes and images are freely available for people to use and share (with attribution). It's all here, with more details: <http://www.wherfishsing.com/cookbook>

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