

## Weight Conversions - Grams to Ounces

Grams	Ounces	Grams	Ounces	Grams	Ounces
1g	0.03 oz	70g	2.5 oz	350g	12.3 oz
2g	0.07 oz	80g	2.8 oz	375g	13.2 oz
3g	0.10 oz	90g	3.2 oz	400g	14.1 oz
4g	0.14 oz	100g	3.5 oz	425g	15.0 oz
5g	0.17 oz	110g	3.9 oz	450g	15.9 oz
6g	0.21 oz	120g	4.2 oz	475g	16.8 oz
7g	0.24 oz	130g	4.6 oz	500g	17.6 oz
8g	0.28 oz	140g	4.9 oz	550g	19.4 oz
9g	0.31 oz	150g	5.3 oz	600g	21.2 oz
10g	0.35 oz	160g	5.6 oz	650g	22.9 oz
15g	0.5 oz	170g	6.0 oz	700g	24.7 oz
20g	0.7 oz	180g	6.3 oz	750g	26.5 oz
25g	0.9 oz	190g	6.7 oz	800g	28.2 oz
30g	1.1 oz	200g	7.1 oz	850g	30.0 oz
35g	1.2 oz	225g	7.9 oz	900g	31.7 oz
40g	1.4 oz	250g	8.8 oz	950g	33.5 oz
45g	1.6 oz	275g	9.7 oz	1000g	35.3oz
50g	1.8 oz	300g	10.6 oz	*All measures are approximate and rounded up*	
60g	2.1 oz	325g	11.5 oz		

## Weight Conversions -Ounces to Grams

Ounces / Pounds	Grams	Ounces / Pounds	Grams
1oz	28g	16oz = 1lb	454g
2oz	57g	1.5lb	680g
3oz	85g	2lb	907g
4oz = 0.25 lb	113g	2.5lb	1134g
5oz	142g	3lb	1361g
6oz	170g	3.5lb	1588g
7oz	198g	4lb	1814g
8oz = 0.5lb	227g	4.5lb	2041g
9oz	255g	5lb	2268g
10oz	283g	*All measures are approximate and rounded up*	
11oz	312g		
12oz - 0.75lb	340g		
13oz	369g		
14oz	397g		
15oz	425g		



## Oven Temperature Conversions

Fahrenheit	Celsius	Gas Mark	Heat of Oven
225	110	1/4	Very cool
250	120	1/2	Very cool
275	140	1	Cool
300	150	2	Cool
325	160	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

## Conversion chart for Cups to weight by Ingredient.

+ = More than : - = Less than

Ingredient	Cups	Grams/kg	Ounces/lbs
Almonds - chopped/flaked	1	75g	+2.5oz
Almonds - ground	1	150g	-5.5oz
Almonds - shelled, whole	1	150g	-5.5oz
Apples - chopped/diced	1	100g	3.5oz
Apricots - dried	1	150g	-5.5oz
Baking Powder	1	180g	-6.5oz
Beans - All - dry	1	200g	7oz
Beans - Black, Kidney - cooked	1	60g	+2oz
Beans - Lima, Navy - cooked	1	75g	+2.5oz
Black Treacle	1	325g	-11.5oz
Black/Redcurrants	1	100g	3.5oz
Bread - fresh/stale - broken into pieces	1	50g	-2oz
Breadcrumbs - Fresh	1	50g	-2oz
Butter	1	225g	-8oz
Butter/Margarine/Fat/Lard/Shortening	1	225g	-8oz
Capers - whole drained	1	175g	+6oz
Cashew Nuts - whole/chopped	1	150g	-5.5oz
Cherries - fresh/ pitted	1	225g	-8oz
Chestnuts - fresh	1	125g	-4.5oz
Chocolate - grated	1	125g	-4.5oz
Chocolate Chips	1	175g	+6oz
Cocoa Powder	1	100g	3.5oz
Coconut - flaked/grated	1	75g	+2.5oz
Coriander - chopped	1	50g	-2oz
Corn Syrup	1	300g	10.5oz
Cornflour	1	125g	-4.5oz
Cornmeal	1	150g	-5.5oz
Cranberries - Raw/cooked	1	100g	3.5oz
Currants - dried	1	150g	-5.5oz
Dates - pitted, roughly chopped	1	175g	+6oz
Dates - whole	1	225g	-8oz
Fats	1	225g	-8oz
Flour - Cornflour	1	125g	-4.5oz
Flour - Oatmeal	1	100g	3.5oz
Flour - White, Rye, Barley/Besan	1	100g	3.5oz
Flour - Whole Wheat/Atta	1	150g	-5.5oz
Flour - Whole wheat	1	120g	+4oz
Garlic Flakes	1	140g	-5oz
Ginger - fresh - chopped	1/2	50g	-2oz
Golden syrup	1	350g	-12.5oz
Grated cheese	1	110g	-4oz
Hazelnuts - chopped	1	175g	+6oz
Hazelnuts - whole	1	150g	-5.5oz
Honey	1	350g	-12.5oz
Jam - all	1	325g	-11.5oz
Lard/fats	1	225g	-8oz

# cherry menlove



The stuff of life.

Lentils - all - cooked	1	75g	+ 2.5oz
Lentils - all - dry	1	200g	7oz
Macaroni - cooked	1	200g	7oz
Macaroni - dry	1	100g	3.5oz
Maple Syrup	1	300g	10.5oz
Margarine/fats	1	225g	-8oz
Milk Powder (dry)	1	125g	-4.5oz
Mint - fresh - chopped	1	25g	-1oz
Noodles - cooked	1	150g	-5.5oz
Noodles - uncooked	1	75g	+ 2.5oz
Oatmeal	1	60g	+ 2oz
Oil - Olive	1	215g	7.5oz
Oil - Vegetable	1	220g	-8oz
Onions/shallots - raw - chopped	1	150g	-5.5oz
Onions/shallots - raw - sliced	1	100g	3.5oz
Parsley - fresh - coarsely chopped	1	25g	-1oz
Pasta - short cut - cooked	1	200g	7oz
Pasta - short cut - dry	1	100g	3.5oz
Peanut Butter	1	250g	-9oz
Peanuts - chopped	1	125g	-4.5oz
Peanuts - shelled	1	150g	-5.5oz
Pearl Barley	1	200g	7oz
Pecan Nuts - shelled - chopped	1	125g	-4.5oz
Pecan Nuts - shelled - halved	1	100g	3.5oz
Pine nuts	1	100g	3.5oz
Pistachio nuts - chopped	1	100g	3.5oz
Pistachio nuts - whole	1	150g	-5.5oz
Prunes - dried	1	175g	+ 6oz
Raisins - dried	1	150g	-5.5oz
Raspberries - fresh	1	125g	-4.5oz
Rice - cooked	1	250g	-9oz
Rice - raw	1	225g	-8oz
Rice – Long grain, white	1	185g	6.5oz
Rolled Oats - uncooked	1	100g	3.5oz
Salt, Table	1	290g	+ 10oz
Soybeans - dry	1	200g	7oz
Suet - shredded	1	125g	-4.5oz
Sugar - Brown	1	220g	-8oz
Sugar - Granulated/Caster/Superfine	1	225g	-8oz
Sugar - Icing/confectioners	1	125g	-4.5oz
Sultanas - dry	1	150g	-5.5oz
Tomato Paste/Sauce	1	225g	-8oz
Tomatoes - tinned	1	225g	-8oz
Walnuts - shelled - chopped	1	125g	-4.5oz
Walnuts - shelled - halved	1	100g	3.5oz
Water	1	235g	-8.5oz
Yogurt	1	250g	-9oz

## UK to US Food translations

UK	USA
Aubergine	Eggplant
Baking tray	Baking sheet
Bangers	Sausages
Beetroot	Beet
Bicarbonate of soda	Baking soda
Biscuits	Cookies
Broad beans	Fava beans
Cake tin	Cake/ baking pan
Capsicums	Sweet or bell peppers
Castor sugar	Sugar, superfine
Celery stick	Celery rib
Chips	French-fried potatoes
Chuck steak	Round steak/ stewing beef
Coriander, fresh	Cilantro
Cornflour	Cornstarch
Courgette	Zucchini
Crisps	Potato chips
Desiccated coconut	Unsweetened desiccated/ shredded coconut
Digestive biscuits/	Graham crackers
Double cream	Cream, heavy
Dripping	Fat from roasted meat
Essence	Extract (vanilla, etc.)
Fish slice	Spatula
Forcemeat	Stuffing mix for meat or fish
Frying pan	Skillet
Gammon	Ham
Glacé fruits	Candied fruit
Golden syrup	Light molasses
Greaseproof/Parchment paper	Wax paper
Hand of pork	Pork shoulder roast
Hard-boiled eggs	Hard-cooked eggs

Heaped spoonful	Heaping spoonful
Hull	Shuck
Icing sugar	Confectioners' / powdered sugar
Joint	Large cut of meat to roast
Ketchup / tomato sauce	Catsup
King prawns	Jumbo shrimp
Margarine / Butter / Lard	Shortening
Minced meats	Ground meats
Offal	Variety meats (liver, kidney etc)
Paw paw	Papaya
Pig's trotter	Pig's foot
Plain flour	All-purpose flour
Pork fat	Fatback
Prawns	Shrimp
Rasher	Slice
Semolina	Farina
Sieve	Strain; strainer
Sift	Strain
Single cream	Cream, light, half-and-half
Spring or salad onions	Scallions, green onions
Stock cubes	Bouillon cube
Strong flour	Bread flour
Sultanas	Raisins / seedless, golden
Treacle	Dark molasses
Vanilla pod	Vanilla bean