

Metrication Guide

Volume

1 ml	=	a pinch	160 ml	=	$\pm \frac{2}{3}$ cup
2 ml	=	$\frac{1}{4}$ teaspoon	185 ml	=	$\frac{3}{4}$ cup
3 ml	=	$\frac{1}{2}$ teaspoon	250 ml	=	1 cup
4 ml	=	$\frac{3}{4}$ teaspoon	300 ml	=	1 $\frac{1}{4}$ cups
5 ml	=	1 teaspoon	375 ml	=	1 $\frac{1}{2}$ cups
10 ml	=	1 dessertspoon	500 ml	=	2 cups
15 ml	=	1 tablespoon	625 ml	=	2 $\frac{1}{2}$ cups
30 ml	=	$\frac{1}{8}$ cup	750 ml	=	3 cups
60 ml	=	$\frac{1}{4}$ cup	1 ℓ	=	4 cups
80 ml	=	$\frac{1}{3}$ cup	2 ℓ	=	8 cups
125 ml	=	$\frac{1}{2}$ cup			

Mass

15 g	=	$\frac{1}{2}$ oz	200 g	=	7 oz
30 g	=	1 oz	220 g	=	7 $\frac{3}{4}$ oz
50 g	=	1 $\frac{1}{2}$ oz	250 g	=	8 oz
60 g	=	2 oz	280 g	=	9 oz
90 g	=	3 oz	300 g	=	10 oz
100 g	=	3 $\frac{1}{2}$ oz	500 g	=	16 oz
125 g	=	4 oz	750 g	=	24 oz
150 g	=	5 oz	900 g	=	31 oz
180 g	=	6 oz	1 kg	=	32 oz

Oven Temperature

Fahrenheit (°F)

Celsius (°C)

Gas

Very Cool	212 - 250	100 - 120	1
Cool	260 - 320	130 - 160	2
Moderate	330 - 360	170 - 180	3
Moderately Hot	375 - 410	190 - 210	4
Hot	420 - 460	220 - 240	5 - 6
Very Hot	480+	250+	7 - 8

Pan Sizes

25 mm	=	1 inch	200 mm	=	8 inches
50 mm	=	2 inches	230 mm	=	9 inches
125 mm	=	5 inches	250 mm	=	10 inches
150 mm	=	6 inches	275 mm	=	11 inches
180 mm	=	7 inches	300 mm	=	12 inches

For the purpose of this guide, pan sizes have been given in litre measures; for example a 230 mm x 130 mm pan holds 1,5 litres of water and a 290 mm x 110 mm pan holds 1,7 litres of water. If your pan holds the same amount of litres, as that of the pan size stated in the recipe, the pan will be the correct size for the amount of dough prepared.