

Kitchen Metrics



TEMPERATURE CHART

The familiar Fahrenheit scale (°F) with 180 degrees between freezing and boiling points is replaced by the Celsius Scale (°C) of 100 degrees, formerly known as Centigrade.

Equivalent — Oven and Electric Fry Pan

* To nearest 10°C

Scale	Very Cool			Cool		Moderate		Hot			Very Hot	
°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	160	180	190	200	220	230	250	260

WEIGHTS

The unit is the kilogram, equal to 1000 grams or just over 2 pounds. In most cooking, grams will replace ounces.

1 kilogram (kg) = 1000 grams (g) = 2lb. 4 oz. '1 kilo'

½ kilogram = 500 grams = 1 lb. 2 oz. '½ kilo'

Equivalents in ounces and grams (to nearest 5 grams).

Ounces	Grams
1	30
2	55
3	85
3½	100
4	115
5	140
6	170
7	200
8	225
10	285
12	340
14	400
16 (1 pound)	455

Metric Weights and Measures of Basic Foods

Butter	Approximate
2 cups	500 grams (½ kg)
1 cup	250 grams (¼ kg)
1 tablespoon	15 grams
1 dessertspoon	10 grams

Sugar	
2 cups	500 grams (½ kg)
1 cup	250 grams (¼ kg)
1 tablespoon	15 grams
1 dessertspoon	10 grams

Flour	
4 cups (sifted)	500 grams
2 cups (sifted)	250 grams
1 cup (sifted)	125 grams
2 tablespoons	15 grams
2 dessertspoons	10 grams

All weights are based on N.Z. Standard Metric Measures.

CUPS AND SPOON MEASURES (N.Z. Standard Kitchen Measures)

The capacity of cups and spoons and the volume of their contents is measured in litres, or parts of a litre.

In the kitchen, dry and liquid measures are given in millilitres (ml). There are 1000 millilitres in a litre.

Spoon measures

	metric quarter teaspoon holds 1¼ ml
	metric half-teaspoon holds 2½ ml.
	metric teaspoon holds 5 ml.
	metric dessertspoon holds 10 ml.
	metric tablespoon holds 15 ml.

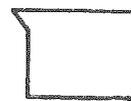
2 teaspoons = 1 dessertspoon, 3 teaspoons = 1 tablespoon.
16 tablespoons = 1 cup (metric cup 250 ml.)

Cup Measures

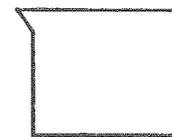
The metric cup is one-tenth larger than the former non-metric standard cup.

Dry Measures

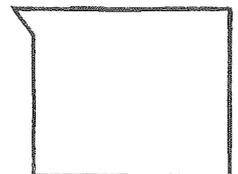
As set of single capacity measuring cups is useful. When filled to the brim and levelled off, they hold the stated amount.



¼ metric cup
60 ml approx.
4 tablespoons



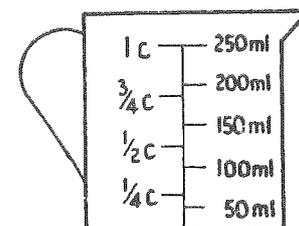
½ metric cup
125 ml.



1 metric cup
250 ml.

Liquid Measures

Metric measuring jugs are available in ¼, ½, and 1 litre sizes.



This is the ¼ litre measure. It holds 1 metric cup (250 ml.) It is marked in quarters and 50 ml. divisions.
4 metric cups hold 1000 ml. or 1 litre.

A half litre jug measure holds 2 metric cups (500 ml.) It is marked in parts of a litre, cups, and 100 ml divisions.

A litre jug measure holds 4 metric cups (1000 ml). It is marked in parts of a litre, cups and 200 ml. divisions 1 litre = 1¼ pints; 4 litres = 7 pints; 4½ litres = 1 gallon.

THE SHOPPING LIST

Buy the unit closest to your usual order. It will be only slightly larger or smaller

MEAT AND FISH, FRUIT AND VEGETABLES

For 2 pounds, substitute 1 kilogram (not quite 2¼ pounds).

GROCERIES

- 1 pound - cheese, rice, dates, etc.,
order 500 grams (just over 1 pound).
½ pound - coconut, tea, bacon, etc.,
order 250 grams (almost 9 ounces).
¼ pound - cold meat, cherries, nuts, etc.,
order 100 grams (almost 3½ ounces).
1 ounce - sprices and seasonings, etc.,
order 25 or 30 grams (approx. 1 ounce).

Tinned and packaged foods will have their weight given in grams. Ounces will also be shown at first.

Typical Examples

- 8 ounce tin - 227 grams 16 ounce tin - 455 grams
11 ounce tin - 310 grams 30 ounce tin - 850 grams

Packs of 100, 200, 500 grams and similar rounded amounts are likely to become more common.

Bottled foods will be marked in millilitres instead of pints or Fluid ounces.

Commons Sizes

Colouring and Flavourings

1 fluid ounce - 28 millilitres.

saucers, drink base, soft drinks, etc.,

8 fluid ounces - 230 millilitres

Vinegar, cooking oils, wine, etc.,

26 fluid ounces - 740 millilitres

Packs in rounded numbers of millilitres - 50, 100, 200, etc. are likely to be used in the future.

MILK AND CREAM

A bottle contains 600 millilitres, just over 1 pint.

A half-bottle has 300 millilitres, just over ½ pint.

A quarter-bottle has 150 millilitres, just over ¼ pint.

KITCHEN SHORTHAND

These abbreviations are often used in recipes. The metric terms in brackets are older ones which will not be common in the future.

t (tsp)	teaspoon	g (gm)	gram	cm ³ (cc)	cubic centimetre
D (dsp)	dessertspoon	kg (kgm)	kilogram	ml	millilitre
T (Tb. tbsp)	tablespoon	mm	millimetre	l	litre
c	cup	cm	centimetre	°C	degree Celsius

Quick Conversion — Allow 25 grams for every ounce and 25 millilitres for every fluid ounce in family size recipes. This conversion rate will not affect the product, but will give slightly smaller yields than usual, as there are nearer 30 grams in an ounce.

More Direct Conversion — Convert recipes using the tables given, which have been calculated accurately and then rounded to the nearest unit. The yield will be close to that of the original recipe.

Important: Multiply amounts before rounding them off, otherwise errors become larger, e.g. 10oz sugar x 30g = 300g., but the more correct amount is 285g, or 15 grams (½ oz.) less. When using converted recipes, it is better to adjust the amount of fluid in a recipe than to alter the dry ingredients. Write the metric amounts on the recipe to save working it out again.

Use the same baking dishes as usual. Consult 'Measures of Length' for metric equivalents of cutting and shaping directions.

Checking the cooking temperatures with the Temperature Chart. Cooking times will not vary.

EXAMPLE OF A STANDARD RECIPE IN METRIC MEASURES

Use metric cups, spoons and scales

SCONES

Cut 50g butter finely into
250g flour sifted with
4t baking powder and
1t salt.

Use 150-200 ml (3/5 - 4/5 c) milk to mix to a soft dough.
Flatten to 2cm thickness. Cut into 12 - 15 squares.
Bake in hot oven 230°C 10 - 12 minutes.

VARIATIONS

For a shorter texture, increase butter to 60g.

Cheese Scones - add 1 cut grated cheese

Sweet Scones - add 30 gram sugar

Scone Rolls - use basic recipe, roll out thinly, spread with sweet or savoury filling. Roll up, cut in 2cm slices and bake as usual.

Dumplings - use basic recipe, shape into balls, add to stew and cook 15 - 20 minutes.

Puddings - make sweet short version, use for baked jam roll, syrup roly-poly, etc.

Quick Bread, Muffins, Gems - add 60 gram sugar and 1 egg to basic recipe. Increase milk to 250 ml (1 cup) or as required.

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