

TEMPERATURE CONVERSION CHART



When it comes to cooking, temperatures are measured in one of three ways: **Celsius** (°C), **Fahrenheit** (°F) or **gas mark**. These are simply different ways of expressing the same temperature, so it's nothing to worry about. All ovens vary, and you may not have all of these temperature settings on the oven you are using. If a recipe tells you to cook something at 200°C, but your oven only has Fahrenheit, use the chart below to make the conversion and you'll know you need to set your oven to 400°F.

This might sound strange, but the more you use your oven, the better you'll get to know its personality. You might find that a fish pie that takes 20 minutes in the oven at school, takes 25 or 30 minutes when you cook it at home at the same temperature. So use recipe timings as a guide, and if the recipe tells you to cook something "for 25 minutes, or until crisp and golden," check on the food. If it looks ready after 20 minutes, take it out. Your intuition will usually be right.

Very low	110°C	225°F	gas ¼
Very low	130°C	250°F	gas ½
Cool	140°C	275°F	gas 1
Slow	150°C	300°F	gas 2
Medium low	160°C / 170°C	325°F	gas 3
Medium	180°C	350°F	gas 4
Medium hot	190°C	375°F	gas 5
Hot	200°C	400°F	gas 6
Very hot	220°C	425°F	gas 7
Very hot	230°C	450°F	gas 8
Full whack	240°C	475°F	gas 9