



Conversion Chart

These approximate conversions should help you modify my recipes for your usual measuring system. If you use this chart, remember to not mix measuring systems within a recipe. Happy cooking!

Annabel Karmel

Liquid volume

ml	fl oz	tsp	tbsp	cups
1		¼		
2		½		
5		1		
15	½	3	1	
30	1		2	⅛
60	2		4	¼
80	3		5 ⅓	⅓
120	4		8	½
160	5		10 ⅔	⅔
180	6		12	¾
240	8		16	1
480	16			2
960	32			4
1 litre	33			

Cups to grams by ingredient

cups	flour	rice	sugar	butter
⅛	20	20	25	25
¼	35	40	50	50
⅓	50	50	65	65
½	70	75	95	100
⅔	95	100	125	135
¾	105	115	145	150
1	140	150	190	200

Temperature

°C	°F	gas mark
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	450	8
240	475	9

If using a fan oven, reduce the temperature listed in a recipe by 20 degrees

Length

cm	inch
0.3	⅛
0.5	¼
1	½
2	¾
2.5	1
4	1½
5	2
6	2½
7.5	3
9	3½
10	4
13	5
15	6
18	7
20	8
23	9
25.5	10
28	11
30	12

Weight

g	oz
10	⅓
20	¾
25	1
40	1½
50	2
60	2½
75	3
110	4
125	4½
150	5
175	6
200	7
225	8
250	9
275	10
350	12
450	1lb (16oz)
700	1½lb
900	2lb