

FREE Weights & measures chart

super food ideas

Precise measurements can be vital to cooking and baking success. Keep our essential guide handy for all the weights and measures you might need.

PAN MEASUREMENTS

muffin pans

mini	30ml	1 1/2 Tbs
regular 1	80ml	1/3 cup
regular 2	125ml	1/2 cup
Texas	80ml	3/4 cup

cake pans

20cm springform cake pan	8 inch
20cm square cake pan	8 inch
23cm springform cake pan	9 inch
25cm springform cake pan	10 inch

To check your muffin pan's capacity, for a mini muffin pan pour 1 1/2 tablespoons (30ml) water into 1 hole in your pan. If the water comes right to the top (with none left over) it is 1 1/2 tablespoon capacity. Use the same method to measure regular or Texas muffin pans.



DOES YOUR EQUIPMENT MEASURE UP?

Use Australian Standard measuring cups and spoons. The plastic ones found in supermarkets and kitchenware shops are a perfect choice. Check the metal ones and overseas brands as most are not Australian standard and therefore not suitable for *SFI* or other Australian recipes.

Use cup and spoon measures for dry and solid ingredients and a measuring jug for liquid ingredients.

When measuring dry or solid ingredients, dip the cup or spoon measure into the food and lift out. Use the edge of a knife to scrape across the surface, removing excess ingredients so the surface is flat. When measuring liquids, place the jug onto a flat surface and bend down to check at eye level.



ALL ABOUT SCALES

Kitchen scales are a great investment in any kitchen, and are now much more affordable. Electronic ones will give you more exact results – check that they weigh in 2g increments for the best level of accuracy.

OVEN TEMPERATURES

celsius (electric)	celcius (fan forced)	fahrenheit	gas	
120°	100°	250°	1	very slow
150°	130°	300°	2	slow
160°	140°	325°	3	moderately slow
180°	160°	350°	4	moderate
190°	170°	375°	5	moderately hot
200°	180°	400°	6	hot
230°	210°	450°	7	very hot
250°	230°	500°	9	very hot

If using a fan-forced oven, your cooking time may be a little quicker, so start checking your food a little earlier

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METRIC CUP
& SPOON SIZES*

cup	metric
1/4 cup	60ml
1/3 cup	80ml
1/2 cup	125ml
1 cup	250ml

spoon	metric
1/4 teaspoon	1.25ml
1/2 teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoons	10ml
1 tablespoon	20ml

(equal to 4 teaspoons)



LIQUIDS*		
metric	cup	imperial
30ml		1 fl oz
60ml	1/4 cup	2 fl oz
80ml		3 1/2 fl oz
100ml	1/3 cup	2 3/4 fl oz
125ml	1/2 cup	4 fl oz
150ml		5 fl oz
180ml	3/4 cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 3/4 fl oz
310ml	1 1/4 cups	10 1/2 fl oz
375ml	1 1/2 cups	13 fl oz
430ml	1 3/4 cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 1/2 cups	21 1/2 fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

MASS (WEIGHT)*	
10g	1/4oz
15g	1/2oz
30g	1oz
60g	2oz
90g	3oz
125g	4oz (1/4 lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (1/2 lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (3/4 lb)
410g	13oz
440g	14oz
470g	15oz
500g (1/2 kg)	16oz (1 lb)
750g	24oz (1 1/2 lb)
1kg	32oz (2 lb)
1.5kg	48oz (3 lb)
2kg	64oz (4 lb)

*These conversions have been rounded for cookery purposes

CUP CONVERSIONS FOR METRIC & IMPERIAL*							
ingredient	1 cup		1/2 cup		1/3 cup		1/4 cup
breadcrumbs, dry	90g	2 3/4oz	45g	1 1/2oz	30g	1 oz	25g 3/4oz
butter	250g	8oz	125g	4oz	80g	2 1/2oz	60g 2oz
cheese, shredded/grated	80g	2 1/2oz	40g	1oz	35g	1oz	25g 3/4oz
choc bits	190g	6oz	95g	3oz	70g	2 1/4oz	55g 1 3/4oz
coconut, desiccated	85g	2 3/4oz	45g	1 1/2oz	35g	1oz	20g 1/2oz
flour, plain/self-raising	150g	4 3/4oz	75g	2 1/2oz	50g	1 1/2oz	40g 1 1/2oz
rice, uncooked (long-grain/basmati/jasmine)	200g	6 1/2oz	100g	3oz	70g	2 1/4oz	50g 1 1/2oz
sour cream	235g	7 1/2oz	125g	4oz	85g	2 1/2oz	65g 2oz
sugar, brown – lightly packed	160g	5oz	80g	2 1/2oz	60g	2oz	45g 1 1/2oz
sugar, brown – firmly packed	200g	6 1/2oz	100g	3oz	70g	2 1/4oz	55g 1 3/4oz
sugar, caster	220g	7oz	115g	3 3/4oz	80g	2 1/2oz	60g 2oz
sugar, icing	150g	4 3/4oz	80g	2 1/2oz	60g	2oz	45g 1 1/2oz
sugar, white	225g	7oz	110g	3 1/2oz	80g	2 1/2oz	60g 2oz
sultanas	170g	5 1/2oz	90g	3oz	65g	2oz	45g 1 1/2oz
yoghurt	260g	8 1/4oz	130g	4oz	90g	3oz	70g 2 1/4oz