

# 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	1½ Tbs
regular 1	80ml	⅓ cup
regular 2	125ml	½ cup
Texas	80ml	¾ 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 1½ tablespoons (30ml) water into 1 hole in your pan. If the water comes right to the top (with none left over) it is 1½ tablespoon capacity. Use the same method to measure regular or Texas muffin pans.



### 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.



### 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.

### OVEN TEMPERATURES

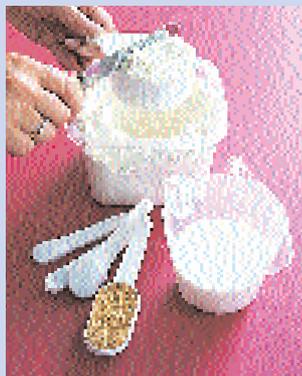
celsius (electric)	celcius (fan forced)	fahrenheit	gas	
120°	100°	250°	1	very slow
150°	130°	300°	2	slow
160°	140°	325°	3	moderately slow
180°	160°	350°	4	moderate
190°	170°	375°	5	moderately hot
200°	180°	400°	6	hot
230°	210°	450°	7	very hot
250°	230°	500°	9	very hot

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