

## KITCHEN METRICS & HANDY HINTS

Standard measurements as used in recipes created by Jan Bilton.

[www.janbilton.co.nz](http://www.janbilton.co.nz)

### Abbreviations

g	grams
kg	kilograms
mm	millimetre
cm	centimetre
ml	millilitre
° C	degree Celsius

### Grams to Ounces

These are converted to the nearest round number

grams		ounces
25	=	1
50	=	2
75	=	3
100	=	3.5
125	=	4
150	=	5
175	=	6
200	=	7
225	=	8
250	=	9
275	=	10
300	=	10.5
325	=	11
350	=	12
375	=	13
400	=	14
425	=	15
450	=	16

1 kg = 1000 g = 2 lb 4 oz

### OVEN SETTING EQUIVALENTS (to nearest 10 °C)

	Fahrenheit	Celsius	Gas regulo No.
Very cool	225-275	110-140	1/4-1
Cool	300-325	150-160	2-3
Moderate	350-375	180-190	4-5
Hot	400-450	200-230	6-8
Very hot	475-500	250-260	9-10

### METRIC WEIGHTS & MEASURES OF BASIC FOODS

Butter		Sugar		Flour	
2 cups	500 g	2 cups	500 g	4 cups (sifted)	500 g
1 cup	250 g	1 cup	250 g	2 cups	250 g
2 tablespoons	15 g	2 tablespoons	15 g	1 cup	125 g
1 teaspoon	5 g	1 teaspoon	5 g	2 tablespoons	15 g

### CUP & SPOON MEASURES

metric	approx.
1/4 cup	60 ml
1/2 cup	125 ml
1 cup	250 ml
4 cups	1000 ml or 1 litre
1 teaspoon	5 ml
1 dessertspoon	10 ml
1 tablespoon	15 ml
2 teaspoons	1 dessertspoon
3 teaspoons	1 tablespoon
16 tablespoons	1 cup

### MEASURES OF LENGTH

cm		approx. inches
0.5	=	1/4
1	=	1/2
2.5	=	1
5	=	2
15	=	6
18	=	7
20	=	8
23	=	9
25	=	10
30	=	12