

## Weights and Measures

This is the best set of US, UK and Metric measurements that I can find. Most of the conversions are rounded off to the closest round number, but that should not affect the recipes.

## Liquid Measures Conversion Chart

Fluid ounces	U.S. measures	Imperial measures	Milliliters
1/4	1 tsp	1 tsp	5
	2 tsp	1 dessert-spoon	7
1/2	1 tbs	1 tbs	15
1	2 tbs	2 tbs	28
2	1/4 cup	4 tbs	56
4	1/2 cup or 1/4 pint		110
5		1/4 pint or 1 gill	140
6	3/4 cup		170
8	1 cup or 1/2 pint		225
9		250, 1/4 liter	
10	1 1/4 cups	1/2 pint	280
12	1 1/2 cups or 3/4 pint		340
15		3/4 pint	420
16	2 cups or 1 pint		450
18	2 1/4 cups	500, 1/2 liter	
20	2 1/2 cups	560	
24	3 cups or 1 1/2 pints	675	
25		1 1/4 pints	700
27	3 1/2 cups		750
30	3 3/4 cups	1 1/2 pints	840
32	4 cups or 2 pints or 1 quart		900
35		1 3/4 pints	980
36	4 1/2 cups	1000, 1 liter	
40	5 cups or 2 1/2 pints	2 pints or 1 quart	1120
48	6 cups or 3 pints		1350
50		2 1/2 pints	1400
60	7 1/2 cups	3 pints	1680
64	8 cups or 4 pints or 2 quarts		1800
72	9 cups	2000, 2 liters	
80	10 cups or 5 pints	4 pints	2250
96	12 cups or 3 quarts		2700
100		5 pints	2800

## Solid Measures Conversion Chart

U.S. and Imperial measures	Metric measures		
ounces	pounds	grams	kilos
1		28	
2		56	
3 1/2		100	
4	1/4	112	
5		140	
6		168	
8		225	
9		250	1/4
12		340	
16		450	
18		500	1/2
20		560	
24		675	
27		750	3/4
28		780	
32		900	
36		1000	1
40		1100	
48		1350	
54		1500	1 1/2
64		1800	
72		2000	2
80		2250	2 1/4
90		2500	2 1/2
100		2800	2 3/4

## Oven Temperature Equivalents

Fahrenheit	Gas mark	Celsius	Heat of oven
225	1/4	107	very cool
250	1/2	121	very cool
275	1	135	cool
300	2	148	cool
325	3	163	moderate
350	4	177	moderate
375	5	190	fairly hot
400	6	204	fairly hot
425	7	218	hot
450	8	232	very hot
475	9	246	very hot

## Terminology Equivalents

U.S.	British
dry white beans	haricot beans
eggplants	aubergines
zucchini	courgettes
heavy cream	double cream
sugar, granulated sugar	castor sugar
powdered sugar	icing sugar
broiled	grilled
pitted	stoned
skillet	frying pan