



Kitchen Conversions

OVEN TEMPERATURE

Degrees Fahrenheit (F) to Degrees Celsius (C)

$$\text{Fahrenheit} = (\text{Celsius} \times 1.8) + 32$$

$$F = (C \times 1.8) + 32$$

$$\text{Celsius} = (\text{Fahrenheit} - 32) \times 0.5556$$

$$C = (F - 32) \times 0.5556$$

Degrees Fahrenheit (F)	Degrees Celsius (C)	Gas Mark
275 F	140 C	Gas Mark 1 - cool
300 F	150 C	Gas Mark 2
325 F	165 C	Gas Mark 3 - very moderate
350 F	180 C	Gas Mark 4 - moderate
375 F	190 C	Gas Mark 5
400 F	200 C	Gas Mark 6 - moderate
425 F	220 C	Gas Mark 7 - hot
450 F	230 C	Gas Mark 9
475 F	240 C	Gas Mark - very hot

COMMON MEASUREMENT CONVERSIONS

- Dash = 1/16 teaspoon
- Pinch = 1/8 teaspoon

Cups	Tablespoons	Teaspoons	Milliliters
		1 teaspoon	5 milliliters
1/16 Cup	1 tablespoon	3 teaspoons	15 milliliters
1/8 Cup	2 tablespoons	6 teaspoons	30 milliliters
1/4 Cup	4 tablespoons	12 teaspoons	60 milliliters
1/3 Cup	5 1/3 tablespoons	16 teaspoons	80 milliliters
1/2 Cup	8 tablespoons	24 teaspoons	120 milliliters
2/3 Cup	10 2/3 tablespoons	32 teaspoons	160 milliliters
3/4 Cup	12 tablespoons	36 teaspoons	180 milliliters
1 Cup	16 tablespoons	48 teaspoons	240 milliliters

- 1 cup = 1/2 pint = 8 ounces = 240 milliliters = 1/4 quart
- 2 cups = 1 pint = 16 ounces = 480 milliliters = 1/2 quart
- 4 cups = 2 pints = 32 ounces = 950 milliliters = 1 quart
- 2 quarts = 1/2 gallon = 64 ounces = 1.89 liters
- 4 quarts = 1 gallon = 128 ounces = 3.79 liters

INGREDIENTS AND EQUIVALENTS

Ingredient	Cups	Tablespoons	Ounces	Grams
Butter	¼ cup	4 tablespoons	2 ounces	57 grams
	⅓ cup	5 tablespoons + 1 teaspoon	2.67 ounces	76 grams
	½ cup	8 tablespoons	4 ounces	114 grams
	1 cup	16 tablespoons	8 ounces	227 grams
Flour, Sifted	¼ cup	4 tablespoons	1.06 ounces ~ 0.95 ounces	30 grams~ 27 grams
	⅓ cup	5 tablespoons + 1 teaspoon	1.41 ounces ~ 1.23 ounces	40 grams~ 35 grams
	½ cup	8 tablespoons	2.12 ounces ~ 1.94 ounces	30 grams~ 27 grams
	1 cup	16 tablespoons	4.24 ounces ~ 3.88 ounces	60 grams~ 55 grams
Granulated Sugar	¼ cup	4 tablespoons	1.76 ounces	50 grams
	⅓ cup	5 tablespoons + 1 teaspoon	2.29 ounces	65 grams
	½ cup	8 tablespoons	3.5 ounces	100 grams
	1 cup	16 tablespoons	7 ounces	200 grams
Brown Sugar, Firmly Packed	¼ cup	4 tablespoons	1.59 ounces	45 grams
	⅓ cup	5 tablespoons + 1 teaspoon	2.12 ounces	60 grams
	½ cup	8 tablespoons	3.2 ounces	90 grams
	1 cup	16 tablespoons	6.4 ounces	180 grams
Water	¼ cup	4 tablespoons	2 ounces	57 grams
	⅓ cup	5 tablespoons + 1 teaspoon	2.67 ounces	76 grams
	½ cup	8 tablespoons	4 ounces	114 grams
	1 cup	16 tablespoons	6.4 ounces	180 grams
Chocolate, grated/chips	¼ cup		1 ounce	40 grams
	1 cup		6 ounces	160 grams
Cocoa Powder	1 cup			115 grams
4 Lemons	1 cup (juice)	4 tablespoons (zest)		

Pans and Dishes

Inches	Centimeters
9x13-inch baking dish	22x33-centimeter baking dish
8x8-inch baking dish	20x20-centimeter baking dish
9x5-inch loaf pan (8 cups in capacity)	23x12-centimeter loaf pan (2 liters in capacity)
10-inch tart or cake pan	25-centimeter tart or cake pan
9-inch cake pan	22-centimeter tart or cake pan