

Mix and match

Cooks have long struggled with the two systems of weights and measures - imperial and metric. Here's a handy cut-out-and-keep page to help you.

SPOON MEASURES

METRIC	IMPERIAL
5ml	1tsp
10ml	2tsp
15ml	1tbsp
30ml	2tbsp
45ml	3tbsp
60ml	4tbsp
75ml	5tbsp

tsp = teaspoon
tbsp = tablespoon

OVEN TEMPERATURES

HEAT	C	GAS	FAN OVEN
Very cool	110		90
	120		100
Cool	140	1	120
	150	2	130
Moderate	160	3	140
	180	4	160
Moderately hot	190	5	170
	200	6	180
Hot	220	7	200
	230	8	210
Very hot	240	9	220

For a very cool gas oven, set to cool and wedge the oven door slightly open.

VOLUME

METRIC	IMPERIAL
30ml	1 fl oz
50ml	2 fl oz
75ml	2.5 fl oz
100ml	3.5 fl oz
125ml	4 fl oz
150ml	1/4 pint
175ml	6 fl oz
200ml	8 fl oz
250ml	9 fl oz
300ml	1/2 pint
350ml	12 fl oz
400ml	14 fl oz
425ml	3/4 pint
450ml	16 fl oz
500ml	18 fl oz
600ml	1 pint
700ml	1 1/4 pints
850ml	1 1/2 pints
1 litre	1 3/4 pints

WEIGHT

METRIC	IMPERIAL
25g	1oz
50g	2oz
85g	3oz
100g	4oz
140g	5oz
175g	6oz
225g	8oz
250g	9oz
280g	10oz
350g	12oz
375g	13oz
400g	14oz
425g	15oz
450g	1lb
500g	1lb 2oz
600g	1lb 4oz
700g	1lb 7oz
750g	1lb 10oz
800g	1lb 12oz
850g	1lb 14oz
900g	2lb
950g	2lb 2oz
1kg	2lb 4oz
1.25kg	2lb 12oz
1.3kg	3lb
1.5kg	3lb 5oz
1.6kg	3lb 8oz
1.8kg	4lb
2kg	4lb 8oz
2.25kg	5lb
2.5kg	5lb 8oz
2.7kg	6lb
3kg	6lb 8oz

Remember: stick to one set of measurements in a recipe. Never mix Imperial and Metric.