

## Useful Conversions

Weights	
Imperial	Metric
1/4 oz	7-8g
1/2 oz	15g
3/4 oz	20g
1 oz	30g
2 oz	55g
3 oz	85g
4 oz (1/4 lb)	110g
5 oz	140g
6 oz	170g
8 oz (1/2 lb)	225g
9 oz	255g
10 oz	285g
11 oz	310g
12 oz (3/4 lb)	340g
13 oz	370g
14 oz	400g
15 oz	425g
16 oz (1 lb)	450g
1 1/4 lbs	560g
1 1/2 lbs	675g
2 lbs	900g
3 lbs	1350g
4 lbs	1800g
6 lbs	2700g
7 lbs	3200g
8 lbs	3600g
9 lbs	4000g
10 lbs	4500g

Lengths	
Imperial	Metric
1/2 inch	1 cm
1 inch	2.5 cm
2 inches	5 cm
6 inches	15 cm
12 inches	30 cm

Oven Temperatures			
°C	°F	Gas Mark	American
70	150	1/4	
80	175	1/4	
100	200	1/2	Cool
110	225	1/2	
130	250	1	Very Slow
140	275	1	
150	300	2	Slow
170	325	3	Moderate
180	350	4	
190	375	5	Moderately Hot
200	400	6	Fairly Hot
220	425	7	Hot
230	450	8	
240	475	9	Very Hot
250	500	9	
270	525	9	Extremely Hot
290	550	9	

Liquid Measures		
Imperial	Metric	
	ml	Fl oz
1 tsp	5	
2 scant tsp	28	
4 scant tsp	56	
1/4 pint (1 gill)	150	5
1/3 pint	190	7
1/2 pint	290	10
3/4 pint	425	15
1 pint	570	20

Wine Quantities		
Imperial	ml	Fl oz
Bottle of wine	750	25
1 glass wine	100	3
1 glass port/ sherry	70	2
1 glass liqueur	45	1