

Weight Conversions - Grams to Ounces

| Grams | Ounces | Grams | Ounces | Grams | Ounces |
|-------|---------|-------|---------|---|---------|
| 1g | 0.03 oz | 70g | 2.5 oz | 350g | 12.3 oz |
| 2g | 0.07 oz | 80g | 2.8 oz | 375g | 13.2 oz |
| 3g | 0.10 oz | 90g | 3.2 oz | 400g | 14.1 oz |
| 4g | 0.14 oz | 100g | 3.5 oz | 425g | 15.0 oz |
| 5g | 0.17 oz | 110g | 3.9 oz | 450g | 15.9 oz |
| 6g | 0.21 oz | 120g | 4.2 oz | 475g | 16.8 oz |
| 7g | 0.24 oz | 130g | 4.6 oz | 500g | 17.6 oz |
| 8g | 0.28 oz | 140g | 4.9 oz | 550g | 19.4 oz |
| 9g | 0.31 oz | 150g | 5.3 oz | 600g | 21.2 oz |
| 10g | 0.35 oz | 160g | 5.6 oz | 650g | 22.9 oz |
| 15g | 0.5 oz | 170g | 6.0 oz | 700g | 24.7 oz |
| 20g | 0.7 oz | 180g | 6.3 oz | 750g | 26.5 oz |
| 25g | 0.9 oz | 190g | 6.7 oz | 800g | 28.2 oz |
| 30g | 1.1 oz | 200g | 7.1 oz | 850g | 30.0 oz |
| 35g | 1.2 oz | 225g | 7.9 oz | 900g | 31.7 oz |
| 40g | 1.4 oz | 250g | 8.8 oz | 950g | 33.5 oz |
| 45g | 1.6 oz | 275g | 9.7 oz | 1000g | 35.3oz |
| 50g | 1.8 oz | 300g | 10.6 oz | *All measures are approximate and rounded up* | |
| 60g | 2.1 oz | 325g | 11.5 oz | | |

Weight Conversions -Ounces to Grams

| Ounces / Pounds | Grams | Ounces / Pounds | Grams |
|-----------------|-------|---|-------|
| 1oz | 28g | 16oz = 1lb | 454g |
| 2oz | 57g | 1.5lb | 680g |
| 3oz | 85g | 2lb | 907g |
| 4oz = 0.25 lb | 113g | 2.5lb | 1134g |
| 5oz | 142g | 3lb | 1361g |
| 6oz | 170g | 3.5lb | 1588g |
| 7oz | 198g | 4lb | 1814g |
| 8oz = 0.5lb | 227g | 4.5lb | 2041g |
| 9oz | 255g | 5lb | 2268g |
| 10oz | 283g | *All measures are approximate and rounded up* | |
| 11oz | 312g | | |
| 12oz - 0.75lb | 340g | | |
| 13oz | 369g | | |
| 14oz | 397g | | |
| 15oz | 425g | | |



Oven Temperature Conversions

| Fahrenheit | Celsius | Gas Mark | Heat of Oven |
|------------|---------|----------|----------------|
| 225 | 110 | 1/4 | Very cool |
| 250 | 120 | 1/2 | Very cool |
| 275 | 140 | 1 | Cool |
| 300 | 150 | 2 | Cool |
| 325 | 160 | 3 | Moderate |
| 350 | 180 | 4 | Moderate |
| 375 | 190 | 5 | Moderately hot |
| 400 | 200 | 6 | Moderately hot |
| 425 | 220 | 7 | Hot |
| 450 | 230 | 8 | Hot |
| 475 | 240 | 9 | Very hot |

Conversion chart for Cups to weight by Ingredient.

+ = More than : - = Less than

| Ingredient | Cups | Grams/kg | Ounces/lbs |
|--|------|----------|------------|
| Almonds - chopped/flaked | 1 | 75g | +2.5oz |
| Almonds - ground | 1 | 150g | -5.5oz |
| Almonds - shelled, whole | 1 | 150g | -5.5oz |
| Apples - chopped/diced | 1 | 100g | 3.5oz |
| Apricots - dried | 1 | 150g | -5.5oz |
| Baking Powder | 1 | 180g | -6.5oz |
| Beans - All - dry | 1 | 200g | 7oz |
| Beans - Black, Kidney - cooked | 1 | 60g | +2oz |
| Beans - Lima, Navy - cooked | 1 | 75g | +2.5oz |
| Black Treacle | 1 | 325g | -11.5oz |
| Black/Redcurrants | 1 | 100g | 3.5oz |
| Bread - fresh/stale - broken into pieces | 1 | 50g | -2oz |
| Breadcrumbs - Fresh | 1 | 50g | -2oz |
| Butter | 1 | 225g | -8oz |
| Butter/Margarine/Fat/Lard/Shortening | 1 | 225g | -8oz |
| Capers - whole drained | 1 | 175g | +6oz |
| Cashew Nuts - whole/chopped | 1 | 150g | -5.5oz |
| Cherries - fresh/ pitted | 1 | 225g | -8oz |
| Chestnuts - fresh | 1 | 125g | -4.5oz |
| Chocolate - grated | 1 | 125g | -4.5oz |
| Chocolate Chips | 1 | 175g | +6oz |
| Cocoa Powder | 1 | 100g | 3.5oz |
| Coconut - flaked/grated | 1 | 75g | +2.5oz |
| Coriander - chopped | 1 | 50g | -2oz |
| Corn Syrup | 1 | 300g | 10.5oz |
| Cornflour | 1 | 125g | -4.5oz |
| Cornmeal | 1 | 150g | -5.5oz |
| Cranberries - Raw/cooked | 1 | 100g | 3.5oz |
| Currants - dried | 1 | 150g | -5.5oz |
| Dates - pitted, roughly chopped | 1 | 175g | +6oz |
| Dates - whole | 1 | 225g | -8oz |
| Fats | 1 | 225g | -8oz |
| Flour - Cornflour | 1 | 125g | -4.5oz |
| Flour - Oatmeal | 1 | 100g | 3.5oz |
| Flour - White, Rye, Barley/Besan | 1 | 100g | 3.5oz |
| Flour - Whole Wheat/Atta | 1 | 150g | -5.5oz |
| Flour - Whole wheat | 1 | 120g | +4oz |
| Garlic Flakes | 1 | 140g | -5oz |
| Ginger - fresh - chopped | 1/2 | 50g | -2oz |
| Golden syrup | 1 | 350g | -12.5oz |
| Grated cheese | 1 | 110g | -4oz |
| Hazelnuts - chopped | 1 | 175g | +6oz |
| Hazelnuts - whole | 1 | 150g | -5.5oz |
| Honey | 1 | 350g | -12.5oz |
| Jam - all | 1 | 325g | -11.5oz |
| Lard/fats | 1 | 225g | -8oz |



| | | | |
|-------------------------------------|---|------|---------|
| Lentils - all - cooked | 1 | 75g | + 2.5oz |
| Lentils - all - dry | 1 | 200g | 7oz |
| Macaroni - cooked | 1 | 200g | 7oz |
| Macaroni - dry | 1 | 100g | 3.5oz |
| Maple Syrup | 1 | 300g | 10.5oz |
| Margarine/fats | 1 | 225g | -8oz |
| Milk Powder (dry) | 1 | 125g | -4.5oz |
| Mint - fresh - chopped | 1 | 25g | -1oz |
| Noodles - cooked | 1 | 150g | -5.5oz |
| Noodles - uncooked | 1 | 75g | + 2.5oz |
| Oatmeal | 1 | 60g | + 2oz |
| Oil - Olive | 1 | 215g | 7.5oz |
| Oil - Vegetable | 1 | 220g | -8oz |
| Onions/shallots - raw - chopped | 1 | 150g | -5.5oz |
| Onions/shallots - raw - sliced | 1 | 100g | 3.5oz |
| Parsley - fresh - coarsely chopped | 1 | 25g | -1oz |
| Pasta - short cut - cooked | 1 | 200g | 7oz |
| Pasta - short cut - dry | 1 | 100g | 3.5oz |
| Peanut Butter | 1 | 250g | -9oz |
| Peanuts - chopped | 1 | 125g | -4.5oz |
| Peanuts - shelled | 1 | 150g | -5.5oz |
| Pearl Barley | 1 | 200g | 7oz |
| Pecan Nuts - shelled - chopped | 1 | 125g | -4.5oz |
| Pecan Nuts - shelled - halved | 1 | 100g | 3.5oz |
| Pine nuts | 1 | 100g | 3.5oz |
| Pistachio nuts - chopped | 1 | 100g | 3.5oz |
| Pistachio nuts - whole | 1 | 150g | -5.5oz |
| Prunes - dried | 1 | 175g | + 6oz |
| Raisins - dried | 1 | 150g | -5.5oz |
| Raspberries - fresh | 1 | 125g | -4.5oz |
| Rice - cooked | 1 | 250g | -9oz |
| Rice - raw | 1 | 225g | -8oz |
| Rice – Long grain, white | 1 | 185g | 6.5oz |
| Rolled Oats - uncooked | 1 | 100g | 3.5oz |
| Salt, Table | 1 | 290g | + 10oz |
| Soybeans - dry | 1 | 200g | 7oz |
| Suet - shredded | 1 | 125g | -4.5oz |
| Sugar - Brown | 1 | 220g | -8oz |
| Sugar - Granulated/Caster/Superfine | 1 | 225g | -8oz |
| Sugar - Icing/confectioners | 1 | 125g | -4.5oz |
| Sultanas - dry | 1 | 150g | -5.5oz |
| Tomato Paste/Sauce | 1 | 225g | -8oz |
| Tomatoes - tinned | 1 | 225g | -8oz |
| Walnuts - shelled - chopped | 1 | 125g | -4.5oz |
| Walnuts - shelled - halved | 1 | 100g | 3.5oz |
| Water | 1 | 235g | -8.5oz |
| Yogurt | 1 | 250g | -9oz |

UK to US Food translations

| UK | USA |
|-----------------------------|--|
| Aubergine | Eggplant |
| Baking tray | Baking sheet |
| Bangers | Sausages |
| Beetroot | Beet |
| Bicarbonate of soda | Baking soda |
| Biscuits | Cookies |
| Broad beans | Fava beans |
| Cake tin | Cake/ baking pan |
| Capsicums | Sweet or bell peppers |
| Castor sugar | Sugar, superfine |
| Celery stick | Celery rib |
| Chips | French-fried potatoes |
| Chuck steak | Round steak/ stewing beef |
| Coriander, fresh | Cilantro |
| Cornflour | Cornstarch |
| Courgette | Zucchini |
| Crisps | Potato chips |
| Desiccated coconut | Unsweetened desiccated/ shredded coconut |
| Digestive biscuits/ | Graham crackers |
| Double cream | Cream, heavy |
| Dripping | Fat from roasted meat |
| Essence | Extract (vanilla, etc.) |
| Fish slice | Spatula |
| Forcemeat | Stuffing mix for meat or fish |
| Frying pan | Skillet |
| Gammon | Ham |
| Glacé fruits | Candied fruit |
| Golden syrup | Light molasses |
| Greaseproof/Parchment paper | Wax paper |
| Hand of pork | Pork shoulder roast |
| Hard-boiled eggs | Hard-cooked eggs |

| | |
|---------------------------|-----------------------------------|
| Heaped spoonful | Heaping spoonful |
| Hull | Shuck |
| Icing sugar | Confectioners' / powdered sugar |
| Joint | Large cut of meat to roast |
| Ketchup / tomato sauce | Catsup |
| King prawns | Jumbo shrimp |
| Margarine / Butter / Lard | Shortening |
| Minced meats | Ground meats |
| Offal | Variety meats (liver, kidney etc) |
| Paw paw | Papaya |
| Pig's trotter | Pig's foot |
| Plain flour | All-purpose flour |
| Pork fat | Fatback |
| Prawns | Shrimp |
| Rasher | Slice |
| Semolina | Farina |
| Sieve | Strain; strainer |
| Sift | Strain |
| Single cream | Cream, light, half-and-half |
| Spring or salad onions | Scallions, green onions |
| Stock cubes | Bouillon cube |
| Strong flour | Bread flour |
| Sultanas | Raisins / seedless, golden |
| Treacle | Dark molasses |
| Vanilla pod | Vanilla bean |