



## Volume

1 US gallon =  $\frac{4}{5}$  UK (imperial) gallon or 3.78 litres

1 UK gallon (imperial) = 1 and  $\frac{1}{5}$  US gallons or 4.54 litres

1 US pint =  $\frac{4}{5}$  UK (imperial) pints = 473ml

1 UK (imperial) pint = 1 and  $\frac{1}{5}$  US pints = 568ml

1 metric pint = 600ml

1 US quart =  $\frac{4}{5}$  UK (imperial) quart = 946 ml

1 UK (imperial) quart = 1 and  $\frac{1}{5}$  US quarts = 1137ml

1 US fluid oz = 1 UK (imperial) fluid oz (near enough) = 30ml

1 US tablespoon =  $\frac{4}{5}$  UK (imperial) tablespoon = 15ml

1 UK (imperial) tablespoon = 1 and  $\frac{1}{5}$  US tablespoons = 18ml

1 Australian metric tablespoon =  $\frac{3}{5}$  oz = 20ml

1 US teaspoon =  $\frac{4}{5}$  UK (imperial) teaspoon = 1 metric teaspoon = 5ml

1 UK (imperial) teaspoon = 1  $\frac{1}{5}$ th US teaspoons = 6ml

1 salt spoon =  $\frac{1}{2}$  teaspoon

1 dessert spoon = 2 teaspoons

1 US coffee spoon =  $\frac{1}{2}$  teaspoon = 2.5ml

1 kitchen spoon = 1 teaspoon

a pinch =  $\frac{1}{8}$  teaspoon

a vintage dash = 12 drops, although use your own judgment

a modern dash = 3 drops

a dram =  $\frac{1}{8}$  oz = 3.5ml

1 UK (imperial) gill or jill =  $\frac{1}{4}$  of a UK (imperial) pint or 142ml

1 US gill or jill =  $\frac{1}{4}$  of a US pint or 118ml

1 cup (tumbler or glassful) US = 1 cup UK (imperial) = 240ml

1 metric cup = 8  $\frac{1}{2}$ oz = 250ml

1 scant cup = 1 US cup minus 2 US tablespoons = (240ml-30ml) 210ml

1 heaping cup = 1 US or UK imperial cup plus 2 teaspoons (approx) = 1 metric cup or 250ml

1 UK teacup = 6  $\frac{1}{2}$  oz = 190ml

1 UK breakfast cup = 9  $\frac{1}{2}$  oz = 285ml

1 wineglass =  $\frac{1}{4}$  US or imperial cup = 60ml

1 jigger = 1.5 oz = 44ml

1 coffee cup = a scant US/imperial cup = 210ml

1 peck = 2 gallons (dry). Use the gallon measurement for whichever country in which your recipe was published/  
US 7.6 litres  
UK 9 litres

1 saucer = 1 heaping US/imperial cup = 1 metric cup = 250ml

butter the size of an egg =  $\frac{1}{4}$  US/imperial cup or 2 ounces = 56gm

butter the size of a walnut = 1 US tablespoon =  $\frac{3}{4}$  Australian/UK tablespoon or 3 teaspoons = 15ml

butter the size of a hazelnut = 1 teaspoon = 5ml

## Weight

1 US oz weight = 1 UK (imperial) oz weight = 28gm

1 lb = 454gm

1 stone = 6.35kg

1 pennyweight =  $\frac{1}{20}$  oz = 1.5gm





## Packet Sizes

### Cans (US)

#1 = 1-1/3 US/imperial cups = 320 ml

#1 tall = 2 US/imperial cups = 480 ml

#1 square = 2 US/imperial cups = 480 ml

#2 = 2-1/2 US/imperial cups = 600 ml

#2-1/2 = 3-1/2 US/imperial cups = 840 ml

#2-1/2 square = scant 4 US/imperial cups = 960 ml

#3 = 4 US/imperial cups = 960 ml

#3 squat = 2-3/4 US/imperial cups = 660 ml

#5 = 7-1/3 US/imperial cups = 1776 ml

#10 = 12 US/imperial cups = 2880 ml

#300 = 1-3/4 US/imperial cups = 420 ml

#303 = 2 US/imperial cups = 480 ml

### Chocolate

1 square = 1oz US = 28gm

### Gelatine

Envelope = 3 teaspoons or 1 US tablespoon

### Yeast

Package of dried yeast = 3/5 oz = 17gm

Cake of compressed yeast = 3/5 oz = 17gm





## Temperatures

Very slow oven = below 300 degrees F =  
below 150 degrees C

Slow oven = 300 degrees F = 150 degrees C

Moderately slow oven = 325 degrees F = 160 degrees C

Moderate oven = 350 degrees F = 180 degrees C

Moderately hot oven = 375 degrees F = 190 degrees C

Quick oven = 375 - 400 degrees F = 190 - 205 degrees C

Hot oven = 400 - 425 degrees F = 205 - 220 degrees C

Very hot oven = 450 - 475 degrees F = 230 - 250 degrees C

Extremely hot oven = 500 degrees F or more =  
260 degrees C or more

