

## Volume

2,5 ml	=	½ teaspoon	150 ml	=	¼ pint
5 ml	=	1 teaspoon	185 ml	=	¾ cup
15 ml	=	1 tablespoon	250 ml	=	1 cup
60 ml	=	¼ cup	500 ml	=	2 cups
80 ml	=	⅓ cup	600 ml	=	1 pint
125 ml	=	½ cup	1 l	=	4 cups

## Mass

15 g	=	½ oz	180 g	=	6 oz
30 g	=	1 oz	220 g	=	7 oz
60 g	=	2 oz	250 g	=	8 oz
90 g	=	3 oz	500 g	=	16 oz
125 g	=	4 oz	750 g	=	24 oz
150 g	=	5 oz	1 kg	=	32 oz

Oven Temperature	Fahrenheit (°F)	Celsius (°C)	Gas
Very Cool	212 – 250	100 – 120	1
Cool	260 – 320	130 – 160	2
Moderate	330 – 360	170 – 180	3
Moderately Hot	375 – 410	190 – 210	4
Hot	420 – 460	220 – 240	5-6
Very Hot	480+	250+	7-8

## Pan Sizes

25 mm	=	1 inch	200 mm	=	8 inches
50 mm	=	2 inches	230 mm	=	9 inches
125 mm	=	5 inches	250 mm	=	10 inches
150 mm	=	6 inches	275 mm	=	11 inches
180 mm	=	7 inches	300 mm	=	12 inches

For the purpose of this guide, pan sizes have been given in litre measures; for example a 230 mm x 130 mm pan holds 1,5 litres of water and a 290 mm x 110 mm pan holds 1,7 litres of water. If your pan holds the same amount of litres, as that of the pan size stated in the recipe, the pan will be the correct size for the amount of dough prepared.

## INGREDIENT CONVERSION TABLE

The gram measure for each ingredient listed below means 250 ml in a cup measure

### Cheese

100 g	Grated cheddar	250 g	Cottage cheese, cream cheese
100 g	Sweetmilk	120 g	Roquefort, gorgonzola, gruyere

### Flour

100 g	Grated cheddar & sweetmilk	120 g	Bread flour, cake flour
250 g	Cottage cheese, cream cheese	140 g	Self-raising flour (commercial)
120 g	Roquefort, gorgonzola, gruyere	120 g	Self-raising flour (home-made)

### Sugar

200 g	Brown or granulated sugar	210 g	Castor sugar
130 g	Icing sugar		

### Meal

120 g	Mielie meal	150 g	Mealie meal (sifted)
90 g	Oat meal		

### Spices

110 g	Allspice (ground)	120 g	Paprika (ground)
120 g	Cayenne pepper (ground)	120 g	Pepper (ground)
90 g	Cinnamon (ground)	120 g	Turmeric
100 g	Mixed spices (ground)	80 g	Mustard (ground)
120 g	Nutmeg (ground)	120 g	Cloves (ground)
130 g	Currypowder (ground)	80 g	Ginger (ground)
100 g	Mace (ground)		

### Nuts

150 g	Almonds (shelled)	150 g	Peanuts (shelled)
100 g	Pecan Nuts	100 g	Walnuts

### Fruit

100 g	Applerings (dried)	300 g	Apricot Jam
150 g	Apricots (dried)	160 g	Cherries (whole)
150 g	Currants	150 g	Dates (whole)
150 g	Figs	150 g	Peaches (dried)
150 g	Prunes (dried, stoned)	150 g	Raisins (seeded or seedless)
150 g	Sultanas		

### Other

200 g	Baking powder	200 g	Bicarbonate of soda
100 g	Biscuit crumbs	120 g	Bread crumbs (dry)
60 g	Bread crumbs (fresh)	230 g	Butter
100 g	Cocoa	80 g	Coconut
70 g	Coffee(instant)	160 g	Cream of tartar/tartaric acid
200 g	Crushed wheat	130 g	Custard powder
150 g	Gelatine	110 g	Macaroni
120 g	Maizena	140 g	Maltabella (sorghum meal)
230 g	Margarine	170 g	Mielie meal
100 g	Milkpowder (instant)	200 g	Rice
180 g	Sago	280 g	Salt
200 g	Samp	100 g	Spaghetti
170 g	Tapioca	100 g	Vermicelli
210 g	Yeast (cube yeast)	150 g	Zest (crystallized pieces)

### Example of how to convert:

(1) ml to g

Your recipe says you require '80g of brown sugar', which you must convert to 'ml'.

**Refer to the table: ie.** 250 ml Brown sugar = 200 g Sugar

**Calculation:** 250 ml ÷ 200 g x 80 g = 100 ml

**Therefore:** 80 g = 100 ml Brown sugar

(2) g to ml

Your recipe says you require '100 ml of brown sugar', which you must convert to 'g'.

**Refer to the table ie.** 250 ml Brown sugar = 80 g sugar

**Calculation:** 200 g ÷ 250 ml x 100 = 80 g

**Therefore:** 100 g = 80 g Brown sugar