



Pathfinder Honour: Trainer's Notes

Cooking Measurements Guide



This guide has been compiled to aid the conversion of units from one system to another. Of course judgement still plays an important part. Happy cooking!

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Acknowledgements

Please see text

Cooking Measurements Guide

ABBREVIATIONS

| | | |
|---------------------|----------------------|----------------------|
| cc cubic centimetre | Kg kilogram = 1000 g | ml millilitre = 1 cc |
| cm centimetre | l litre = 1000ml | mm millimetre |
| g gram | lb Pound = 16 oz | oz ounce |

LIQUID MEASURES AND DRY MEASURES (Sufficient precision for most cooking)

The Liquid Measures and Dry Measures were sourced from Sanitarium's *'Australia and New Zealand - Vegetarian Cooking for Better Health'* Publishing date not identified.

Liquid Measures

| | | |
|---------|-----|-------------------|
| 62.5 ml | use | ¼ cup |
| 83 ml | use | 1/3 cup |
| 125 ml | use | ½ cup |
| 250 ml | use | 1 cup |
| 500 ml | use | 2 cups |
| 750 ml | use | 3 cups or 1¾ pint |
| 1 litre | use | 4 cups |
| 1.25ml | use | ¼ teaspoon |
| 2.5ml | use | ½ teaspoon |
| 5ml | use | 1 teaspoon |
| 20ml | use | 1 tablespoon |

Dry Measures

| | | |
|----------------|-----|--------------|
| 15g | use | ½ oz |
| 30g | use | 1 oz |
| 60g | use | 2 oz |
| 90g | use | 3 oz |
| 125g | use | 4 oz |
| 250g | use | ½ lb ie 8 oz |
| 375g | use | 12 oz |
| 500g | use | 1lb ie 16 oz |
| 750g | use | 24 oz |
| 1kg ie 1000g | use | 2lb ie 32 oz |
| 1.5kg ie 1500g | use | 3 lb |
| 2kg ie 2000g | use | 4 lb |

TEMPERATURE

| <u>Celsius</u> | = | <u>Fahrenheit</u> |
|----------------|---|-------------------|
| -10 | = | 14 |
| 0 | = | 32 |
| 5 | = | 41 |
| 60 | = | 140 |
| 80 | = | 176 |
| 100 | = | 212 |
| 120 | = | 248 |
| 150 | = | 302 |
| 160 | = | 320 |
| 170 | = | 338 |
| 180 | = | 356 |
| 190 | = | 374 |
| 200 | = | 392 |
| 230 | = | 446 |
| 250 | = | 482 |
| 260 | = | 500 |

DISTANCES

| <u>cm</u> | <u>mm</u> | use | <u>Inches</u> |
|-----------|-----------|-----|---------------|
| | 6 | use | ¼ |
| 1.2 | 12 | use | ½ |
| 2.0 | 20 | use | ¾ |
| 2.5 | 25 | use | 1 |
| 5.0 | 50 | use | 2 |
| 10.0 | | use | 4 |
| 12.0 | | use | 5 |
| 15.0 | | use | 6 |
| 20.0 | | use | 8 |
| 25.0 | | use | 10 |
| 30.0 | | use | 12 |

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Conversions Using Calculations

The following calculations and tables provide precise conversions.

TEMPERATURE

$$\text{Celsius } ^\circ = (\text{Fahrenheit } ^\circ - 32) \times 5/9$$

$$\text{Fahrenheit } ^\circ = (\text{Celsius } ^\circ \times 9/5) + 32$$

Data on the following table was sourced from: <http://www.goconvert.com/cgi-bin/weight.asp>

| <u>VOLUME</u> | <u>Millilitre</u> | <u>Litre</u> | | | |
|----------------------|-------------------|--------------|-----------|-------|------------------|
| 1 Cup US = | 236.59 | 0.237 | 1 Litre = | 4.23 | Cup US |
| 1 Fluid ounce UK = | 28.41 | 0.028 | 1 Litre = | 35.20 | Fluid ounces UK |
| 1 Fluid ounce US = | 29.57 | 0.030 | 1 Litre = | 33.81 | Fluid ounces US |
| 1 Millilitre (ml) = | 1.00 | 0.001 | 1 Litre = | 1000 | Millilitre (ml) |
| 1 Gallon UK = | 4546.10 | 4.546 | 1 Litre = | 0.220 | Gallon UK |
| 1 Gallon US dry = | 4404.88 | 4.405 | 1 Litre = | 0.227 | Gallon US dry |
| 1 Gallon US liquid = | 3785.41 | 3.785 | 1 Litre = | 0.264 | Gallon US liquid |
| 1 Pint UK = | 568.26 | 0.568 | 1 Litre = | 1.760 | Pints UK |
| 1 Pint US dry = | 550.61 | 0.551 | 1 Litre = | 1.816 | Pints US dry |
| 1 Pint US liquid = | 473.18 | 0.473 | 1 Litre = | 2.113 | Pints US liquid |
| 1 Quart UK = | 1136.53 | 1.137 | 1 Litre = | 0.880 | Quart UK |
| 1 Quart US dry = | 1101.22 | 1.101 | 1 Litre = | 0.908 | Quart US dry |
| 1 Quart US liquid = | 946.35 | 0.946 | 1 Litre = | 1.057 | Quarts US liquid |
| 1 Pinch = | 0.62 | | 1ml = | 1.623 | Pinches |
| 1 Tablespoon UK = | 18.48 | | 1ml = | 0.054 | Tablespoon UK |
| 1 Tablespoon US = | 14.79 | | 1ml = | 0.068 | Tablespoon US |
| 1 Teaspoon UK = | 4.62 | | 1ml = | 0.216 | Teaspoon UK |
| 1 Teaspoon US = | 4.93 | | 1ml = | 0.203 | Teaspoon US |

Notes:

20 Fluid ounces UK = 2 Cups UK = 1 Pint UK = ½ Quart UK = 1/8 Gallon UK

| <u>WEIGHT</u> | <u>grams</u> | <u>Kg</u> | | | |
|--------------------|--------------|-----------|--------------|--------|-----------------|
| 1 Ounce (Avoir.) = | 28.35 | 0.028 | 1 Gram = | 0.035 | Ounce (Avoir.) |
| 1 Pound (Avoir.) = | 453.60 | 0.454 | 1 Kilogram = | 35.270 | Ounces (Avoir.) |
| | | | 1 Kilogram = | 2.205 | Pounds (Avoir.) |

| <u>DISTANCE</u> | <u>mm</u> | <u>metre</u> | | | |
|-----------------|-----------|--------------|----------------|--------|--------|
| 1 Inch = | 25.40 | 0.025 | 1 millimetre = | 0.039 | Inch |
| 1 Foot = | 304.80 | 0.305 | 1 metre = | 39.370 | Inches |
| 1 Yard = | 914.40 | 0.914 | 1 metre = | 3.281 | Feet |
| | | | 1 metre = | 1.094 | Yards |