

# Measurements & Conversions

## Conversion Chart

1 teaspoon = 5 ml	1 cup almond meal	110g
1 tablespoon = 20ml (4 teaspoons)	1 cup breadcrumbs, fresh	50g
1 UK/US tablespoon = 15 ml (3 teaspoons)	1 cup sugar, brown	200g
1 cup = 250ml	1 cup sugar, white	225g
	1 cup caster sugar	225g

## Self-Raising Flour

2 tspns baking powder for each 225g plain flour	1 cup icing sugar	225g
	1 cup plain flour	125g
	1 cup rice flour	100g

## Liquid Conversions

metric	imperial	cups		
30ml	1 fl oz	$\frac{1}{8}$ cup	1 cup arborio rice, uncooked	220g
60ml	2 fl oz	$\frac{1}{4}$ cup	1 cup basmati rice, uncooked	220g
80ml	2 $\frac{1}{4}$ fl oz	$\frac{1}{3}$ cup	1 cup couscous, uncooked	180g
125ml	4 fl oz	$\frac{1}{2}$ cup	1 cup lentils, red, uncooked	200g
185ml	6 fl oz	$\frac{3}{4}$ cup	1 cup polenta, fine, uncooked	180g
250ml	8 fl oz	1 cup	1 cup basil leaves	45g
375ml	12 fl oz	1 $\frac{1}{2}$ cups	1 cup coriander leaves	40g
500ml	16 fl oz	2 cups	1 cup mint leaves	35g
600ml	20 fl oz	2 $\frac{1}{2}$ cups	1 cup flat-leaf parsley leaves	40g
750ml	24 fl oz	3 cups	1 cup cashews, whole	150g
1 litre	32 fl oz	4 cups	1 cup cooked chicken, shredded	150g

## Oven Temperatures

	Celsius	Fahrenheit
Very slow	120	250
Slow	150	300
Moderately slow	160	325
Moderate	180	350
Moderately hot	190	375
Hot	200	400
Very hot	230	450