



# CONVERSION CHART

°C	°F	GAS
260	500	10
240	475	9
230	450	8
220	425	7
200	400	6
190	375	5
180	350	4
170	325	3
150	300	2
140	275	1

Perfect Boiled Eggs

Soft 5 mins  
Medium 7 mins  
Hard 10 mins

1 tsp  
5 ml  
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1 tbs  
15 ml  
3 tsp  
½ oz

### SPONGE CAKE MIX CONVERSIONS

4 oz Flour	112 g Flour	½ cup Flour
4 oz Sugar	112 g Sugar	½ cup Sugar
4 oz Butter	112 oz Butter	½ cup Butter
2 Eggs	2 Eggs	2 Eggs

### DRY WEIGHTS

Icon	Unit	Icon	Unit	Icon	Unit
	½ oz		1 tbs		15 g
	1 oz		2 tbs		28 g
	2 oz		4 tbs		57 g
	3 oz		6 tbs		85 g
	4 oz		8 tbs		115 g
	8 oz		16 tbs		227 g
	16 oz		32 tbs		455 g
					1 c
					2 c

### WET VOLUMES

Icon	Unit	Icon	Unit	Icon	Unit
	½ oz		3 tsp		15 ml
	1 oz		6 tsp		30 ml
	2 oz		12 tsp		60 ml
	3 oz		18 tsp		90 ml
	4 oz		24 tsp		120 ml
	8 oz		48 tsp		240 ml
	16 oz		96 tsp		470 ml
					1 c
					2 c

1 PINT  
2 Cups  
470 mL

1 LITRE  
2 Pints  
1000 mL

1 QUART  
2 Pints  
4 Cups  
946 mL

1 GALLON  
4 Quarts  
8 Pints  
16 Cups