

cook's conversion

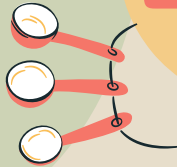


metric cup & spoon sizes



metric	cup
60 ml	1/4 cup
80 ml	1/3 cup
125 ml	1/2 cup
250 ml	1 cup

metric	spoon
1.25 ml	1/4 teaspoon
2.5 ml	1/2 teaspoon
5 ml	1 teaspoon
20 ml	1 tablespoon



mass (weight)

metric imperial

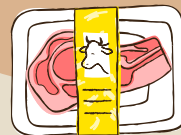
10 g	1/4 oz
15 g	1/2 oz
30 g	1 oz
250 g	80 oz (1/2 lb)
500 g	16 oz (1 lb)
1 kg	32 oz (2 lb)



cooking temperatures

meat type temperature

Beef (ground & whole)	71°C (160° F)
Pork (ground & whole)	71°C (160° F)
Poultry (ground)	74°C (165° F)
Poultry (whole).....	82° C (180° F)
Fish	70°C (158° F)
Leftovers	74°C (165° F)



oven temperature

celsius* fahrenheit

120°	250°
150°	300°
180°	350°
200°	400°
250°	500°



*Reduce by 20° C for convection ovens.