

## VOLUME — US MEASUREMENTS

3 teaspoons (tsp)	=	1 tablespoon (tbsp)
4 tablespoons	=	¼ cup (60 mL)
8 tablespoons	=	½ cup (120 mL)
16 tablespoons	=	1 cup (240 mL)
1 cup	=	8 fluid ounces (236.6 mL)
2 cups	=	1 pint (473 mL)
2 pints	=	1 quart (946 mL)
4 quarts	=	1 US gallon (3.785 L)
1 fluid ounce	=	29.57 mL
1 tablespoon	=	14.79 mL
1 teaspoon	=	4.93 mL

## COMMON INGREDIENT WEIGHTS (1 cup !' grams)

All-purpose flour (1 cup)	"H	120 g (4.2 oz)
Bread flour (1 cup)	"H	127 g (4.5 oz)
Granulated sugar (1 cup)	"H	200 g (7.1 oz)
Packed brown sugar (1 cup)	"H	220 g (7.8 oz)
Icing / powdered sugar (1c)	"H	120 g (4.2 oz)
Butter (1 cup)	"H	227 g (8 oz) = 2 sticks
Butter (1 tbsp)	"H	14.2 g (0.5 oz)
Honey (1 cup)	"H	340 g (12 oz)
Milk (1 cup)	"H	240 g (8.5 oz)
Rolled oats (1 cup)	"H	90 g (3.2 oz)
Cocoa powder (1 cup)	"H	100 g (3.5 oz)
Table salt (1 tsp)	"H	6 g
Baking powder (1 tsp)	"H	4 g

## OVEN TEMPERATURES

Very low (140 °C)	=	275 °F / Gas Mark 1
Low (160 °C)	=	325 °F / Gas Mark 3
Moderate (180 °C)	=	350 °F / Gas Mark 4
Hot (200 °C)	=	400 °F / Gas Mark 6
Very hot (220 °C)	=	425 °F / Gas Mark 7
Broil/Grill(240 °C)	=	475 °F / Gas Mark 9