

Conversion tables myinheritedkitchen.co.uk

Did you know that the UK move from imperial measurements to metric started over 50 years ago? No one neither. What everyone does know is that it's still not complete so a conversion table is an essential tool in the kitchen and particularly important when using US recipes.

These conversions have been rounded to make them easier to use which unless you are doing the type of intricate cooking seen on BakeOff will make no difference to the end result.

Volume		Weight		Measurement		Temperature		
Fl oz (fluid ounces)	ml (mili litres)	Oz (ounces)	g (grams)	Inches	cm (centi metres)	F	C	Gas mark
Teaspoon	5	0.25 oz	5	0.25	5 mm	105	40	-
Desertspoon	10	0.50 oz	10	0.50	1 cm	140	60	-
Tablespoon	15	1 oz	25	0.75	2 cm	275	140	1
1fl oz	25	2 oz	50	1.00	2.5 cm	300	150	2
2 fl oz	55	2.5oz	60	1.25	3 cm	325	170	3
2.5 fl oz	60	4 oz	110	2.00	5 cm	350	180	4
0.25 pint	150	5 oz	150	5.00	13 cm	375	190	5
0.5 pint	275	6 oz	175	7.00	18 cm	400	200	6
12 fl oz	330	8 oz	225	9.00	23 cm	425	220	7
0.75 pint	425	10 oz	275	10.00	25.5 cm	450	230	8
1 pint	570	1 lb	450	12.00 (1Ft)	30 cm	475	240	9
1.75 pints	1 litre	2 lb 3oz	1kg	3ft 3 inches	1 metre	525	275	-

What other conversions might be helpful?

All recipes on MyInheritedKitchen are based on using a microwave set at 1,000 watts, an induction hob and a fan oven.

Microwave

If you don't have a microwave with a 1,000 setting or you want to cook at a lower wattage look at MyIK's [microwave conversion table](#). Cooking at 500watt nearly doubles cooking time.

Hob

All hobs are different but as a rough guide 8 = hot, 6 = medium and lidless most things simmer at 5.

Fan Oven

Typically cooking instructions say that a fan oven cooks something like 10% quicker.

Sorry but I can't help with: a swig, splash, handful, some, a bit of, a dash or a drizzle of.

Please print me and keep in the recipes ring binder in your kitchen.