



IMPERIAL	METRIC	IMPERIAL	METRIC	IMPERIAL	METRIC
1/2 oz	15g	7oz	200g	15oz	425g
3/4 oz	20g	8oz (1/2lb)	230g	16oz (1lb)	450g
1oz	30g	9oz	255g	24oz	680g
2oz	60g	10oz	285g	32oz (2lb)	0.9kg
3oz	85g	11oz	310g	48oz (3lb)	1.4kg
4oz (1/4lb)	115g	12oz (3/4lb)	340g	64oz (4lb)	1.8kg
5oz	140g	13oz	370g		
6oz	170g	14oz	400g		

1kg = 35oz/2.2lbs

1oz = 28.35g 1g = 0.035oz



## Weights

## OVEN TEMPS

Gas	°F	°C	
1/2	250	120	VERY SLOW
1	275	140	
2	300	150	SLOW
3	325	170	
4	350	180	MODERATE
5	375	190	
6	400	200	MOD. HOT
7	425	220	
8	450	230	HOT
9	475	240	VERY HOT

$$\begin{aligned} ^\circ\text{C} \times 1.8 + 32 &= ^\circ\text{F} \\ ^\circ\text{F} - 32 \div 1.8 &= ^\circ\text{C} \end{aligned}$$

ONE CUP	IMP.	METRIC
Flour	5oz	140g
Caster Sugar	8oz	225g
Brown Sugar	6oz	170g
Butter	8oz	225g
Sultanas/Raisins	7oz	200g
Currants	5oz	140g
Golden Syrup	12oz	340g
Uncooked Rice	7oz	200g
Grated Cheese	4oz	110g

## CUPS

*Water*  
Boils at: 100°C 212°F  
Freezes at: 0°C 32°F

1 Litre = 1.76 Pints  
1 Pint UK = 568 ml  
1 Pint US = 16 fl oz

1 fl oz = 28.41 ml  
1 ml = 0.035 fl oz  
1 Cup US = 250 ml

# METRIC CONVERSION

## LIQUIDS

PINT	METRIC	CUPS	FL OZ.
	100ml		3 1/2
	125ml	1/2	4 1/2
1/4	150ml		5
	200ml		7
	250ml	1	9
1/2	275ml		10
	300ml		11
	400ml		14
	500ml	2	18
1	570ml		20
	750ml	3	26
1 1/4	1.0L	4	35
2	1.1L		40
	1.3L	5	46
3	1.7L		60
	2.0L	8	70

## Vegetable Boil Steam

Vegetable	Boil	Steam
	mins	mins
Artichoke	30-40	25-30
Asparagus	8-10	4-5
Beetroot	60-90	-
Broccoli	10-12	5-6
Cabbage	5-10	5-6
Carrots	10-15	5-6
Cauliflower	10-15	5-6
Corn on Cob	10-15	8-10
Courgettes	5-10	5-10
Green Beans	10-12	5-10
Parsnips	20-25	-
Peas	7-10	3-5
Potatoes	15-20	10-12
Spinach	4-5	2-5
Sprouts	10-15	8-10
Swede/Turnip	15-30	-



*Tip*

Overcooking vegetables degrades vitamin content. Aim for al dente with crunchy bite.

## COOKING TIMES

GRAIN 1 CUP	WATER CUPS	MINS	GRAIN 1 CUP	WATER CUPS	MINS
Amaranth	2	30	Quinoa	2	20
Buckwheat	2	15	Basmati Brown	2	25
Bulgar	2	15	Basmati White	1 1/2	15
Couscous	1	10	Brown Rice	2	40
Millet	2	25	Wild Rice	2 1/2	45
Polenta	5	35	White Rice	1	15

*Tip*

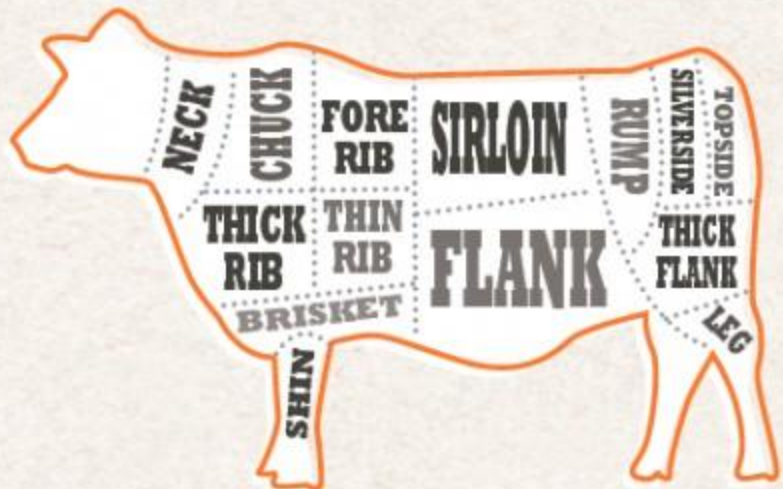
Soaking grains reduces cooking times.

## Meat Roasting Times by Weight...



	OVEN (190 °C/375 °F/GAS 5)	COOKING TIME	INTERNAL TEMP
<b>BEEF</b>	190 °C	Rare 20 mins per 450g/1lb	+ 20 mins 60 °C
		Medium 25 mins per 450g/1lb	+ 25 mins 70 °C
		Well Done 30 mins per 450g/1lb	+ 30 mins 80 °C
<b>LAMB</b>	190 °C	Rare 20 mins per 450g/1lb	+ 20mins 60-70 °C
		Medium 25 mins per 450g/1lb	+ 25 mins 70-75 °C
		Well Done 30 mins per 450g/1lb	+ 30 mins 75-80 °C
<b>PORK</b>	190 °C	35 mins per 450g/1lb	+ 35 mins 80-85 °C
<b>CHICKEN</b>	190 °C	25 mins per 450g/1lb	+ 25mins 80-85 °C

**Advice:** Ensure that any meat that has been frozen is completely defrosted before cooking. Leave roast to rest in a warm place for 10-20 mins after cooking. Use an instant-read thermometer placed into the centre or thickest part of the meat to check that the minimum internal temperature has been reached. Ensure that all food is fully cooked and piping-hot before serving. For poultry, ensure the juices run clear i.e. when the meat is pierced with a knife no blood runs out. If in any doubt, do not serve food undercooked and refer to the meat's packaging instructions or your oven's manual.



# FRIDGE-FREEZER STORAGE

DAIRY. CHEESE. BUTTER. EGGS. YOGHURT



DON'T OVERFILL: LET AIR CIRCULATE THROUGH SHELVES

DELI MEAT. COOKED FOOD



LEFTOVERS

BE COOL: NEVER PUT WARM FOOD IN THE FRIDGE

RAW MEAT



RAW FISH

SEAFOOD

PUT RAW FOOD ON A PLATE OR IN A TUB TO CATCH DRIPS

VEG



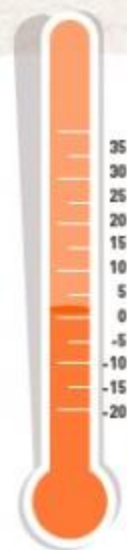
FRUIT



KEEP FRUIT AND VEGETABLES IN SEPERATE FRIDGE DRAWERS



Don't keep bananas, potatoes, onions and garlic in the fridge.



DRY GOODS	10/15° C
FRUIT/VEG	3/7° C
DAIRY	2/4° C
MEAT	0/2° C
FISH	-1/1° C
FREEZER	-18° C

Food Storage Temperatures

## Meat



	MTHS
Steaks	6-12
Chops	4-6
Joints	9-12
Mince	3-4
Bacon	1
Sausages	1-2
Soups	4
Stock	4-6
Stews	4-6

## Poultry



	MTHS
Whole	1
Part	6-9
Eggs (not in shell)	9

## Fish



	MTHS
Lean	6
Oily	2-3
Breaded	4-6
Cooked	4-6
Smoked	2
Seafood	2

## Dairy



	MTHS
Butter	9
Margarine	12
Ice Cream	2
Cheese	6
Yoghurt	1-2

## Basics



	MTHS
Rice	6
Flour	12
Bread	3
Cakes	2-3
Pastries	4-6
Pizza	1-2
Herbs	12+
Spices	12+
Nuts	9-12
Tofu	5
Juice carton	8-12
Fruit	12
Vegetables	8