



**FOUR
ROSES**

weights & measurements

Liquids

METRIC	CUP	IMPERIAL
30ml	100°	1 fl oz
60ml	1/4 cup	2 fl oz
80ml	1/3 cup	2 3/4 fl oz
100ml		3 1/2 fl oz
125ml	1/2 cup	4 fl oz
150ml		5 fl oz
180ml	3/4 cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 3/4 fl oz
310ml	1 1/4 cups	10 1/2 fl oz
375ml	1 1/2 cups	13 fl oz
430ml	1 3/4 cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 1/2 cups	21 1/2 fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

Metric cup and spoon sizes

CUP	Metric
1/4	60ml
1/3	80ml
1/2	125ml
1 cup	250ml
SPOON	
1/4 teaspoon	1.25ml
1/2 teaspoon	2.5ml
1 teaspoon	5ml
1 tablespoon (4 teaspoons)	20ml

Mass (weight)

10g	1/4oz
15g	1/2oz
30g	1oz
60g	2oz
90g	3oz
125g	4oz (1/4 lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (1/2 lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (3/4 lb)
410g	13oz
440g	14oz
470g	15oz
500g	(1/2 kg) 16oz (1 lb)
750g	24oz (1 1/2 lb)
1kg	32oz (2 lb)
1.5kg	48oz (3 lb)
2kg	64oz (4 lb)

Pan Measurements

MUFFIN PANS

- Mini 30ml 1 1/2 Tbs
- Regular 1 80ml 1/3 cup
- Regular 2 125ml 1/2 cup
- Texas 180ml 3/4 cup

CAKE PANS

- 20cm springform cake pan 8 inch
- 20cm square cake pan 8 inch
- 23cm springform cake pan 9 inch
- 25cm springform cake pan 10 inch

Oven temperatures

CELSIUS	CELSIUS (FAN FORCED)	FAHRENHEIT	GAS	
120°	100°	250°	1	very slow
150°	130°	300°	2	slow
160°	140°	325°	3	moderately slow
180°	160°	350°	4	moderate
190°	170°	375°	5	moderately hot
200°	180°	400°	6	hot
230°	210°	450°	7	very hot
250°	230°	500°	9	very hot



love to bake