

When following a recipe, use only the imperial or metric measures, not a combination; the amounts are not exact equivalents. In many dishes such as casseroles and soups this is not a problem. However, it is very important for baking and sauces where **a small change can alter a recipe significantly.**

Measures

	Imperial	Metric
Spoons	1/8 tsp	0.5 mL
	1/4 tsp	1 mL
	1/2 tsp	2 mL
	3/4 tsp	3 mL
	1 tsp	5 mL
	1 tbsp	15 mL
	2 tbsp	25 mL
Cups	1/4 cup	50 mL
	1/3 cup	75 mL
	1/2 cup	125 mL
	2/3 cup	150 mL
	3/4 cup	175 mL
	1 cup	250 mL
	1 1/4 cups	300 mL
	1 1/2 cups	375 mL
	1 3/4 cups	425 mL
	2 cups	500 mL
4 cups	1 L	

Looking at Length

1 inch	2.54 centimetres
1 foot	30.5 centimetres
3.28 feet	1 metre
1 mile	1.6 kilometers
0.62 miles	1 kilometer

Looking at Weight

1 oz	28 g
1 lb	454 g
2.2 lb	1 kg
1 kg	1000 g

Measuring Butter and Hard Margarine

1 lb (454 g)	=	2 cups (500 mL)
1/4 lb (125 g)	=	1/2 cup (125 mL)

Bakeware – Sizing it Up

Inside Top Measurements	Volume
Rectangle	
7x11 inch (18x28cm)	12 cups (3 L)
9x13 inch (23x33cm)	14 cups (3.5 L)
Square	
8x8 inch (20x20 cm)	8 cups (2 L)
9x9 inch (23x23 cm)	10 cups (2.5 L)
Round	
8 inch (20 cm)	4 3/4 cups (1.2 L)
9 inch (23 cm)	6 cups (1.5 L)
Tube	
9 inch (23cm)	12 cups (3 L)
10 inch (25cm)	16 cups (4 L)
Springform Pan	
9 inch (23 cm)	10 cups (2.5 L)
10 inch (27 cm)	12 cups (3 L)
Rimmed Baking Sheet/Jelly Roll Pan	
10x15 inch (25x38 cm)	8 cups (2 L)
Loaf Pan	
8x4 inch (20x10cm)	6 cups (1.5 L)
9x5 inch (23x13cm)	8 cups (2 L)
Pie Plate	
9 inch (23 cm)	5 cups (1.25 L)
9 inch deep (23 cm)	5 1/2 cups (1.40 L)
9 1/2 inch (24 cm)	6 3/4 cups (1.70 L)

Looking at Volume

Many old recipes call for volumes in pints, quarts or gallons. Here are the approximate equivalents in cups.

1 pint	=	2 cups
1 quart	=	4 cups
1 gallon	=	16 cups

Oven Temperatures

Description	°F	°C	Gas Mark
Very Slow	200°	100°	
	250°	120°	1/2
	275°	140°	1
Slow	300°	150°	2
	325°	160°	3
	350°	180°	4
Moderate	375°	190°	5
	400°	200°	6
Hot	425°	220°	7
	450°	230°	8
Very Hot	475°	240°	9
	500°	260°	

Candy Creations

Candy making temperatures are based at sea level. Adjustments may need to be made at different altitudes.

Thread Stage	230 - 234°F (110 - 112°C)
Soft-ball Stage	234 - 240°F (112 - 115°C)
Firm-ball Stage	244 - 249°F (118 - 120°C)
Hard-ball Stage	250 - 266°F (121 - 130°C)
Soft-crack Stage	270 - 290°F (132 - 143°C)
Hard-crack Stage	300 - 310°F (149 - 154°C)

Temperature Conversion

To convert from Fahrenheit to Celsius:

$$°F - 32 \times 5 \div 9 = °C$$

To convert from Celsius to Fahrenheit:

$$°C \times 9 \div 5 + 32 = °F$$

Keep It Cold

Refrigerator temperature must be
34 - 40°F (1 - 4°C).

Freezer temperature must be colder than
0°F (-18°C).

Temperature of Boiling Water

At sea level, water boils at 212°F (100°C).

At higher elevations, such as those found in Alberta, water may boil at lower temperatures.

The Danger Zone

Keep food very hot or very cold for food safety. The **Danger Zone** for rapid bacterial growth is 40 - 140°F (4 - 60°C).

Cooked to Perfection

Cook to the following internal temperatures.

Beef/Lamb/Veal (roasts, steaks)

Rare	140°F (60°C)
Medium	160°F (71°C)
Well done	170°F (77°C)

Bison/Buffalo (roasts, steaks)

Rare	135°F (57°C)
Medium rare	145°F (62°C)
Do not cook beyond	155°F (68°C)

Pork (roasts, chops)

Medium	160°F (71°C)
Well done	170°F (77°C)

Ham (ready-to-serve) 140°F (60°C)
(cook before serving) 160°F (71°C)

Chicken/Turkey (whole) 180 - 185°F (82 - 85°C)

Chicken/Turkey (pieces) 170 - 175°F (77 - 80°C)

Ground Beef or Poultry

Ground Beef	160°F (71°C)
Ground Poultry	175°F (80°C)

Approximate Can Conversions

Imperial	Metric
5 1/2 oz	156 mL
7 1/2 oz	213 mL
8 oz	227 mL
10 oz	284 mL
12 oz	341 mL
14 oz	398 mL
16 oz	455 mL
19 oz	540 mL
28 oz	796 mL
40 oz	1.14 L
48 oz	1.36 L

What the Abbreviations Stand For

Length:	mm	millimetre
	cm	centimeter
	m	meter
Temperature:	°C	Celsius
	°F	Fahrenheit
Volume:	mL	millilitre
	L	litre
Weight:	g	gram
	kg	kilogram
	oz	ounce
	lb	pound