Knife & Fork

BRING YOUR PLATES

Kitchen *Conversion* Chart

Cups, spoons, ounces and oven temperatures at a glance. Print it and keep it by the stove.

Spoons and cups

US MEASURE	METRIC	ALSO EQUALS
1/4 teaspoon	1.25 ml	
1/2 teaspoon	2.5 ml	
1 teaspoon	5 ml	
1 tablespoon	15 ml	3 tsp
2 tablespoons	30 ml	1 fl oz
1/4 cup	60 ml	4 tbsp
1/3 cup	80 ml	5 tbsp + 1 tsp
1/2 cup	120 ml	8 tbsp
2/3 cup	160 ml	10 tbsp + 2 tsp
3/4 cup	180 ml	12 tbsp
1 cup	240 ml	16 tbsp, 8 fl oz

Butter

US STICKS	CUPS	WEIGHT
1 tablespoon	1/8 stick	1/2 oz, 14 g
1/2 stick	1/4 cup	2 oz, 57 g
1 stick	1/2 cup	4 oz, 113 g
2 sticks	1 cup	8 oz, 227 g

Bigger volumes

1 pint	2 cups, about 475 ml
1 quart	4 cups, about 950 ml
1 gallon	4 quarts, about 3.8 liters
1 liter	about 4 1/4 cups

Weight

OUNCES AND POUNDS	GRAMS
1/2 oz	14 g
1 oz	28 g
4 oz (1/4 lb)	113 g
8 oz (1/2 lb)	227 g
12 oz (3/4 lb)	340 g
16 oz (1 lb)	454 g
2.2 lb	1 kg

Fluid ounces are not weight ounces. A fluid ounce measures volume (about 30 ml); an ounce on the scale measures weight (28 g).

Oven temperatures

FAHRENHEIT	CELSIUS	GAS MARK
250°F	120°C	1/2
275°F	140°C	1
300°F	150°C	2
325°F	160°C	3
350°F	180°C	4
375°F	190°C	5
400°F	200°C	6
425°F	220°C	7
450°F	230°C	8
475°F	240°C	9

Fan (convection) oven? Recipes written for a regular oven usually need the dial set about 25°F (20°C) lower.

Safe cooking temperatures

FOOD	COOK TO AT LEAST
Beef, pork, veal and lamb: steaks, chops, roasts	145°F (63°C), then rest 3 minutes
Ground meats	160°F (71°C)
All poultry, whole, parts or ground	165°F (74°C)
Fish and shellfish	145°F (63°C)
Eggs and egg dishes	160°F (71°C)
Leftovers and casseroles	165°F (74°C)

Use a food thermometer in the thickest part, away from bone. Minimum internal temperatures are from the USDA Food Safety and Inspection Service.

Good to know

3 teaspoons	1 tablespoon
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
16 ounces	1 pound