

Lenard's Conversion Matrix

SOLID WEIGHT

Metric	Imperial
15g	1/2oz
30g	1oz
60g	2oz
90g	3oz
125g	4oz (1/4lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (1/2lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (3/4lb)
410g	13oz
440g	14oz
470g	15oz
500g (0.5kg)	16oz (1lb)
750g	24oz (1 1/2lb)
1000g (1kg)	32oz (2lb)
1500g (1 1/2kg)	3lb

LIQUID

Metric	Imperial	Cup
15ml	1/2fl oz	
30ml	1fl oz	
60ml	2fl oz	1/4
125ml	4fl oz	1/2
150ml	5fl oz (1/4 pint)	
190ml	6fl oz	3/4
250ml	8fl oz	1
300ml	10fl oz (1/2 pint)	1 1/4
375ml	12fl oz	1 1/2
500ml	16fl oz	2
600ml	20fl oz (1 pint)	2 1/2
1.25 litres	2 pints	1 quart

TEMPERATURE

Centigrade	Fahrenheit
-23.3	-10 (freezer storage)
17.7	0
0	32 (water freezes)
10	50
20	68 (room temperature)
37.7	100
65.5	150
96.1	205 (water simmers)
100	212 (water boils)
148.8	300
162.8	325
177	350 (baking)
190	375
204	400 (hot oven)
218	425
232	450 (very hot oven)
246	475
260	500 (grilling)

These conversions are approximate only. The difference between an exact and an approximate conversion of various liquid and dry measures is minimal and will not affect cooking results.