

KITCHEN conversions

American vs Metric

A gift from Kibitzspot.com

As Americans living in New Zealand we deal with kitchen conversions every day. If you are using recipes from around the world, here's what you need to know:

Liquid measures

1 Gallon = 3.8 Litres

1 Quart = 0.95 Litres

1 Pint = 475 mL

1 Cup = 240 mL

½ Cup = 120 mL

Oven temperature

Farenheit = Celsius

275°F = 135°C

300°F = 150°C

325°F = 165°C

350°F = 175°C

375°F = 190°C

400°F = 200°C

425°F = 220°C

450°F = 230°C

475°F = 245°C

500°F = 260°C

Equivalent terms

American = British

Biscuit = Scone

Cilantro = Coriander

Cookie = Biscuit

Cornstarch = Corn flour

Eggplant = Aubergine

Ground beef = Mince

Jello = Jelly

Milk - whole = Milk full fat

Scallion = Spring onion

Swiss chard = Silverbeet

Powder sugar = Icing sugar

White sugar = Caster sugar

Zucchini = Courgette

Conversions

Butter: 1 Stick = ½ Cup = 113 gm

Flour: 1 Cup = 120 gm

Nuts (chopped): 1 Cup = 113 gm

Rolled oats: 1 Cup = 80 gm

Sugar - brown: 1 Cup packed = 213 gm

Sugar - white: 1 Cup = 190 gm