



# METRIC CONVERSION

## OVEN TEMPERATURES

SPEED	GAS	F°	C°
Very Slow	1/2	250	120
	1	275	140
Slow	2	300	150
	3	325	170
Moderate	4	350	180
	5	375	190
Moderately Hot	6	400	200
	7	425	220
Hot	8	450	230
Very Hot	9	475	240

## WEIGHTS

ENGLISH	METRIC	ENGLISH	METRIC
1/2oz	15g	10oz	285g
3/4oz	20g	11oz	310g
1oz	30g	12oz	340g
2oz	60g	13oz	370g
3oz	85g	14oz	400g
4oz	115g	15oz	425g
5oz	140g	16oz	450g
6oz	170g	24oz	480g
7oz	200g	32oz	0.9kg
8oz	230g	48oz	1.4kg
9oz	255g	64oz	1.8kg

1OZ=28.35 G  
1G=0.035OZ

1 teaspoon = 5ml  
1 dessertspoon = 10ml  
1 tablespoon = 15ml

# LIQUIDS

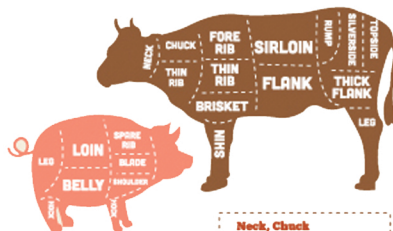
PINT	METRIC	CUPS	FL OZ.
	100ml		3 1/2
	125ml	1/2	4 1/2
1/4	150ml		5
	200ml		7
	250ml	1	9
1/2	275ml		10
	300ml		11
	400ml		14
	500ml	2	18
1	570ml		20
	750ml	3	26
1 1/4	1.0L	4	35
2	1.1L		40
	1.3L	5	46
3	1.7L		60
	2.0L	8	70



## ONE CUP

ENGLISH	METRIC
Flour	5oz
Caster Sugar	8oz
Brown Sugar	6oz
Butter	8oz
Raisins	7oz
Curants	5oz
Golden Syrup	12oz
Uncooked rice	7oz
Grated Cheese	4oz

## MEAT CUTS



**Shoulder**  
Brisket Chops braise/grill/pan fry  
Spare Rib Chop grill  
Rolled Shoulder roast

**Loin**  
Loin Steak grill/ braise  
Loin Rack Joint roast/braise/pan fry  
Tender Loin

**Belly**  
Spare Ribs roast/ pot roast  
Rolled Belly roast

**Leg**  
Leg Steaks grill/ braise  
Leg Joint roast

**Meat Roasting Times by Weight**

MEAT	Time*	Internal Temp.
Beef	20 min	60 C°
Medium	25 min	70 C°
Well Done	30 min	80 C°

**PORK**  
All 35 mins  
Internal Temp.  
80-85 C°  
\*per 450g/lb

**Neck, Chuck**  
Braising Steak stew/braise  
Beef Mince pan fry  
Stewing Steak stew/braise  
Chuck Steak stew/braise

**Fore Rib**  
Rib Eye Steak grill/pan fry  
Fore Rib Roast roast  
Rolled Rib grill/pan fry  
Single Rib

**Sirloin**  
Rolled Sirloin roast  
Sirloin Steak grill/pan fry  
T-Bone Steak grill/pan fry  
Filet Steak

**Flank**  
Skirt stir fry  
Cheap Mince pan fry

**Rump**  
Topside grill/pan fry  
Stew/pot roast  
Stew/pot roast  
Thick Flank pot roast  
Leg stew/braise  
Thick Rib stew/braise  
Thin Rib stew/braise  
Brisket pot roast  
Shin stew/braise

## VEGGIE COOKING TIMES

VEGGIE	BOIL	STEAM
Artichoke	30-40 min	25-30 min
Asparagus	6-10 min	4-5 min
Beetroot	60-90 min	-
Broccoli	10-12 min	5-6 min
Cabbage	6-10 min	5-6 min
Carrots	10-15 min	5-6 min
Cauliflower	10-15 min	5-6 min
Corn on Cob	10-15 min	8-10 min
Courgettes	6-10 min	5-10 min
Green Beans	10-12 min	5-10 min
Parsnips	20-25 min	-
Peas	7-10 min	3-5 min
Potatoes	15-20 min	10-12 min
Spinach	4-5 min	2-5 min
Sprouts	10-15 min	8-10 min
Turnip	15-30 min	-

## STORAGE TEMPERATURES

**DRY GOODS** 10/15 C°  
**FRUIT/VEGGIES** 3/7 C°  
**DAIRY** 2/4 C°  
**MEAT** 0/2 C°  
**FISH** -1/1 C°  
**FREEZER** -18 C°

## COOKING METHODS

EQUIP.	TIME	USES & CHARACTERISTICS
Bake/Roast	15-55	Desserts, Breads, Meat, Vegetables Evenly distributed, Indirect heat
Broil/Grill	5	Meat, Vegetables, Fruit Direct heat - Cook, Char, Sear, Crust
Deep Fry	15	Desserts, Meat, Vegetables Crispy - requires submersing in fat
Double Boiler	5	Chocolate, Custards, Sauces For delicate ingredients
Pan Fry	15	Meat, Vegetables, Fruit Even cooking - requires a little fat
Saute	5	Meat, Vegetables, Fruit Searing - requires a little fat
Sweat	30	Vegetables Used to extract flavor from items
Torch/Flambe	5	Desserts, Meringues Flame or lit alcohol to char/sear
Blanch	5	Vegetables, Fruit Boil then dip in ice water
Boil	5	Pasta, Rice, Vegetables, Reducing rapid, large bubbles
Braise	45	Meat Tenderizes and intensifies flavor
Poach	15	Meat, Vegetables, Fruit Infuses flavor, keeps shape
Scald	10	Liquids, Milk, Custards For heating delicate ingredients
Simmer	10-5	Liquids, Soups, Stocks, Reducing infrequent, small bubbles
Steam	5	Vegetables, Meat Most gentle and retains nutrients