

The Swiss Cookbook

Topic	Conversion tables
Date	September, 1st 2009

All weights, volumes and liquid measures used in The Swiss Cookbook are metric. Their approximate equivalents in America, Australia and the UK are listed below. Exact values can be found on a wide range of websites using online conversion tools.

Temperature

Celsius	Fahrenheit	Gas mark	Description
150	300	2	Cool/Slow
165	325	3	Very moderate
180	350	4	Moderate
190	375	5	
200	400	6	Moderately hot
220	425	7	Hot
230	450	8	
240	475	9	Very hot

Please remember that the above figures are intended as a guide only and are not exact conversions.

Convection or fan ovens are usually set 20 to 25 degrees Celsius (approx. 50 degrees Fahrenheit) lower than standard ovens and cooking time is reduced by 10 minutes for every 60 minutes of cooking time. Always be sure to refer to the manual provided with your cooker.

Conversion tables

Volumes

Volume conversions differ widely from country to country, and the values given below are approximate guides.

Metric	America	Australia	UK
5 ml (1 tsp)	1 teaspoon	1 teaspoon	1 teaspoon
15 ml (1tbs)	1 tablespoon	-	1 tablespoon
20 ml	-	1 tablespoon	-
30 ml	1/8 cup	1 fl oz	1 fl oz
60 ml	1/4 cup	2 fl oz	2 fl oz
75 ml	3/10 cup	2 1/2 fl oz	2 1/2 fl oz
100 ml	2/5 cup	3 1/2 fl oz	3 1/2 fl oz
150 ml	3/5 cup	5 fl oz	5 fl oz
200 ml	4/5 cup	7 fl oz	7 fl oz
250 ml	1 cup	8 3/4 fl oz	8 3/4 fl oz
500 ml	2 cups	17 fl oz	17 fl oz
1000 ml (1 litre)	4 cups	35 fl oz	35 fl oz

Weights

The conversions shown below are approximate values

Metric	America/Australia/UK
10 g	1/3 oz
25 g	1 oz
50 g	1 3/4 oz
100 g	3 1/2 oz
200 g	7 oz
250 g	9 oz
500 g	17.5 oz.
1000 g (1 kg)	35 oz.