Steph's Simple

KITCHEN CONVERSIONS

EVERYDAY METRIC CONVERSIONS FOR AUSTRALIAN KITCHENS

CUPS TO METRIC



1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	125 ml
2/3 cup	160 ml
3/4 cup	180 ml
1 cup	250 ml
1½ cups	375 ml
2 cups	500 ml
4 cups	1 litre

1 litre = 4 cups

TABLESPOONS & TEASPOONS



AUSTRALIAN

1 tbsp = 20 ml

1 tsp = 5 ml

AMERICAN (US)

1 tbsp = 15 ml

1 tsp = 5 ml

Australia uses larger tablespoons than American recipes.

OVEN TEMPERATURES



°C	°F
140°C	275°F
150°C	300°F
160°C	320°F
180°C	350°F
190°C	375°F
220°C	425°F

For fan-forced ovens, reduce by 10°C.

COMMON AMERICAN RECIPE TERMS

AMERICAN	AUSTRALIAN
Cilantro	Coriander
Arugula	Rocket
Bell pepper	Capsicum
Broiler	Grill
All-purpose flour	Plain flour
Confectioners sugar	Icing sugar
Heavy cream	Thickened cream
Cornstarch	Cornflour
Shortening	Butter or Copha (closest equivalent)
Cookie sheet	Baking tray
Ground beef	Mince

HANDY EXTRAS

BUTTER CONVERSIONS



1 stick butter	113 g
1/2 stick butter	56 g
1 cup butter	227 g

WEIGHTS



1/2 pound	225 g
1 pound	454 g
2 pounds	907 g

OVEN GUIDE

Slow oven	150°C
Moderate oven	180°C
Hot oven	200°C

BAKING PAN SIZES



9 x 13 inch pan	23 x 33 cm
8 inch round tin	20 cm
9 inch round tin	23 cm
Loaf pan	11 x 22 cm

DRY YEAST



1 sachet yeast = 7 g

2¼ tsp = 7 g

CUPS IN COMMON AMOUNTS



1 cup	250 ml
2 cups	500 ml
4 cups	1 litre

1 litre = 4 cups

FRIDGE & FREEZER TEMPERATURES



Fridge	3–5°C
Freezer	−18°C

PRESERVING JAR SIZES (US TO METRIC)



Half pint	240 ml
Pint	470 ml
Quart	950 ml
Half gallon	1.9 litre
Gallon	3.8 litre

Jar sizes are approximate. Slight variations are normal.

Made for everyday kitchen use

STEPH'S SIMPLE LIVING
FOR PERSONAL USE ONLY

Designed for Australian kitchens