

WEIGHTS & MEASUREMENT CHARTS

PAN MEASUREMENTS		
muffin pans		
mini	30ml	1 1/2 tbs
regular 1	80ml	1/3 cup
regular 2	125ml	1/2 cup
texas	180ml	3/4 cup
cake pans		
20cm springform cake pan		8 inch
20cm square cake pan		8 inch
23cm springform cake pan		9 inch
25cm springform cake pan		10 inch

To check your muffin pan's capacity, for a mini muffin pan pour 1 1/2 tablespoons (30ml) water into 1 hole in your pan. If the water comes right to the top (with none left over) it is 1 1/2 table-spoon capacity. Use the same method to measure regular or Texas muffin pans.

OVEN TEMPERATURES				
celsius (electric)	celsius (fan forced)	fahrenheit	gas	
120	100	250	1	very slow
150	130	300	2	slow
160	140	325	3	moderately slow
180	160	350	4	moderate
190	170	375	5	moderately hot
200	180	400	6	hot
230	210	450	7	very hot
250	230	500	9	very hot

If using a fan-forced oven, your cooking time may be a little quicker, so start checking your food a little earlier.

METRIC CUP & SPOON SIZES*	
cup	metric
1/4 cup	60ml
1/3 cup	80ml
1/2 cup	125ml
1 cup	250ml
spoon	metric
1/4 teaspoon	1.25ml
1/2 teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoons	10ml
1 tablespoon (equal to 4 teaspoons)	20ml