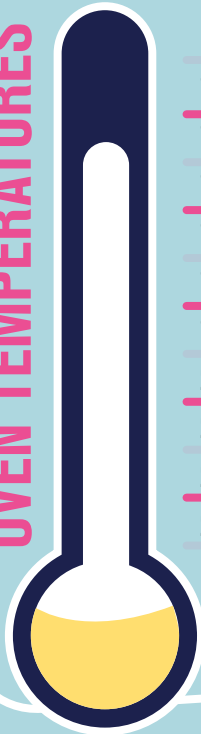


## LIQUIDS

PINT	METRIC	CUPS	FL. OZ
	100ml		3½
	125ml	½	4
¼	150ml		5
	200ml		7
	250ml	1	8¾
½	275ml		10
	300ml		11
	400ml		14
	500ml	2	17
1	570ml		20
	750ml	3	26
1¾	1.0L	4	35

## OVEN TEMPERATURES



°C	°F
120	250
140	275
150	300
170	325
180	350
190	375
200	400
220	425
230	450
240	475

°C x 1.8 + 32 = °F  
°F - 32 ÷ 1.8 = °C

## WEIGHTS

IMPERIAL	METRIC	IMPERIAL	METRIC
½ oz	15g	10 oz	315g
¾ oz	20g	11 oz	345g
1oz	30g	12oz (¾lb)	375g
2oz	60g	13oz	410g
3oz	90g	14oz	440g
4oz (¼lb)	125g	15oz	470g
5oz	155g	16oz (1lb)	500g
6oz	185g	24oz	750g
7oz	220g	32oz (2lb)	1kg
8oz (½lb)	250g	48oz (3lb)	1.5kg
9oz	280g	64oz (4lb)	2kg

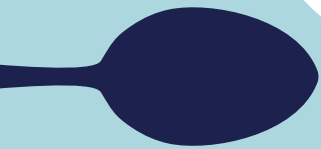


a handy guide to help you in the kitchen

# A COOK'S COMPANION

1 teaspoon = 5ml  
1 dessertspoon = 10ml  
1 tablespoon = 20ml

## SPOONS



## CUPS

ONE CUP	IMP.	METRIC
Flour	4¾oz	150g
Uncooked Rice	6½oz	200g
White Sugar	7oz	225g
Brown Sugar	6½oz	200g
Butter	8oz	250g
Golden Syrup	12oz	350g

## MEAT CUTS

### Pork

#### SHOULDER

Blade chops	braise/grill/pan fry
Spare rib chop	grill
Rolled shoulder	roast

#### LOIN

Loin steak	grill/braise
Loin rack joint	roast/braise/pot roast
Tender loin	roast/braise/pan fry

#### BELLY

Spare ribs	roast/pot roast
Rolled belly	roast

#### LEG

Leg steaks	grill/braise
Leg joint	roast

### Beef

#### NECK/CHUCK

Braising steak	stew/braise
Best 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	roast
Single rib	grill/pan fry

#### FLANK

Skirt	stir fry
Cheap mince	pan fry

#### SIRLOIN

Rolled sirloin	roast
Sirloin steak	grill/pan fry
T-bone steak	grill/pan fry
Fillet steak	grill/pan fry

#### RUMP

	grill/pan fry
--	---------------

#### TOPSIDE

	roast/pot roast
--	-----------------

#### SILVERSIDE

	pot roast
--	-----------

#### THICK FLANK

	pot roast
--	-----------

#### LEG

	stew/braise
--	-------------



EVERYTHING A GREAT CHEF NEEDS FOR EVERY OCCASION



Scan this code to download a copy of the Chef's Hat Kitchen Cheatsheet

**Chef's Hat**  
Where the chefs shop!

[www.chefshat.com.au](http://www.chefshat.com.au)