

TUCKSHOP CONVERSIONS

+ COMMON COOKING TIMES



OVEN TEMPERATURES

Celsius (electric)	Celsius (fan-forced)	Fahrenheit	Gas
120°	100°	250°	Very slow
150°	130°	300°	Slow
160°	140°	325°	Moderately slow
180°	160°	350°	Moderate
190°	170°	375°	Moderately hot
200°	180°	400°	Hot
230°	210°	450°	Very hot
250°	230°	500°	Very hot



VOLUME TO WEIGHT CONVERSION

Ingredient (uncooked)	1 cup weight
Rice (white)	240g
Rice (brown)	220g
Pasta (macaroni)	250g
Pasta (spirals/penne)	100g
Quinoa	200g
Desiccated coconut	80g
Breadcrumbs	125g
Cornflour	130g
Rolled oats	110g
Flour (white, wholemeal)	160g
Cous cous	180g
Brown sugar (lightly packed)	160g
Brown sugar (densely packed)	200g
Caster sugar	220g
Cocoa powder	80g
Cheese (grated)	80g
Yoghurt	290g
Sour cream	235g
Margarine	250g



GRAINS & PULSES: QUICK REFERENCE

1 cup of:	Cups of water	Approx. cooking time	Standing time
White, long-grain rice	1 ¾	15 min	5 min
Sushi rice	1 ½	14 min	10 min
Brown rice	2	25 min	5 min
Quinoa	1 ¾	10 min	15 min
Cous cous	1		3 min, add margarine, + 3 min on heat
Pasta (bowtie/penne/spaghetti)	4 (1L)	14 min	10 min
Pasta (macaroni)	10 (2.5L)	14 min	
Polenta	6 (1.5L)	30 min	
Potato (diced)	4 (1L)	15 min	
Pumpkin (diced)	4 (1L)	10 min	
Peas	4 (1L)	10 min	
Carrot (diced)	4 (1L)	12 min	



CUP & SPOON SIZES

Cup	Metric	Spoon	Metric
¼ cup	60ml	¼ teaspoon	1.25ml
½ cup	80ml	½ teaspoon	2.5ml
¾ cup	125ml	1 teaspoon	5ml
1 cup	250ml	1 tablespoon (= 4 tsp)	20ml



BOILED EGG TIMETABLE

Consistency	Time (mins)
Runny yolk	3
Soft boiled	4
Just cooked	6
Hard boiled	8

Place eggs into saucepan of cold water just covering the eggs. Bring to boil then cover, remove from heat and sit for time indicated above for desired consistency. Submerge in cold water after this time to stop the cooking process.

Need a helping hand?

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