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OVEN & WEIGHT CHART

Oven temperatures

Fahrenheit	Celsius	Fan oven	Gas mark	Used for
250°F	120°C	100°C	1/2	Very low: meringues, drying
275°F	140°C	120°C	1	Slow cooking, custards
300°F	150°C	130°C	2	Low: rich fruit cakes
325°F	160°C	140°C	3	Moderately low: slow roasts
350°F	180°C	160°C	4	Moderate: most cakes, cookies
375°F	190°C	170°C	5	Moderately hot: muffins, pies
400°F	200°C	180°C	6	Hot: roast vegetables, bread
425°F	220°C	200°C	7	Hot: pastry, roast potatoes
450°F	230°C	210°C	8	Very hot: pizza, crisping
475°F	240°C	220°C	9	Very hot: pizza, flatbreads

Weight of 1 US cup (approximate)

Ingredient	Grams	Ounces
All-purpose flour (spooned and leveled)	120-125 g	4.25 oz
Bread flour	130 g	4.5 oz
Granulated sugar	200 g	7 oz
Brown sugar (packed)	210-220 g	7.5 oz
Powdered (icing) sugar	115-120 g	4 oz
Butter (2 US sticks)	227 g	8 oz
Rolled oats	90 g	3.2 oz
Uncooked white rice	185-200 g	6.5-7 oz
Cocoa powder	85 g	3 oz
Chocolate chips	170 g	6 oz
Honey or maple syrup	340 g	12 oz
Milk or water	240 g	8.4 oz

Weights vary with how the cup is filled and the brand; for baking, weighing is more reliable than cups. Fan oven: about 20°C (25°F) lower than a conventional oven; follow the recipe or your oven's manual.