



Oven Temperature

Fahrenheit	Celcius	Gas Mark	Thermostat	Stufe
85	30		Th 1	
140	60		Th 2	
195	90		Th 3	
225	105	1/4		
250	120	1/2	Th 4	
275	135	1		
300	150	2	Th 5	Stufe 1
320	160			Stufe 2
325	165	3		
350	175	4		
355	180		Th 6	Stufe 3
375	190	5		
390	200			Stufe 4
400	205	6		
410	210		Th 7	
425	220	7		Stufe 5
450	230	8		
465	240		Th 8	Stufe 6
475	245	9		
500	260			Stufe 7
520	270		Th 9	
535	280			Stufe 8

Volume (ounces refers to fluid ounces)

1/4 teaspoon		1.25 milliliters
1/2 teaspoon		2.5 milliliters
3/4 teaspoon		3.75 milliliters
1 teaspoon		5 milliliters
1 Tablespoon		15 milliliters
1/4 cup	2 ounces	60 milliliters
1/3 cup	2.6 ounces	80 milliliters
1/2 cup	4 ounces	120 milliliters
3/4 cup	6 ounces	180 milliliters
1 cup	8 ounces	240 milliliters
1 pint	16 ounces	480 milliliters
1 quart	32 ounces	1 liter
1 gallon	128 ounces	4 liters

Weight

1 ounce		30 grams
1/4 pound	4 ounces	115 grams
1/2 pound	8 ounces	225 grams
3/4 pound	12 ounces	340 grams
1 pound	16 ounces	450 grams

Egg Size

Region	Size	Mass Per Egg
U.S.	Large	57-64 grams
Canada	Large	56-64 grams
Europe	Medium	53-63 grams
Australia	Extra Large	58.3-66.6 grams
New Zealand	7 Large	62 grams