

OvenCraft Kitchen & Baking Cheat Sheet

HIGH-PRECISION CULINARY WEIGHTS & LIQUID VOLUMES · KITCHEN MAGNET GUIDE · USDA & Metric Calibrated · ovencraftbaking.com

FLOURS & POWDERS (g / cup)

Ingredient	1 Cup	1/2 Cup	1 Tbsp
All-Purpose (Spoon & Level)	120 g	60 g	7.5 g
All-Purpose (Scooped)	140 g	70 g	8.8 g
Bread Flour (Higher Protein)	127 g	63.5 g	8.0 g
Cake Flour (Tender Crumb)	114 g	57 g	7.1 g
Whole Wheat Flour	120 g	60 g	7.5 g
Almond Flour (Blanched)	96 g	48 g	6.0 g
Unsweetened Cocoa Powder	100 g	50 g	6.3 g

SUGARS, SYRUPS & LIQUIDS

Ingredient	1 Cup	1/2 Cup	1 Tbsp
Granulated White Sugar	200 g	100 g	12.5 g
Packed Brown Sugar (Standard)	220 g	110 g	14.0 g
Loose Brown Sugar	190 g	95 g	12.0 g
Powdered / Icing Sugar	120 g	60 g	7.5 g
Honey & Maple Syrup (Heavy)	340 g	170 g	21.3 g
Water / Pure Liquids	240 g	120 g	15.0 g
Whole Milk	245 g	122 g	15.3 g

US BUTTER STICK RULER & DAIRY EQUIVALENTS

1 US Stick = 8 Tablespoons = 1/2 Cup = 4 Ounces = 113.4 Grams

1/4 Stick (2 Tbsp)
28.3 g
1.0 oz · 1/8 Cup

1/2 Stick (4 Tbsp)
56.7 g
2.0 oz · 1/4 Cup

1 Stick (8 Tbsp)
113.4 g
4.0 oz · 1/2 Cup (Standard)

2 Sticks (16 Tbsp)
226.8 g
8.0 oz · 1 Cup (1/2 lb)

Japan Butter Note: 1 US Stick "H 113g (Snow Brand / Yotsuba 200g block is 57% of a stick). Cream Cheese: 1 US Block = 8 oz = 226.8g (1 cup).

GLOBAL CUP CAPACITIES (CRITICAL WARNING)

Using the wrong measuring cup causes a 20% to 25% discrepancy in flour and liquid weights!

Region / Standard	Capacity (ml)	Capacity (Tbsp)	Recipe baseline across US baking blogs
United States (Legal Standard)	240 ml	16 Tbsp	20% SMALLER than US Cup (Add 40ml / 2.5 Tbsp)
Japan Measuring Cup (S)	200 ml	13.3 Tbsp	25% SMALLER than US Cup (Do not use for baking)
Japan Rice Cup (OJ)	180 ml	12 Tbsp	4% larger than US Cup (Slightly generous)
Metric Cup (Australia, NZ, SA)	250 ml	16.7 Tbsp	

OVEN TEMPERATURES ! FAN CONVECTION ! GAS MARK

CONVECTION FAN RULE: Subtract 20°C (25°F) and check doneness 10% earlier.

Fahrenheit (°F)	Conventional (°C)	Fan Oven (°C ~p%)	Gas Mark	Culinary Usage
250°F	120°C	100°C	Gas 1/2	Meringues, pavlovas, jerky drying
300°F	150°C	130°C	Gas 2	Slow-cooked stews, rich fruit cakes
325°F	165°C	145°C	Gas 3	Cheesecakes, pound cakes, delicate sponges
350°F (Golden Point)	177°C (~180°C)	157°C (~160°C)	Gas 4	Universal baking standard: Cookies, cakes, muffins
375°F	190°C	170°C	Gas 5	Pies, tarts, quick breads, crisp cookies
400°F	205°C	185°C	Gas 6	Choux pastry, puff pastry, roast meats
425°F	220°C	200°C	Gas 7	Artisan sourdough loaves, rustic baguettes, scones
475°F	245°C	225°C	Gas 9	High heat artisan pizza, focaccia blistering

CAKE PAN SIZE MULTIPLIERS (A = < +")

8" Round ! 6" Round (5S÷)	× 0.56 (Divide in half)
8" Round ! 9" Round (7S÷)	× 1.27 (+27% increase)
8" Round ! 8x8" Square	× 1.27 (+27% volume)
8" Round ! 9x13" Quarter Sheet	× 2.33 (More than double)

YEAST & LEAVENER SUBSTITUTION

Fresh Yeast : Active Dry : Instant	3 : 1 : 0.75 (Golden Ratio)
1 Packet Active Dry Yeast (7g)	2 1/4 Tsp (Requires warm water bloom)
1 Packet Instant / RapidRise (7g)	2 1/4 Tsp (Mix directly with flour)
1 Tsp Baking Powder / Soda	Powder: 4.0g · Soda: 6.0g