

Weight Conversion

Introduction

Metric, Imperial, Cups or a sploosh? How much does that actually mean and how can we convert units between recipes?

The good news is that Marion's Meals are almost all stated in the same units– metric. Ok, some of the older recipes still need to be converted from cups or ounces to grams, but that is a work in progress and may come in the next edition!

On a positive note, recipes tend to depend on the ratio of ingredients rather than the actual quantities - and that's fine if you are batch cooking or can vary the quantity in a "portion" before you freeze it.

Some recipes are measured in Cups. For me, this is fine to work with once you get a feel for what a "cup" actually means. Also, I don't need to get the kitchen scales out!

Other recipes have so much leeway in the quantities you can judge it through experience without weighing anything.

For example, adding water or stock to meat dishes or soups is almost always done on gut feel, or is based on terms such as "enough water to cover" or "a splash of water but do not let it boil dry".

If a soup asks for 100g of diced carrot and you have 80g, or 120g, it really does not matter. Go with what you have and minimise waste.

On the other hand, some recipes are much more sensitive to the quantities. It doesn't take much deviation from the recipe to destroy your batch of scones!

Conversion

Grams to Ounces

If you want to work in ounces, but the recipe is given in grams, here is a near approximation for the conversion.

Grams	Ounce
50g	1.75oz
100g	3.5oz
125g	4.5oz
150g	5.5oz
200g	7oz
500g	17.5oz
750g	26.5oz
1kg	35oz

Ounces to Grams

If you want to work in grams, but the recipe is given in ounces, here is a near approximation for the conversion.

Ounces	Grams
0.5oz	14g
1oz	28g
2oz	57g
3oz	85g
4oz	113g
5oz	142g
6oz	170g
10oz	284g
14oz	400g

Cups to Grams

This is a bit tricky. It's like converting cubes to grams. One is a measure of volume, and the other is a measure of weight.

It depends not only on the size of the cup, but on the ingredient that is in the cup, and the state of the ingredient.

Flour has a different weight if it is sieved or not.

A cup of diced butter depends on the size of the cubes and the size of the air gaps between cubes.