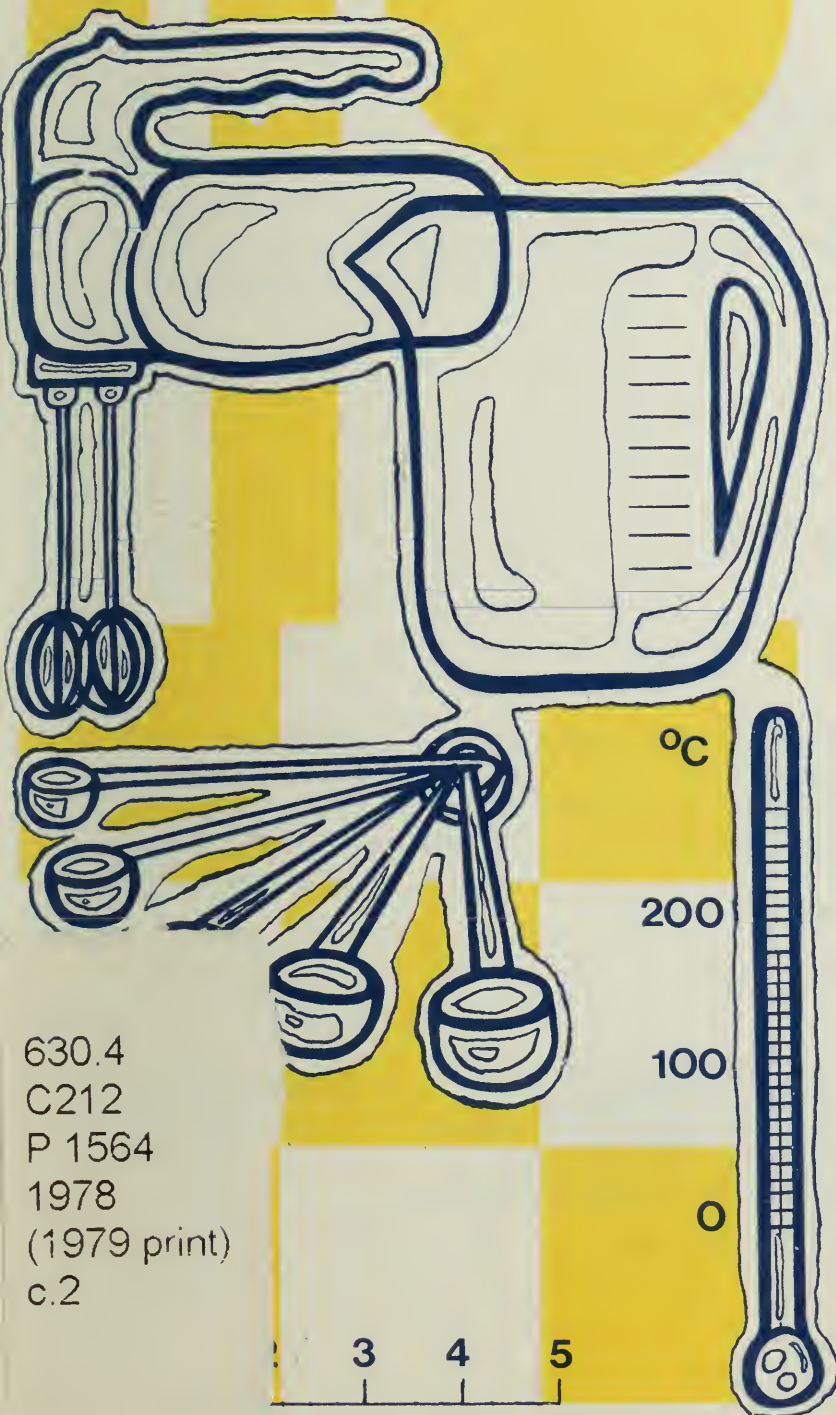


# Come on into the metric kitchen

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s'intitule "Métrisez-vous dans la cuisine".*

Try to "think metric" by learning the basic metric measures and using them whenever you get the chance. In this way, you will save yourself the confusion of switching back and forth between the metric and inch-pound systems.

## COME ON INTO THE METRIC KITCHEN

Do you tremble at the mere thought of grams and millilitres? Do visions of wastepaper baskets overflowing with all of your favorite though now obsolete recipes pass before your eyes every time you look at your measuring cup and tablespoon?

Well, there's no need to let the changeover to metric get you down. The old favorite recipes can still be prepared using cups and tablespoons. However, metric package sizes are cropping up at the supermarket and you will soon see new recipes written in metric.

Metric conversion is not difficult. It just requires a bit of practice. Let's look at the metric measures used for volume, weight, length and temperature and see how these will affect the kitchen.

### VOLUME

At present, the cup, made up of smaller units called ounces, is our most familiar way of measuring volume.

With the metric system, where millilitres are the small units of measure, the cup will be a 250 mL measure. The symbol for millilitre is mL.

**250 mL**



Other new measures will be the 125 mL measure and the 50 mL measure. All new recipes will be based on combinations of these. Terms such as quarter cup, half cup, one-third, two-third and three-quarter cup will disappear.



**50 mL**



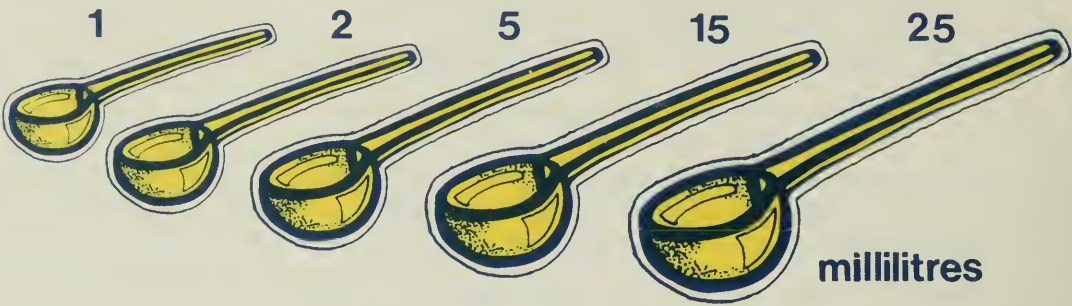
**125 mL**



**250 mL**



New measures to replace the tablespoon and teaspoon have been specially chosen to fit in with the new 250 mL measure.



For larger measures of volume, the litre, which is slightly smaller than the quart, will be used.



It's a good idea to learn some common sizes to use as a guide when practicing to think metric.

Tea kettle — about 2 L



Glass of milk — about 250 mL



Bowl of soup — about 250 mL

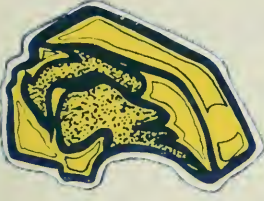


Glass of juice — about 125 mL



## MASS

You will need to know metric terms for mass when you go shopping for meats, fruits and vegetables.



Instead of ounces and pounds you will see grams and kilograms. A kilogram is equal to 1000 g and is slightly more than 2 pounds.

1 kg (kilogram) = 1000 g (grams) = slightly more than 2 pounds

To start thinking in grams, memorize the mass of each of the following foods:



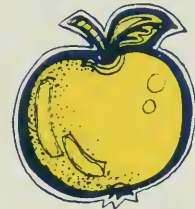
Slice of bread — about 25 g



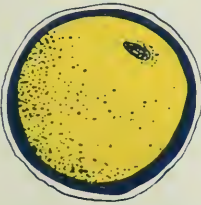
Boiled egg — about 50 g



Two soda crackers — about 6 g



Apple — about 150 g



Orange — about 175 g



Loaf of bread — about 700 g



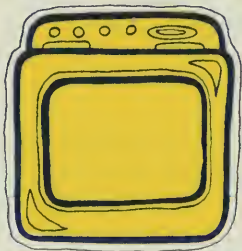
Pineapple — about 1 kg



Christmas turkey — about 10 kg

## LENGTH

The centimetre (cm), which is slightly less than half an inch (about like this ———), will be the common unit for measuring length in the kitchen. You will see the centimetre used for ranges, for thicknesses of meat and of rolled doughs, for distances from the broiling unit and for distances between cookies on a baking sheet.



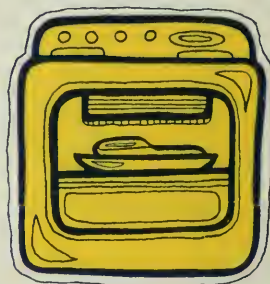
Ranges — 75 cm wide  
60 cm wide



Meatballs — 3 cm in diameter

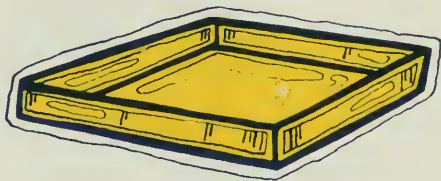


Steak for barbecue — about 4 cm thick



Broil — 6 cm from heat  
8 cm from heat  
10 cm from heat  
12 cm from heat

Volume of cake pans and other bake-ware will be in litres or millilitres but dimensions will be given in centimetres.



2 L cake pan (20 cm x 20 cm x 5 cm)



Shortbread — 1 cm thick

There are 10 mm in 1 cm. However, millimetres are used for such small measurements that they won't be common in the kitchen.



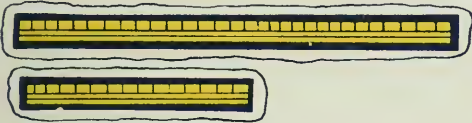


Pastry — 2 mm thick

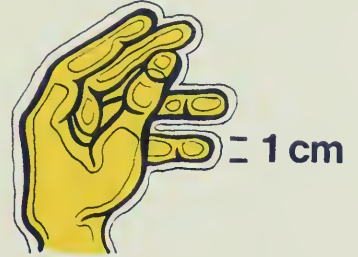


Sugar cookies — 5 mm thick

As helpful hints, common rulers might be 15 cm and 30 cm and the width of your little finger is about 1 cm.



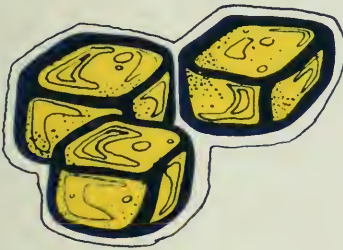
Ruler — 15 cm  
30 cm



Width of little finger — 1 cm

## TEMPERATURE

The main temperatures to learn on the Celsius scale are the freezing point of water,  $0^{\circ}\text{C}$ , and the boiling point of water,  $100^{\circ}\text{C}$ .



Freezing  $0^{\circ}\text{C}$



Boiling  $100^{\circ}\text{C}$

Oven temperatures will be affected by the switch from the Fahrenheit to the Celsius scale. The following temperatures can be used as guides:

Heating frozen pie	$220^{\circ}\text{C}$ oven
Roasting meat	$160^{\circ}\text{C}$ oven
Internal temperature of well done beef	$75^{\circ}\text{C}$ on meat thermometer
Refrigerator temperature	$4^{\circ}\text{C}$
Freezer temperature	$-18^{\circ}\text{C}$

