Oven settings

Approximate cooking settings - not food-centre temperatures

Gas mark	Conventional C	Fan C	Fahrenheit
1	140	120	275
2	150	130	300
3	170	150	325
4	180	160	350
5	190	170	375
6	200	180	400
7	220	200	425
8	230	210	450
9	240	220	475

Choose the cooking function first

Keep the recipe's stated units and actual appliance instructions together. A fan-only defrost mode does not cook food; a hob dial is not a gas-mark oven.

Convert once

The fan column already has its separate setting. Do not subtract another 20 C or apply manual conversion on top of an automatic conversion feature.

Use the full food lesson

These rounded baking rows are not exact formula results. Food size, tray loading and the appliance change cooking. Use the food's actual centre/doneness checks; this is not an air-fryer time chart.

Rounded rows: Doves Farm oven-setting table

Spoon measures

UK recipe volumes - read the utensil's actual markings

Marked measure	Volume	Using 5 ml teaspoons
1/4 teaspoon	1.25 ml	Use a marked 1/4 tsp
1/2 teaspoon	2.5 ml	Use a marked 1/2 tsp
1 teaspoon	5 ml	1 tsp
2 teaspoons	10 ml	2 tsp
1/2 tablespoon	7.5 ml	1 tsp + 1/2 tsp
1 tablespoon	15 ml	3 tsp
2 tablespoons	30 ml	6 tsp

Level means no mound

Liquids: hold the measure flat over a separate bowl and fill to the rim. Dry ingredients: fill loosely, then sweep the straight BACK of an ordinary table knife across the rim. Do not pack unless the recipe says to.

Volumes are not weights

15 ml flour is not automatically 15 g. Use ingredient-specific weights from the recipe. An eating spoon or unmarked dessertspoon has no guaranteed volume; use a marked half or quarter measure.

Check international recipes

An Australian tablespoon can be 20 ml: four 5 ml teaspoons. The recipe's explicit ml amount wins. Cup standards vary too. 1 litre = 1,000 ml; 1 kg = 1,000 g. Do not taste raw flour; wash hands and tools afterwards.

5 ml / 15 ml: Nigella volume measures
Australian measures: Nigella tablespoon measures
Raw flour: Food Standards Agency