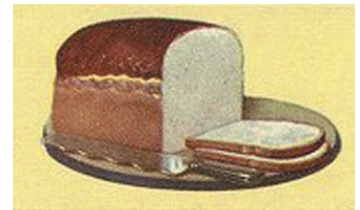


Conversion Tables

14g	1/2 oz
21g	3/4 oz
28g	1 oz
57g	2 oz
85g	3 oz
113g	4 oz
142g	5 oz
170g	6 oz
227g	8 oz
284g	10 oz
340g	12 oz
454g	1 lb
680g	1 lb 8 oz
907g	2 lb

142ml	1/4 pint
284ml	1/2 pint
425ml	3/4 pint
568ml	1 pint

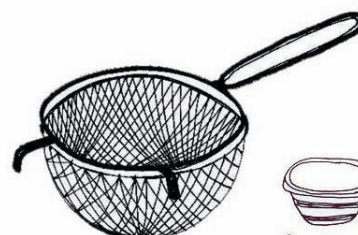
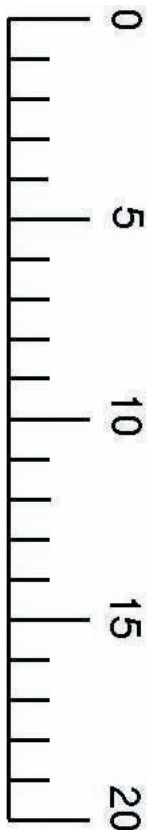
150C / 300F	Gas mark 2
160C / 325F	Gas mark 3
180C / 350F	Gas mark 4
190C / 375F	Gas mark 5
200C / 400F	Gas mark 6
220C / 425F	Gas mark 7
230C / 450F	Gas mark 8



chopping board



bun tin



2 medium mixing bowls