

# KITCHEN CONVERTER

## LIQUIDS

1 litre .....	1000ml
1 cup .....	280ml
1 tablespoon .....	15ml
1 teaspoon .....	5ml
1 ounce (fl oz) .....	28ml

## WEIGHTS

1 pound .....	450g
1 ounce (oz) .....	80ml

## TEMPERATURES

°C	°F
100	212
150	300
180	355
200	395
220	425

# COOKING TIMES

### BOILING

Broccoli	7min
Peas	7min
Potatoes	15-30min
Kohlrabi (chopped)	12min
Carrots (Slices)	10min
Peppers (chopped)	5min
Zucchini (chopped)	7min

### STEAMING

Broccoli	15min
Peas	7min
Potatoes	25-40min
Kohlrabi (chopped)	15min
Carrots (Slices)	7min
Peppers (chopped)	4min
Zucchini (chopped)	8min

### PAN

Broccoli	6min
Peas	3min
Potatoes	-
Kohlrabi (chopped)	7min
Carrots (Slices)	7min
Peppers (chopped)	6min
Zucchini (chopped)	5min