

French baking conversions, on one page

Grams to US cups, oven thermostat to °F, and French spoons and sachets.

Grams to cups: 20 baking ingredients

Ingredient / nom français	1 cup	100 g	250 g
all-purpose flour farine T55 / T45	120 g	$\frac{3}{4}$ cup + 1 tbsp	2 cups + 1 tbsp
bread flour farine T65	120 g	$\frac{3}{4}$ cup + 1 tbsp	2 cups + 1 tbsp
cake flour farine T45	120 g	$\frac{3}{4}$ cup + 1 tbsp	2 cups + 1 tbsp
whole wheat flour farine T150 (complète)	113 g	$\frac{3}{4}$ cup + 2 tbsp	2 cups + 3 tbsp
almond flour poudre d'amande	96 g	1 cup + 1 tbsp	2½ cups + 2 tbsp
cornstarch féculé de maïs (Maïzena)	112 g	$\frac{3}{4}$ cup + 2 tbsp	2¼ cups
granulated sugar sucre en poudre / sucre semoule	198 g	$\frac{1}{2}$ cup	1¼ cups
brown sugar (packed) cassonade / sucre roux	213 g	$\frac{1}{3}$ cup + 2 tbsp	1 cup + 3 tbsp
powdered sugar sucre glace	113 g	$\frac{3}{4}$ cup + 2 tbsp	2 cups + 3 tbsp
unsweetened cocoa cacao non sucré	84 g	1 cup + 3 tbsp	3 cups
butter beurre	226 g	7 tbsp	2 sticks + 2 tbsp
vegetable oil huile neutre	198 g	$\frac{1}{2}$ cup	1¼ cups
milk lait	227 g	$\frac{1}{3}$ cup + 2 tbsp	1 cup + 2 tbsp
heavy cream crème liquide entière	227 g	$\frac{1}{3}$ cup + 2 tbsp	1 cup + 2 tbsp
plain yogurt yaourt nature	227 g	$\frac{1}{3}$ cup + 2 tbsp	1 cup + 2 tbsp
crème fraîche crème fraîche épaisse	226 g	$\frac{1}{3}$ cup + 2 tbsp	1 cup + 2 tbsp
honey miel	336 g	$\frac{1}{4}$ cup + 1 tbsp	$\frac{3}{4}$ cup
chocolate chips pépites de chocolat	170 g	$\frac{1}{2}$ cup + 1 tbsp	1½ cups
rolled oats flocons d'avoine	89 g	1 cup + 2 tbsp	2¾ cups + 1 tbsp
sliced almonds amandes effilées	86 g	1 cup + 3 tbsp	2¾ cups + 3 tbsp

Oven thermostat

Th	°C	°F	US dial
Th 1	30 °C	86 °F	75 °F
Th 2	60 °C	140 °F	150 °F
Th 3	90 °C	194 °F	200 °F
Th 4	120 °C	248 °F	250 °F
Th 5	150 °C	302 °F	300 °F
Th 6	180 °C	356 °F	350 °F
Th 7	210 °C	410 °F	400 °F
Th 8	240 °C	464 °F	475 °F
Th 9	270 °C	518 °F	525 °F
Th 10	300 °C	572 °F	575 °F

Spoons and packets

French	US
1 c. à s. (cuillère à soupe)	15 ml = 1 US tablespoon
1 c. à c. (cuillère à café)	5 ml = 1 US teaspoon
1 cl / 1 dl	10 ml / 100 ml
1 US cup	236.6 ml
1 sachet levure chimique	11 g baking powder
1 sachet sucre vanillé	7.5 g vanilla sugar
1 pot de yaourt	125 g yogurt
1 stick of US butter	113 g = $\frac{1}{2}$ cup

ASTUCE Weigh when you can. Th 6 = 180 °C = 356 °F; set a US oven to 350 °F.