Cooking times and measurements

Oven, air fryer, and microwave on a single sheet to keep handy in the kitchen.

As a general rule for the air fryer, lower the temperature by about 35°F (20°C) and the time by 20-25% compared with the oven, and shake the basket halfway through. Every appliance is different: the first time, keep an eye on the last few minutes.

FOOD	OVEN	AIR FRYER	MICROWAVE
Chicken thighs	400°F (200°C), 30-35 min	350°F (180°C), 20-22 min	Not recommended
Cubed chicken breast	425°F (220°C), 18-20 min	375°F (190°C), 12-14 min	Covered, 4-5 min, stirring
Meatballs	400°F (200°C), 18-20 min	350°F (180°C), 12-14 min	Not recommended
Fish fillet	400°F (200°C), 10-12 min	350°F (180°C), 8-10 min	Covered, 3-4 min
Cubed tofu	400°F (200°C), 25 min	375°F (190°C), 15 min	Not recommended
Crispy chickpeas	400°F (200°C), 25-30 min	375°F (190°C), 15-18 min	They don't get crispy
Cubed potato or sweet potato	400°F (200°C), 30-35 min	375°F (190°C), 18-20 min	Covered, 6-8 min (no browning)
Whole potato	400°F (200°C), 50-60 min	375°F (190°C), 35-40 min	6-8 min, pricked
Mediterranean vegetables	400°F (200°C), 30-35 min	365°F (185°C), 15-18 min	Steamed, 3-4 min
Broccoli florets	410°F (210°C), 20-23 min	375°F (190°C), 10-12 min	Steamed, 3-4 min
Hard-boiled egg	No	265°F (130°C), 12-14 min (test one)	No: it can explode

Other vegetables, roasted at 400°F (200°C)

broccoli and cauliflower florets, 20-25 min · cubed winter squash, 25-30 min · mushrooms, 15-20 min · asparagus, 10-12 min · onion wedges, 25-30 min.

Measurement equivalents

MEASURE	EQUALS
1 tbsp (tablespoon)	15 ml · about ½ oz (14 g) of oil
1 tsp (teaspoon)	5 ml
1 US cup	240 ml · 8 fl oz
1 metric cup (UK, Australia, New Zealand)	250 ml
1 Australian tablespoon	20 ml
1 oz (ounce)	28 g
1 lb (pound)	454 g
1 quart	946 ml
A handful of uncooked pasta or rice	about 2½ oz (70-80 g)
1 can (15 oz) of cooked beans	about 1½ cups drained (240-250 g)
1 single-serve cup of yogurt	5-6 oz (150-170 g)

Oven temperatures

FAHRENHEIT	CELSIUS	FAN OVEN (CELSIUS)	GAS MARK (UK)
350°F	180°C	160°C	4
375°F	190°C	170°C	5
400°F	200°C	180°C	6
425°F	220°C	200°C	7