



HEY THERE, HOT STUFF

OVEN TEMPERATURE GUIDE

Celsius	Fan oven	Fahrenheit	Gas mark	Description	Typical use
110°C	90°C	225°F	1/4	Cool	} Warming
130°C	110°C	250°F	1/2	Cool	
140°C	120°C	275°F	1	Very low	} Slow cooking
150°C	130°C	300°F	2	Very low	
170°C	150°C	325°F	3	Low	} Baking
180°C	160°C	350°F	4	Moderate	
190°C	170°C	375°F	5	Mod./hot	} Baking/meat
200°C	180°C	400°F	6	Hot	
220°C	200°C	425°F	7	Hot	} Meat
230°C	210°C	450°F	8	Very hot	