



Measuring Ingredients

For all measurements:

- Use the correct standardized equipment for the ingredient
- Make the fewest measurements possible - use more than one utensil only when necessary to get the amount needed
- Learn and use basic equivalent measures:

3 teaspoons = 1 Tablespoon

16 Tablespoons = 1 cup = 8 fluid ounces

Measuring liquids

1. Choose standardized *liquid measuring cups* that:

Are clear enough to see through

Have a pouring spout

Have clear amount markings with space above the marking

(For small amounts use standardized measuring spoons.)



2. Keep the cup on a *flat surface*

3. Keep your *eye* on the same *level* as the line on the cup



4. Fill the cup until the *bottom of the curve* of the liquid surface is on the line of the measurement needed



5. Use a rubber scraper to help remove all of the ingredient from the measuring cup



Measuring dry or solid ingredients:

1. Use a standardized *dry measuring cup* in the exact amount needed
(For small amounts use standardized measuring spoons.)



2. Fill the cup to overflowing

- **Most dry ingredients**

- *scoop* up the ingredient *or* *pour* into the cup



- **Flour**

- *sift* once *or* *stir* in the container to fluff the flour



- *spoon* gently into the cup until overflowing
do not press down, shake or tap the cup



- **Shortening, butter, margarine**

- *press* small amounts in layers into the cup to avoid air pockets



3. Level with the top edge of the cup

- **Most ingredients** - *scrape* a straight edge across the top to remove extra ingredient



- **Brown sugar** - *press lightly* to be sure all spaces are filled. Press enough to just hold the shape of the cup when removed

