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