

Measuring Ingredients

Correct measuring is extremely important in food preparation. A small mistake in measuring can have large consequences on the results of a recipe. Imagine adding 1 tablespoon of hot sauce to a recipe instead of 1 teaspoon!

The amount of an ingredient called for in a recipe is usually given in terms of volume or weight. An example of a volume measurement is "1 cup uncooked rice," meaning the amount of space that the rice takes up. "Eight ounces of Cheddar cheese" is an example of a weight measurement. Ingredients may also be measured in terms of number of items, such as "1 small apple" or "2 eggs."

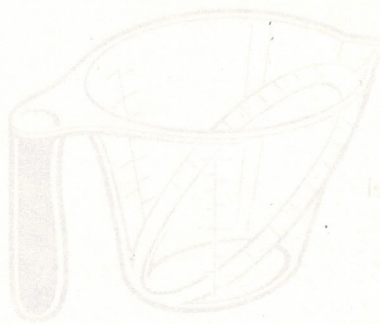
The same measurement of an ingredient can be indicated in different ways by using equivalents. For example, 4 tablespoons of sugar can also be expressed as $\frac{1}{4}$ cup sugar. Following are examples of equivalents for food preparation.

| Measurement | Equivalent |
|--------------------|---|
| $\frac{1}{4}$ tsp. | |
| $\frac{1}{2}$ tsp. | |
| 1 tsp. | |
| 1 Tbsp. | 3 tsp. |
| $\frac{1}{4}$ cup | 4 Tbsp or 12 tsp. |
| $\frac{1}{3}$ cup | 5 Tbsp + 1 tsp. |
| $\frac{1}{2}$ cup | 8 Tbsp. = 8 oz. |
| $\frac{3}{4}$ cup | 12 Tbsp. |
| 1 cup | $\frac{1}{2}$ pt. = 16 fl. oz. = 16 Tbsp. |
| 1 pt. | 2 cups = 16 fl. oz. |
| 1 qt. | 4 cups = 2 pt. = 32 fl. oz. |
| 1 gal. | 4 qt. = 16 cups = 128 fl. oz. |
| 1 lb. | 16 oz. |
| 2 lb. | 32 oz. |

For Your Information

A well-equipped kitchen includes a variety of measuring tools, each with a different purpose. Standard dry and liquid measuring cups and measuring spoons are the secret to precise measuring. Standard measuring cups and spoons always hold the same amount, regardless of the design. By contrast, coffee mugs, juice cups, and serving spoons vary from one to another and should not be used for measuring ingredients.

Measuring spoons are recommended for measuring small amounts of liquid or dry ingredients—less than $\frac{1}{4}$ cup. Sometimes recipes call for an amount that is smaller than your smallest measuring spoon. For example, if your recipe calls for $\frac{1}{8}$ teaspoon of an ingredient and you have only a $\frac{1}{4}$ teaspoon measure. Fill and level the $\frac{1}{4}$ teaspoon measuring spoon. Then use a knife for dry ingredients to divide the ingredient amount in half, and push one half off the spoon. Always measure ingredients away from the bowl in which you are mixing ingredients. That way, if any extra spills, it won't fall into what you are making.

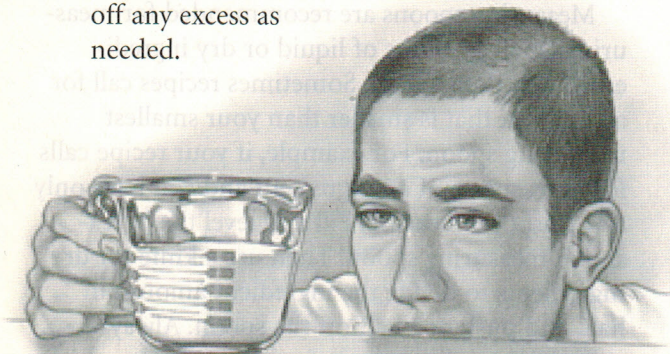


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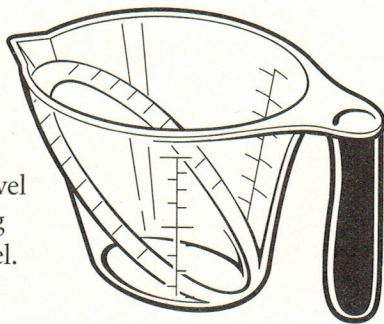
Measuring Liquid Ingredients

Liquid measuring cups are used to measure all types of liquids, including syrups and oil. These cups have extra space at the top and a spout to prevent spillage. The measurements are typically marked in fractions of a cup, fluid ounces, and milliliters.

- To measure liquids, it is usually suggested that you place the cup on a level surface and stoop down until your eyes are level with the correct mark. Fill the cup to that mark, adding more liquid or pouring off any excess as needed.



- However, some measuring cups have a unique shape, with the measurements marked on the interior, allowing you to pour the liquid to the correct level without bending down to eye level.

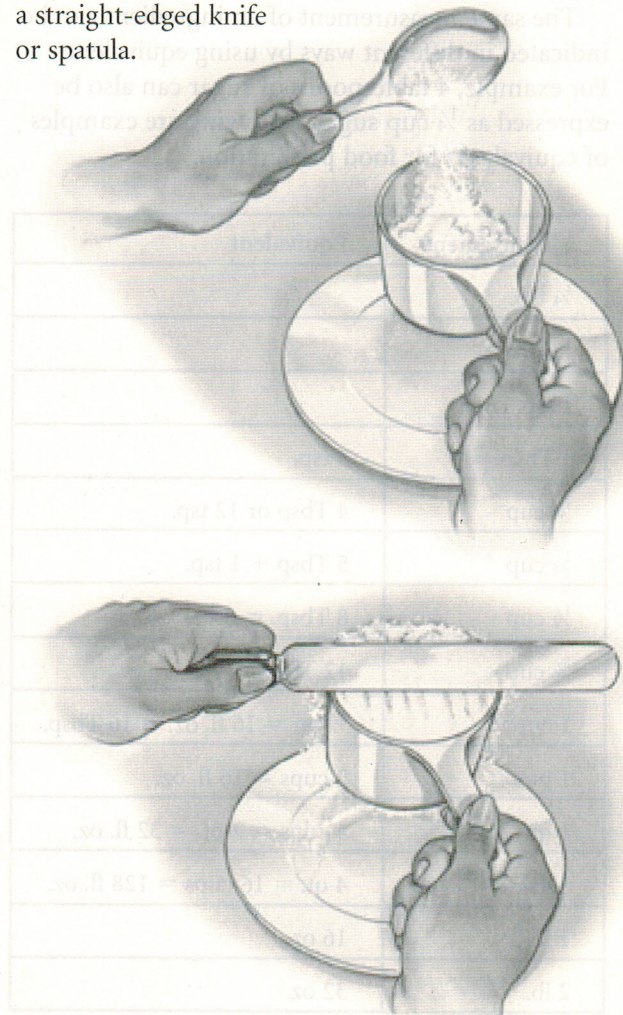


When measuring honey, syrups, and other thick liquids, coat the measuring cup or spoon with cooking spray or a bit of cooking oil. The liquid will easily slide out without sticking.

Measuring Dry Ingredients

Dry measuring cups are used to measure sugar, flour, bread crumbs, dry beans, spices, and other dry ingredients. These cups are also used to measure a variety of foods such as diced vegetables, cubed chicken, and yogurt. They typically come in sets of varying sizes, usually $\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup, and 1 cup.

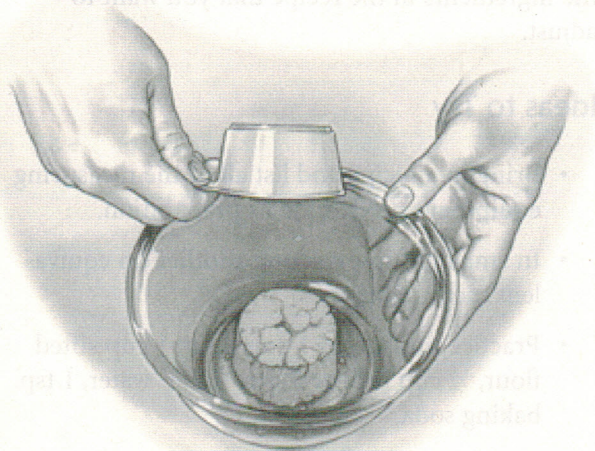
To measure dry ingredients, it is best to place the cup on waxed paper to catch any spills. Fill the cup slightly above the brim. Typically, ingredients such as flour and granulated sugar should be lightly spooned into the measuring cup. If the recipe calls for sifted flour, first sift the flour onto waxed paper and then measure it. Once in the cup, the flour or sugar should be leveled off with a straight-edged knife or spatula.



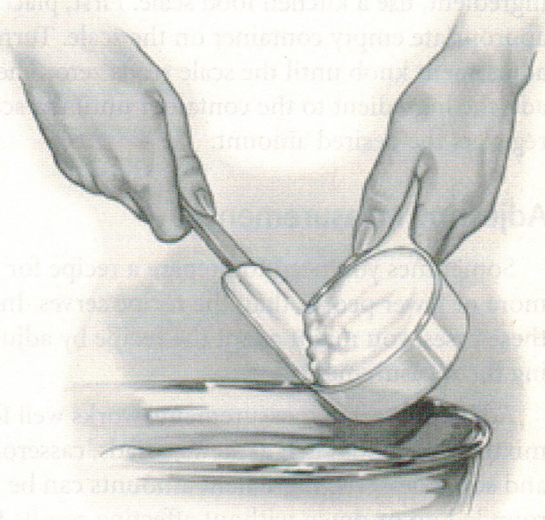
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Measuring Ingredients (continued)

Recipes usually recommend that brown sugar be packed down into the measuring cup because it contains moisture. Continue adding and packing down the sugar until the cup is slightly more than full. Then level off the top. When you invert the cup or spoon of brown sugar, the sugar should hold its shape.

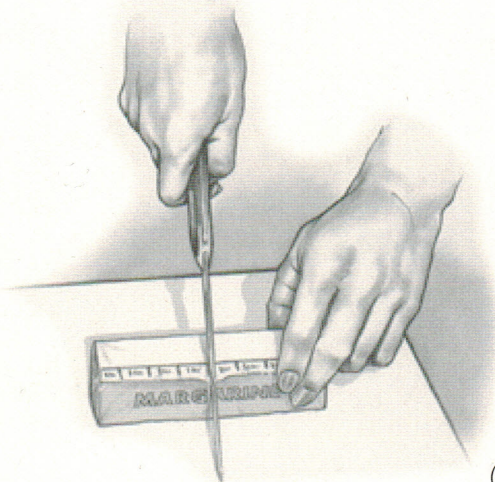


- Another technique is the dry measuring cup method. Spoon the fat into the cup, packing it firmly to eliminate air pockets. Level off the top, and then scrape it out using a rubber spatula.

**Measuring Solid Fats**

Fats such as butter, margarine, and shortening can be measured several ways:

- Use the stick method for fat that comes in quarter-pound sticks, such as butter and margarine. The wrappers on these sticks are marked in tablespoons and fractions of a cup. Simply cut off the amount needed.



- A third technique is the water-displacement method. To measure $\frac{1}{4}$ cup of shortening, for example, fill a liquid measuring cup to the $\frac{3}{4}$ cup mark with water. Add the solid fat until the water level reaches the 1 cup line. Then drain the water and remove the fat with a rubber spatula. ($\frac{3}{4}$ cup water + $\frac{1}{4}$ cup solid fat = 1 cup.)



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