

MEASURING
TECHNIQUES!
SUCCESSFUL COOKING

Dry Measure Cups

- ◎ Standard Set includes:
 - 1 c.
 - $\frac{1}{2}$ c.
 - $\frac{1}{3}$ c.
 - $\frac{1}{4}$ c.

Expanded Sets may include:

$\frac{2}{3}$ c.

$\frac{3}{4}$ c.

Measuring Flour

- ◎ Spoon LIGHTLY into dry measure cup
- ◎ Overfill the cup slightly
- ◎ Use a straight edge to level off
- ◎ DO NOT shake or tap down
- ◎ <http://www.youtube.com/watch?v=TKWACOrFYKU>

Measuring Granulated Sugar

- Scoop sugar into dry measure cup and fill to overflowing
- Level off with straight edge

Measuring Brown Sugar

- ⦿ Dip dry measure cup into brown sugar
- ⦿ Pack firmly with hand or back of spoon
- ⦿ Turn cup upside down ... sugar should hold the shape of the cup (like a sand castle!)
- ⦿ <http://www.youtube.com/watch?v=pBksldTKL4I>

Measuring Powdered Sugar

- If the powdered sugar is lumpy, sift it 1st
- Fill dry measure to overflowing
- Level with a straight edge

Measuring PB/Shortening

- ⦿ Pack firmly into dry measure cup or measuring spoon with the back side of large spoon until you have the air holes pressed out
- ⦿ Use rubber scraper to remove from the cup or spoon

Measuring Spoons

- Standard set includes:

 - 1 Tablespoon

 - 1 teaspoon

 - $\frac{1}{2}$ teaspoon

 - $\frac{1}{4}$ teaspoon

Expanded sets may include:

 - $\frac{1}{8}$ teaspoon

 - $\frac{1}{2}$ Tablespoon

Measuring Baking Powder, Baking Soda, Spices, Salt, Vanilla, etc.

- ⦿ Used in small amounts
- ⦿ Measuring spoons ... used for liquid and solids
- ⦿ Level with straight edge
- ⦿ Never measure or level off over the mixture

Measuring Stick Butter

- ◎ 4 sticks = 1 pound (box)
- ◎ 1 stick = $\frac{1}{2}$ cup
- ◎ 8 Tablespoons = $\frac{1}{2}$ c. (1 stick)
- ◎ Cut on the markers found on the wrapper for the required amount



Liquid Measures

- Choose the measure that closely matches the amount of liquid to be measured! (don't use the 8 cup liquid measure to measure $\frac{1}{2}$ c. of liquid!)
- Standard sizes: 1 c., 2 c., 4 c., 8 c.
- Measure will be made of “see-through” material (glass or plastic)
- Will be room above the top measure to allow “wiggle room” for the liquid

Measuring Liquids

- ◎ Place glass measuring cup on flat surface
- ◎ Pour liquid to desired line
- ◎ Bend to check measurement at eye level
- ◎ <http://www.youtube.com/watch?v=RIGlqVzQRj8>

Measurement Abbreviations

Cup = c.

teaspoon = t. OR tsp.

Tablespoon = T. OR Tb. OR Tbsp.

Oz. = ounce

Common Equivalents

- ⦿ 3 tsp. = 1 Tbsp.
- ⦿ $\frac{1}{4}$ c. = 4 Tbsp.
- ⦿ $\frac{1}{2}$ c. = 8 Tbsp.
- ⦿ $\frac{3}{4}$ c. = 12 Tbsp.
- ⦿ 1 c. = 16 Tbsp.

QUIZ Yourself

- ⦿ $\frac{1}{2}$ stick of butter = ____ c.
- ⦿ Which measuring utensil is used for measuring cinnamon?
- ⦿ What might happen to the cookies if you don't level off the flour measurement?