

How to Measure Correctly

1. Use only standard measuring cups and spoons. Any recipe you follow has been tested with standard equipment.
2. Make all measurements level.
3. Measuring dry ingredients or fats, use the standardized metal cups that come in nests and hold 1/2, 1/4, 1/3, and 1 cup.
4. In measuring dry ingredients (flour, confectioners' sugar, etc.) heap the cup or spoon to overflowing, then level off the excess with a straight-edged knife or metal spatula.
5. In measuring fats, bring to room temperature if stored in refrigerator, then press firmly into spoon or cup and level off with straight-edged knife or metal spatula. One stick of butter or margarine measures 1/2 cup, or 8 tablespoons. Many wrappers have a printed measuring guide.
6. When measuring liquids, use the standard glass liquid measuring cup with lip; marked off in quarters and thirds. Always place cup on a flat surface and measure at eye level.
7. When recipe calls for sifted flour, sift before you measure. Never pack the flour down by banging the cup on the table.
8. Brown sugar should always be packed firmly into the measuring cup or spoon, then leveled off with knife or metal spatula. If lumpy, roll with rolling pin before measuring.
9. When measuring molasses, syrup, or honey, pour liquid into cup or spoon. Do not dip measuring utensil into the heavy liquid. Scrape out thoroughly, with a rubber scraper, all liquid that clings to inside.
10. If confectioners' sugar looks lumpy, it is advisable to roll it with a rolling pin before measuring. If recipe calls for sifted confectioners' sugar, press through sieve to sift.

Measure Accurately

Cooking is an art as well as a science. Before you can become a good cook, you need to know how to measure correctly. Measurements must be level and exact or results will vary. That is why it is **VERY IMPORTANT THAT YOU MEASURE ACCURATELY.**

There are two ways to measure for accuracy:

1. **By weighing.** This method is used when large quantities of food are prepared in bakeries, hospitals, institution, and restaurants.
2. **By using standard measuring cups and spoons.** This is the method we use in class and at home for it is more practical.

BE SURE YOU HAVE THE CORRECT MEASURING TOOLS

Measuring cups are made of aluminum, glass or plastic. A standard measuring cup is an accurate 1/2 pint measure, and is the equivalent of 16 tablespoons.

It is marked on one side to read – 1 cup, 3/4 cup, 1/2 cup, and 1/4 cup.
It is marked on the other side to read – 1 cup, 2/3 cup, and 1/3 cup.

A dry measuring cup has no rim - the 1 cup line is even with the top. This cup is used for any dry ingredient or shortening.

A liquid measuring cup has a rim above the 1 cup line, and a spout for pouring. This cup is used for measuring any liquid ingredient.