

## MEASURING TOOLS AND HOW TO MEASURE



### LT:

- To understand:
  - Importance of standardized recipes
  - Importance of standardized weights and measures
- Be able to:
  - Understand and follow standardized recipes
  - Demonstrate proper scaling and measurement techniques



### Essential Question

- Why use standardized recipes?
- What are the parts of a recipe and what does each part tell us?
- Why use standardized weights and measures?
- What can happen if we fail to measure correctly and accurately?

### Why use a standard system for measurement?

- US standard system (or customary) system for measurements.
- Accepted definition for each measurement.
- Ex: Tablespoon made by Kitchenaid will measure the same as a Tablespoon made by The Pampered Chef.



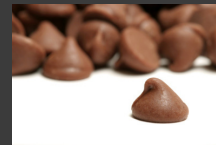
### What are the different measurement tools?

- Measure by various units:
  - **Volume** (how much space something takes up)
  - **Weight** (how heavy something is).
  - **Temperature**
  - **Length**



### Volume: Dry Measuring Cups

- Dry ingredients such as flour, sugar, brown sugar, nuts or chocolate chips.
- Solid ingredients such as mayonnaise, sour cream, or peanut butter



## Dry Measuring Cups

- Standard set = 4 cups
  - 1 Cup, 1/2 cup, 1/3 cup, 1/4 cup

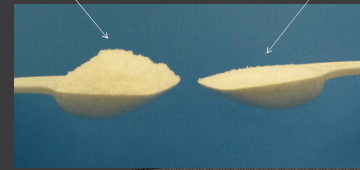


## Heaping vs. Level

Unless asked for heaping, assume all recipes call for LEVEL measurements.

HEAPING

LEVEL



## How to Measure Dry Ingredients

- Hold the cup over waxed paper or the ingredient's container.
  - If any spills over, you can return it to the container.
- Fill the cup slightly over the top.
  - DO NOT shaker or tap cup to make more room. You are putting in MORE than you need.
- Use a straight edge to level off the top of the cup.



SCOOP IN



LEVEL OFF

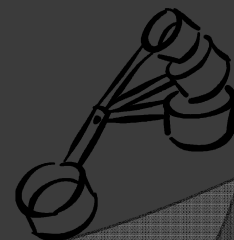
## How to Measure Brown Sugar

- Scoop in brown sugar
- Pack sugar firmly into cup. It should overflow the cup.
- Level off.
- You know you did it correctly because the b. sugar will hold the shape of the measuring tool. (Like a sand castle)



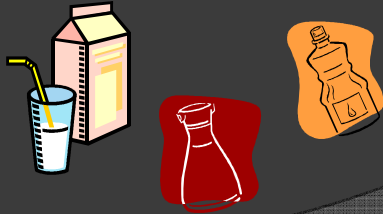
## How to Measure Solid Ingredients

- Scoop in
- Pack down
- Level off



## Volume: Liquid Measuring Cups

- Liquid ingredients such as water, oil, milk, shoyu, etc.



## Liquid Measuring Cup

- Usually clear
- Has a pouring spout
- Space at the top of the cup to prevent spills.



## How to Measure Liquid Ingredients

- Place cup on a flat, even surface
- Slowly pour the liquid into the cup
- Stoop down to check the measurement at eye level
  - DO NOT raise cup to eye level. You will not get an accurate measurement.

## Measuring Liquid Ingredients



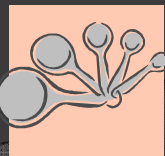
YES!



NO!

## Volume: Measuring Spoons

- Can measure dry, solid or liquid ingredients
- SMALL Amounts: Salt, pepper, vanilla extract, baking powder



## Measuring Spoons

- Standard set = 4 spoons
- 1 Tablespoon
- 1 teaspoon
- 1/2 teaspoon
- 1/4 teaspoon



## How to measure SMALL Amounts

- DO NOT measure over mixing bowl
- Measure same as:
  - Dry – scoop in level off
  - Solid/B. Sugar – scoop in, pack down, level off
  - Liquid – up to rim or edge



## Weight: Portion Scale

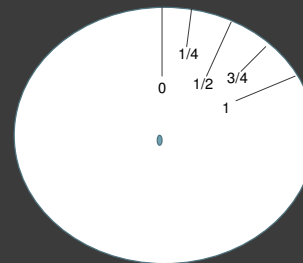
- Used for greater accuracy – especially in baking
- Can weigh by Ounces or by Pounds



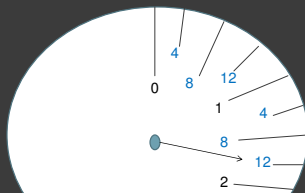
## How to use a portion scale

- Place mixing bowl or other container on scale
- “Zero out” the scale by moving the knob so the line points to zero
- Begin placing ingredient in bowl
- Measure to amount needed

## How to read a portion scale in ounces



## How to read portion scale in pounds



Numbers in blue are OUNCES. This is 1 #, 12 oz or 1 3/4 #

## Measurements you just need to memorize

- 3 tsp = Tbsp
- 16 T = 1 Cup = 8 fl. oz
- 2 c = 1 pt, 2 pt = 1 qt., 4 qt = 1 gal
- 1 pound butter = 2 cups = 4 sticks or blocks
- DRAW a PICTURE if you need to