

MEASURING SUMMARY

(For more details, see additional notes following this summary page)

1. at school we usually use **METRIC** measures (mL)
2. there are 3 types of measuring tools
 - a. for **dry** ingredients
 - b. for **liquid** ingredients
 - c. for anything **less than 50mL**
3. measures are often **used in combinations** to provide the amount required for the recipe
4. use the appropriate measure for the ingredient being measured as they are **not interchangeable**
 - a. example 1 – do not use a liquid measure for dry measures as it cannot be leveled and people usually shake the measure, which causes packing of ingredients

example 2 - a dry measure has no spout , gradation markings for amounts, or “head space” at the top, which makes it harder to use for liquids
5. dry ingredients are **SCOOPED AND LEVELED** with a knife
6. liquid ingredients are measured **at EYE LEVEL**
7. small amounts of dry ingredients should be leveled
8. **brown sugar is PACKED** (this is an exception – don't pack flour!!)
9. soft margarine or shortening should be **pressed** to eliminate air pockets
10. cold margarine or shortening can be measure using the **displacement method**
 - a. make sure water is cold so that the margarine or shortening doesn't melt

MEASURING EQUIPMENT

DRY INGREDIENTS

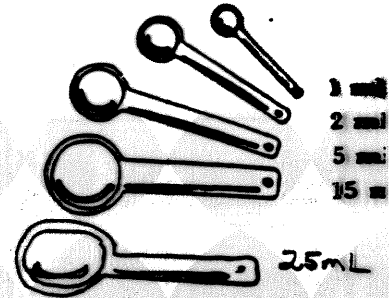
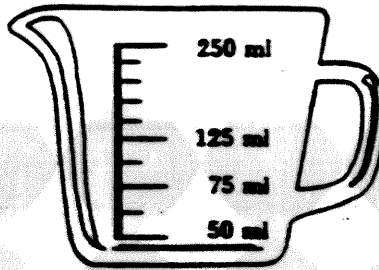
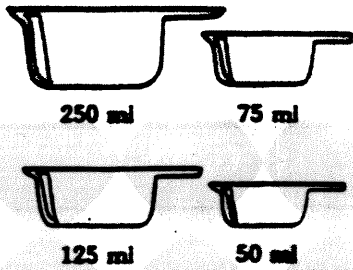
LIQUID INGREDIENTS

SMALL QUANTITIES

METRIC SYSTEM

METRIC SYSTEM

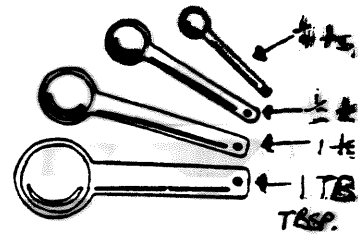
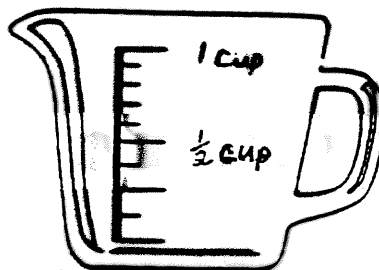
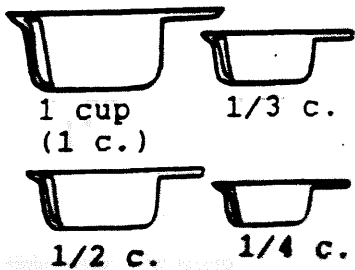
METRIC SYSTEM



IMPERIAL SYSTEM

IMPERIAL SYSTEM

IMPERIAL SYSTEM



Maths!

$$\frac{1}{4} + \frac{1}{4} = \frac{1}{2}$$

$$\frac{1}{4} + \frac{1}{2} = \frac{3}{4}$$

$$\frac{1}{3} + \frac{1}{3} = \frac{2}{3}$$

3 TEASPOONS =

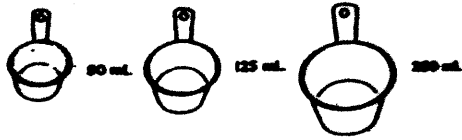
1 TABLESPOON

Examples:

Examples:

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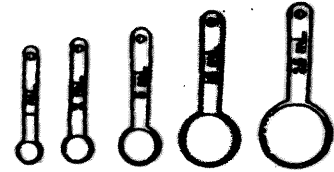
THE MEASURES



DRY MEASURES
50, 125, 250 mL



LIQUID MEASURE
Most common size is 250mL
Smallest amount on measure is 50mL
Has division lines every 10mL or 25 mL



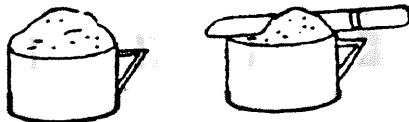
MEASURING SPOONS
1, 2, 5, 15, 25 mL

HOW TO MEASURE...

DRY INGREDIENTS

-Dry ingredients include things like flour, sugar, salt, and baking powder.

Step 1: Fill the dry measure or small metric measuring spoon to overflowing.



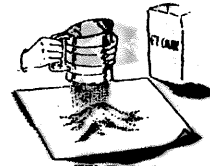
Step 2: Hold it over the canister or a clean bowl. Do not hold it over the bowl you are mixing in. Level it with a metal spatula or straight edge.

-Dry ingredients such as oats, cereal, pasta, and rice are difficult to level off with a metal spatula. Scoop to over flowing, then gently shake the excess off to level it.

Sifted Ingredients

Sifting is done to add air, to remove lumps, and to mix ingredients. Sifting can be done with either a sifter or a strainer.

Sifted flour – If a recipe asks for “250 mL sifted flour” in the list of ingredients, the flour is sifted **BEFORE** measuring.



Take a heaping 250 mL measure of flour and sift it 2 times.



Then spoon it lightly back into the measure and level off with a metal spatula. Be careful not to tap the measure as that will compact the flour and alter the amount.



If the ingredient list shows “250mL flour, sifted” the flour is sifted **AFTER** measuring.

LIQUIDS

Step 1: Leave the liquid measure sitting flat on the table or counter. If you hold it in your hand, you may tip it and the measure will not be accurate.



Step 2: Bend down so you can see the numbers at eye level. And fill it to the proper line.

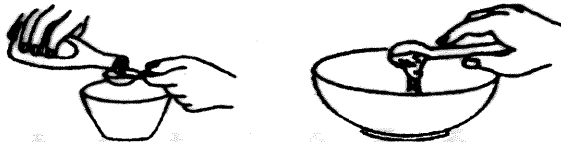
SMALL AMOUNTS OF LIQUIDS

Step 1: Get a small, clean dish.

Step 2: Hold the spoon over the dish.



Step 3: Pour carefully until the spoon is full.



Step 4: Pour the spoonful into the recipe mixture. If the dish was very clean, any extra that may have spilled can be poured back into the original container.

OTHER INGREDIENTS

Melted butter & Sifted flour

Note that if the recipe reads

"25 mL butter, melted" – the butter would be melted after measuring.

If the recipe reads *"25 mL melted butter"*, the butter would be melted before measuring.

The same applies to sifting – if the word *"sifted"* is before the word flour, then the flour should be sifted before measuring.

Half an Egg

Beat yolk and white together with a fork in a liquid measure. Measure, remove half.

Brown Sugar

If a recipe calls for *"lightly packed"* brown sugar, spoon brown sugar into a dry measure, pressing down slightly to ensure there are no air pockets. Level off in the usual way. When turned out of the measure, the brown sugar should briefly hold its shape, but crumble if touched.

To *"firmly pack"* brown sugar, use the back of a spoon to firmly press sugar into the measure, adding a spoonful at a time. Use the back of the spoon to level off. When turned out, it should hold its shape.

Shortening

-Shortening includes butter, margarine, lard and "Crisco" shortening. These should be packed down in the measuring cup, adding a little at a time, so there are no air spaces.



The water displacement method may also be used to measure shortening.

If 125mL is required, start by pouring 125mL of cold water into a liquid measure. Then add shortening to the water. Use a knife to hold it under the surface of the water. Keep adding shortening until the water level reaches 250mL. [125mL water and 125mL shortening] Carefully pour out the water. Place shortening on paper towel to drain.

Corn syrup, molasses, etc

Grease the measure then dip it in a powdery ingredient used in the recipe. Pour the sticky ingredient into the measure. It will "plop" right out! It may also help to heat very thick liquids so they are easier to clean out of the utensil.

MEASUREMENT WORK SHEET

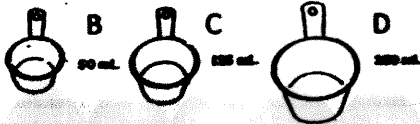
NAME _____ CLASS _____ SCHOOL _____ SCORE _____ /30

1. Give the name of the measure shown and list 2 examples of ingredients that are usually measured in those sizes. _____/6



Name LIQUID MEASURE

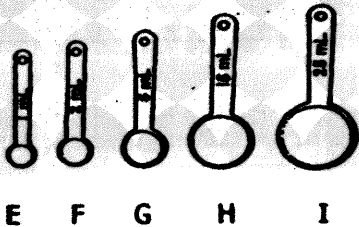
Ingredients MILK + OIL
WATER JUICE SYRUP



Name DRY MEASURES

Ingredients FLOUR + SUGAR
CEREAL PASTA RICE CHOCOLATE CHIPS

less than
50 mL



Name SMALL MEASURES

Ingredients BAKING SODA + BAKING POWDER
HERBS SPICES SALT PEPPER VANILLA

2. When measuring dry ingredients such as flour, you should over fill the measure, then use a KNIFE - flat side to level the top. _____/1

3. List the measure(s) required to measure each of the following ingredients. The total of the measures must equal the total for the required ingredient.
Ex. 500 mL flour = D + D (D is 250 mL, so two would be required to get 500 mL) _____/10
You may need a combination of types of measures.

125 mL sugar C 100 mL brown sugar 3+B

250 mL juice A 7 mL cinnamon G+F

10 mL vanilla G+G 4 mL baking soda F+F

265 mL flour D+H 150 mL chocolate chips C+I or Bx3

265 mL water A+H 100 mL milk A to 100mL mark

4. If a recipe asks for "250mL sifted flour" is it sifted before or after measuring?

Explain how you can tell when it is supposed to be sifted. _____/2

- Before

- because the word "sifted" is before "flour" meaning the ingredient is "sifted flour"

5. What are the 3 purposes of sifting?....._/3

- TO ADD AIR
- MIX INGREDIENTS
- REMOVE LUMPS

7. Briefly explain how to measure the following ingredients....._/8

A) firmly packed brown sugar

- FILL DRY MEASURE & PACK FIRMLY

B) baking soda

- SCOOP TO OVERFLOWING, LEVEL WITH FLAT SIDE OF KNIFE

C) vanilla

- MEASURE OVER PLATE OR CUSTARD CUP TO CATCH DRIPS

D) milk [using a liquid measure] (2 points)

- PUT MEASURE ON FLAT SURFACE & LOOK AT EYE LEVEL

E) rice

F) sifted flour

G) melted margarine

- MELT BEFORE MEASURING