

Measuring Tips

It is important to measure ingredients correctly to get good results. You will need to know:

- the right tools
- how to measure
- some ingredients need different ways to measure
- measuring short forms and amounts that are equal

The Right Tools



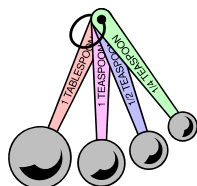
Dry Measuring Cups - These are often cups that fit one inside the other. They are metal or plastic. They are used to measure dry ingredients like flour or sugar and soft solids like margarine or shortening.

They come in sizes: $\frac{1}{4}$ cup (50 mL), $\frac{1}{3}$ cup (75 mL), $\frac{1}{2}$ cup (125 mL), $\frac{2}{3}$ cup (150 mL), $\frac{3}{4}$ cup (175 mL), and 1 cup (250 mL).



Liquid Measuring Cups - These are clear glass or plastic cups with measurement markings painted on the outside. They have a handle and spout or lip to make pouring easy.

They will hold 1 cup (250mL), 2 cups (500 mL) or 4 cups (1 L) of liquid.



Measuring Spoons - Measuring spoons usually come in a set. They can be used for dry or liquid measure.

They come in sizes that measure: $\frac{1}{4}$ teaspoon (1 mL), $\frac{1}{2}$ teaspoon (2 mL), 1 teaspoon (5 mL), and 1 Tablespoon (15 mL).

How to Measure



Dry Ingredients:

- Spoon the ingredients into the measuring cup.
- Level off any extra with the straight edge of a knife or spatula.



Liquid Ingredients:

- Place the liquid measuring cup on a level surface.
- Bend down so your eye is level with the markings of the cup.
- Fill the cup to the right level.

When measuring 1 Tablespoon (15 mL) or less, fill the appropriate measuring spoon to the top without letting it spill over.

Ingredients that need Different Ways of Measuring



Brown sugar

- Press firmly into a dry measuring cup so it holds the shape of the cup when it is turned out.



Butter, Margarine or Solid Shortening

- These ingredients are often packaged in stick form with measurement markings on the wrapper.
- Use a knife to cut off the amount needed.
- If wrapper is not marked, press the ingredients firmly into a dry measuring cup and then level the excess off with a knife edge.



Flour

- 1) Gently spoon flour into a dry measuring cup or a measuring spoon. Do not shake it down. Level off the top with a knife or spatula.
- 2) If the recipe asks for sifted flour, shake it through a strainer into the measuring cup placed on a plate or sheet of wax paper and then level to the top of the cup.
- 3) Most of the time you will not have to sift flour.

Measurement Short Forms

cup = c

litre = L

teaspoon = tsp

millilitre = mL

tablespoon = Tbsp

gram = g

pound = lb

kilogram = Kg

ounce = oz

pinch = a very small amount. The amount you can hold between your thumb and finger.



How to Work Measurements Out

3 tsp = 1 Tbsp

1 cup = 8 oz

4 Tbsp. = $\frac{1}{4}$ cup

2 cups = 16 oz = 1 pint

16 Tbsp. = 1 cup

2 pints = 32 oz = 1 quart

4 quarts = 128 oz = 1 gallon

Most often used METRIC Measurements

$\frac{1}{4}$ tsp = 1 mL

$\frac{1}{2}$ tsp = 2 mL

1 tsp = 5 mL

1 Tbsp = 15 mL

$\frac{1}{4}$ cup = 50 mL

$\frac{1}{3}$ cup = 75 mL

$\frac{1}{2}$ cup = 125 mL

$\frac{2}{3}$ cup = 150 mL

$\frac{3}{4}$ cup = 175 mL

1 cup = 250 mL



Weights and Measurements

8 oz = $\frac{1}{2}$ lb = 250 g

16 oz = 1 lb = 500 g

2 lbs = 1000 g (or 1 Kg)