

# Measuring Ingredients and Reading Recipes



# How to Measure Ingredients

## ▶ Two Types of Measurements:

▶ Liquid



▶ Dry



# Flour

- ▶ Spoon into dry measuring cup then level off.
- ▶ *Don't ever tap the cup or pack the flour down. It will release the air needed.*



# Sugar/Salt

- ▶ Scoop into dry measuring cup, then level off



# Brown Sugar

- ▶ Spoon into a dry measuring cup, pack down, then level off



# Shortening

1. Spoon into a dry measuring cup, pack down, then level off
2. Water Displacement Method



# Water/Milk/Oil

- ▶ Pour into a liquid measuring cup and view at eye level
  - ▶ (Don't hold the cup in the air while measuring. It should stay on a flat level surface.)



# Butter/Margarine

- ▶ Cut on the wrapper markings



# Eggs

- ▶ Crack one at a time into a separate container, then add to the recipe



# Procedures for Working In The Kitchen Lab:

- ▶ Put on a clean apron
- ▶ Secure hair (hair tie/chef's hat)
- ▶ Wash hands
  - ▶ At least 20 seconds with warm/hot water and soap



# Reading a Recipe

1. Always read the ENTIRE recipe before beginning.
2. Never skips steps or make up any of your own.
3. Make sure to pre-heat the oven early if needed.



# Reading a Recipe



4. If a recipe has a range of cooking times (ex: bake for 18-20 minutes), always set the timer for the lowest time and check it. You can always cook it longer, but you can't "un-cook".



# Reading a Recipe

5. Never change the oven temperature. It will not cook your food faster. It will burn it or it will be undercooked. Always bake at the temperature the recipe calls for.



# Reading a Recipe

6. Do not measure ingredients directly over the mixing bowl. If you over-measure, you may not be able to fix it.



# Equivalents & Abbreviations

T., Tbsp., or tbsp. = tablespoon

Gal. = Gallon

t., or tsp. = teaspoon

Hr. = hour

Min. = minute

Doz. = dozen

Oz. = ounce

C. = cup

Qt. = quart

lb. or # = pound

Pt. = pint

Pkg. = package

# Mrs. T. and Her Babies



Mrs. T.



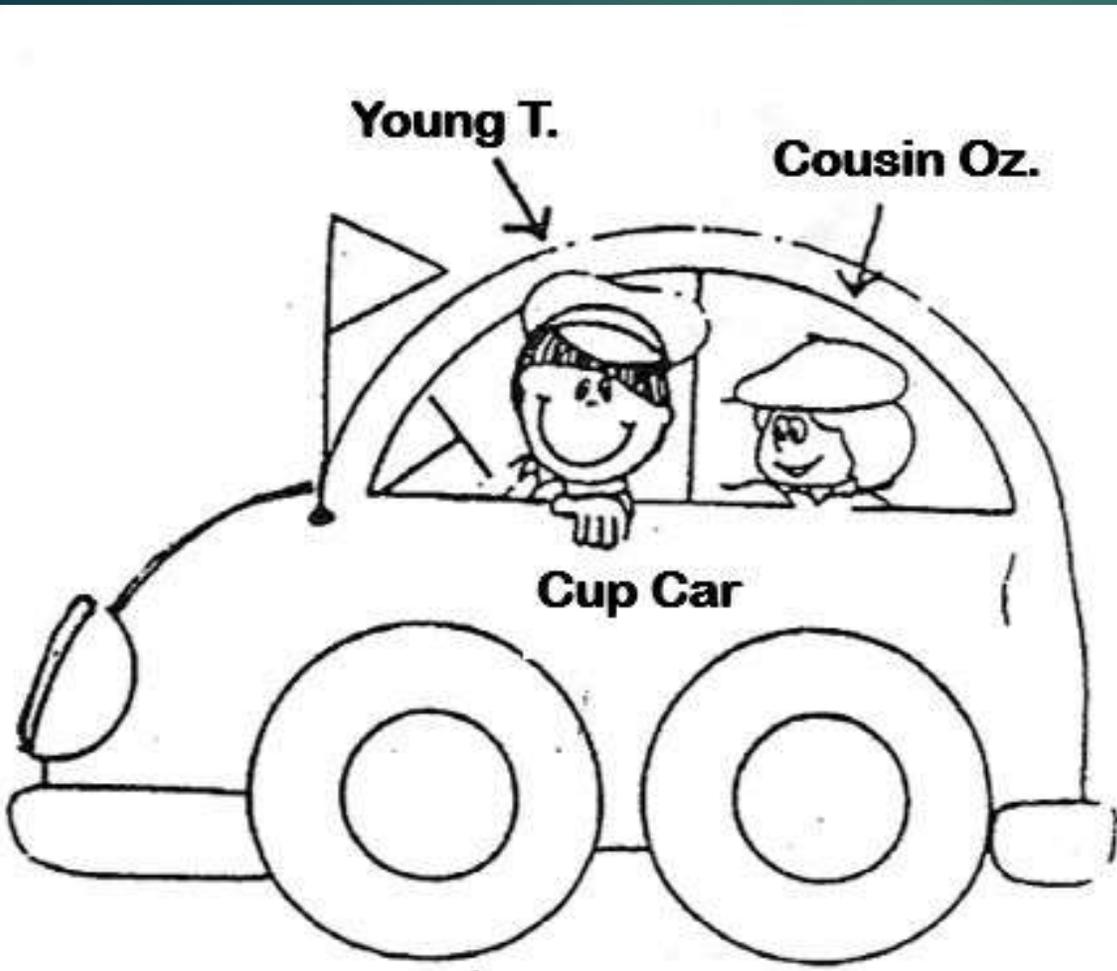
## Helpful Hints:

- T. = Tablespoon
- t. = teaspoon
- Mrs. T. has 3 baby t.'s
- There are 3 little t.'s with 1 big T.

## Equivalents To Remember:

- 1 Tablespoon = 3 teaspoons
- 1/2 Tablespoon = 1 1/2 teaspoons

# Young T. and Cousin Oz.



## Helpful Hints:

- Young T. just got his drivers license-He is 16 (16 Tablespoons)
- He now gets to drive the "Cup Car" (1 Cup)
- Cousin Oz. is half as old as Young T.-He is only 8 (8 Ounces)
- It takes 8 ounces to fill up the "Cup Car" (8 oz. = 1 c.)

## Equivalents To Remember:

- 8 Ounces = 1 Cup
- 1 Cup = 16 Tablespoons
- $\frac{3}{4}$  Cup = 12 Tablespoons
- $\frac{1}{2}$  Cup = 8 Tablespoons
- $\frac{1}{4}$  Cup = 4 Tablespoons
- $\frac{1}{8}$  Cup = 2 Tablespoons

# GAL the Butterfly



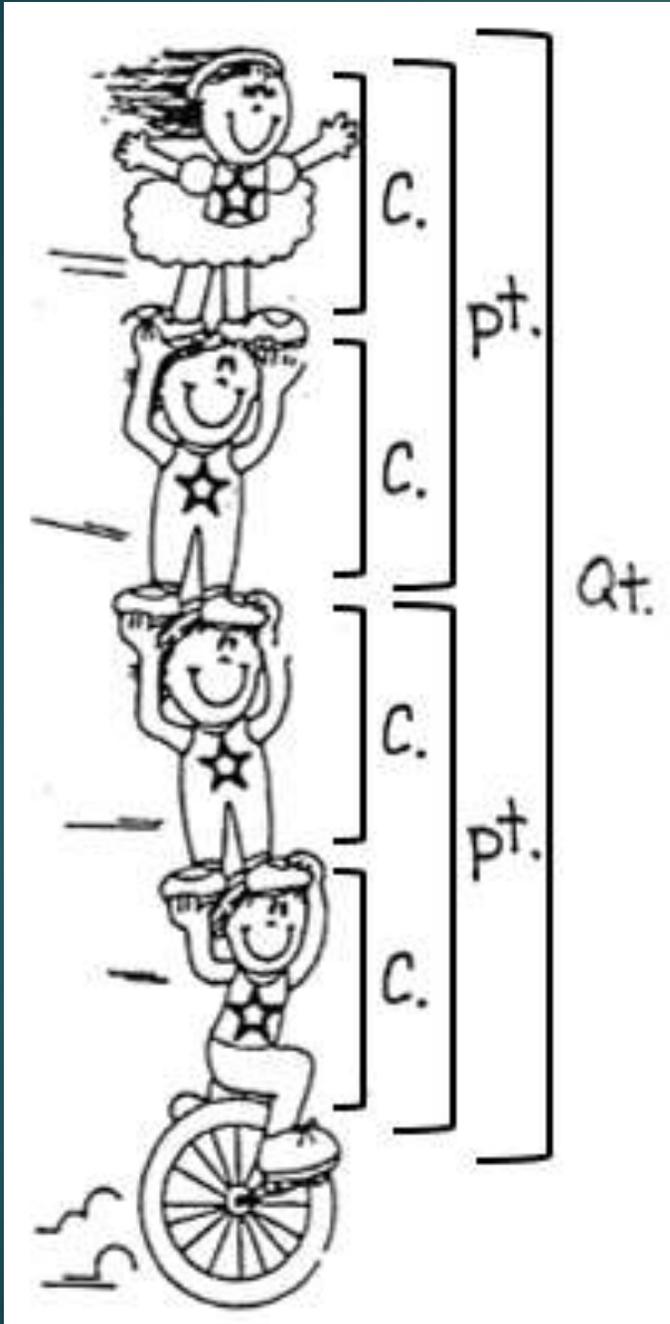
## Helpful Hints:

- GAL stands for Gallon
- GAL's wings are so QT! (Quart)
- 4 Wings = 4 Quarts
- Small Circles Represent 1 C.

## Equivalents To Remember:

- 4 Cups = 1 Quart
- 4 Quarts = 1 Gallon
- 16 Cups = 1 Gallon

# The Cup Kids



## Helpful Hints:

- Each Kid represents 1 cup

## Equivalents To Remember:

- 2 Cups = 1 Pint
- 2 Pints = 1 Quart
- 4 Cups = 1 Quart

# Other Important Equivalents To Remember

1 stick of butter/margarine = 1/2 cup

5 Tbsp. + 1 tsp. = 1/3 cup

8 oz. = 1 c.

16 oz. = 1 lb.