

# Measuring Ingredients and Reading Recipes



# Measuring Ingredients

## 1. Two Types of Measurements Are:

a. Liquid



b. Dry



## 2. 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.*



### 3. Sugar/Salt

- ▶ Scoop into dry measuring cup, then level off



## 4. Brown Sugar

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

*\*It should hold its shape when released.*



# 5. Shortening

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



## 6. 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.)



# 7. Butter/Margarine

- ▶ Cut on the wrapper markings



## 8. Eggs

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



# Reading a Recipe

9. Always read the ENTIRE recipe before beginning. This is the MOST important step!
10. Never skip steps or make up any of your own.
11. Make sure to pre-heat the oven early if needed.



# Reading a Recipe

12. 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

13. 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

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



# Doubling or Dividing a Recipe:

## Stays the Same:

- ▶ Cooking Temperature
- ▶ Ingredients Used
- ▶ Directions

## Changes:

- ▶ Length of Cooking Time
- ▶ Amount of Ingredients
- ▶ Size of Pan/Dish

# Baking with Glass:

**REDUCE** the oven  
temperature by

**25°**

**Glass absorbs more  
heat and will cook  
your food more  
quickly.**



# 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

# Equivalents

Why do we need to know equivalents?

- ▶ So that we use the most efficient tools for measuring.
- ▶ For Example: Use 1/4 c. rather than 4 Tbsp.



# Equivalents

What is the most efficient way to measure the following measurements?

• 4 Tbsp. = 1/4 c.

• 3/4 c. = 1/2 c. + 1/4 c.

• 3 tsp. = 1 Tbsp.

• 1/8 c. = 2 Tbsp.

# Mrs. T. and Her Babies



Mrs. T.



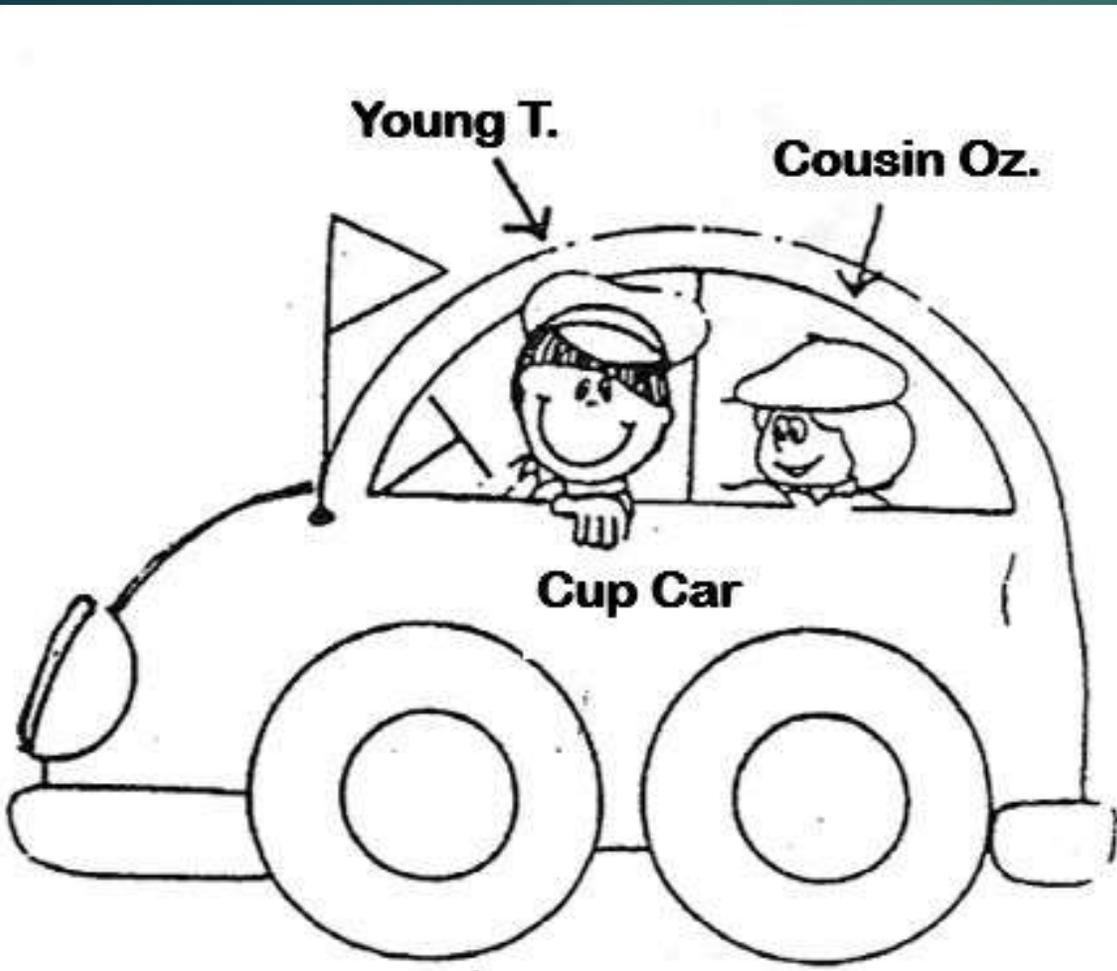
## Helpful Hints:

- 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.



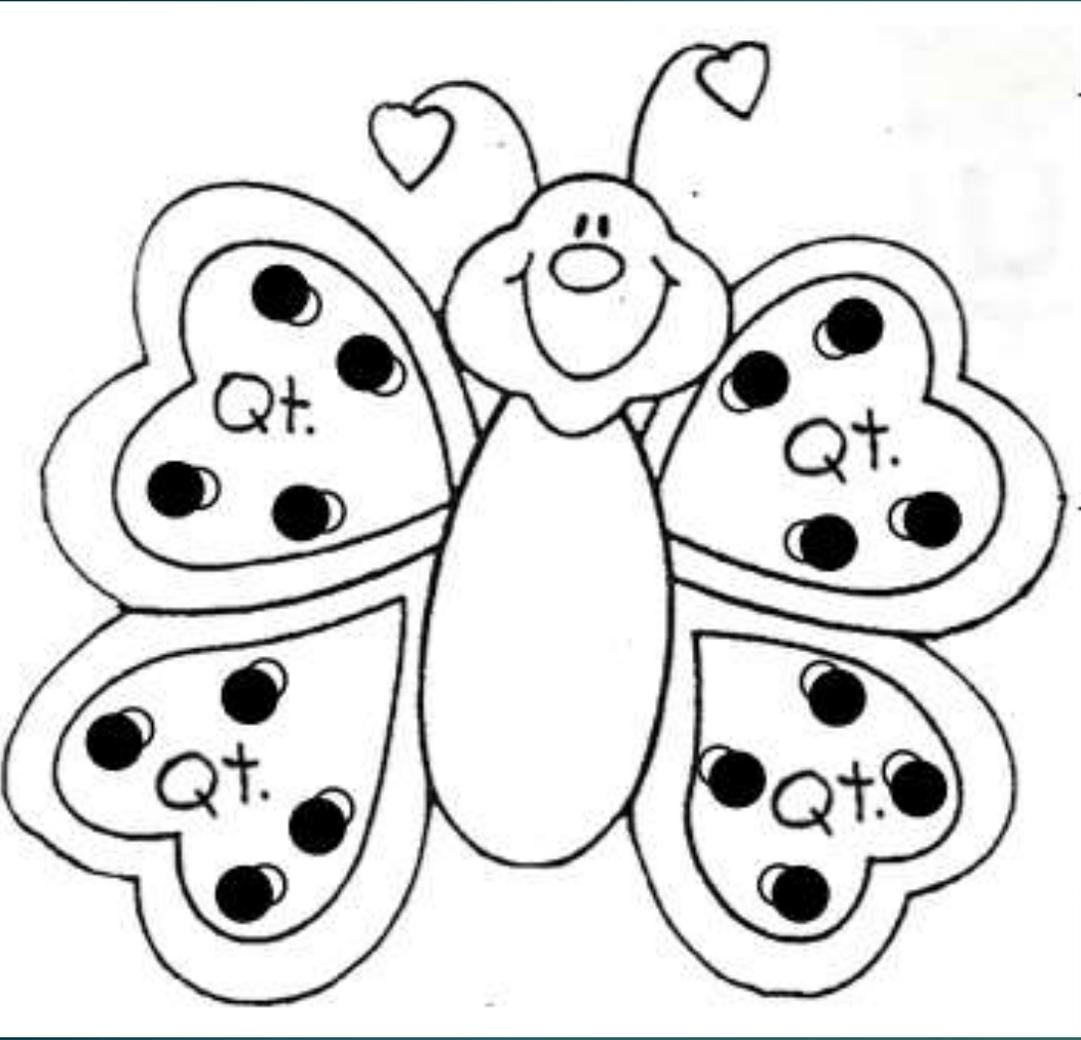
## Helpful Hints:

- 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



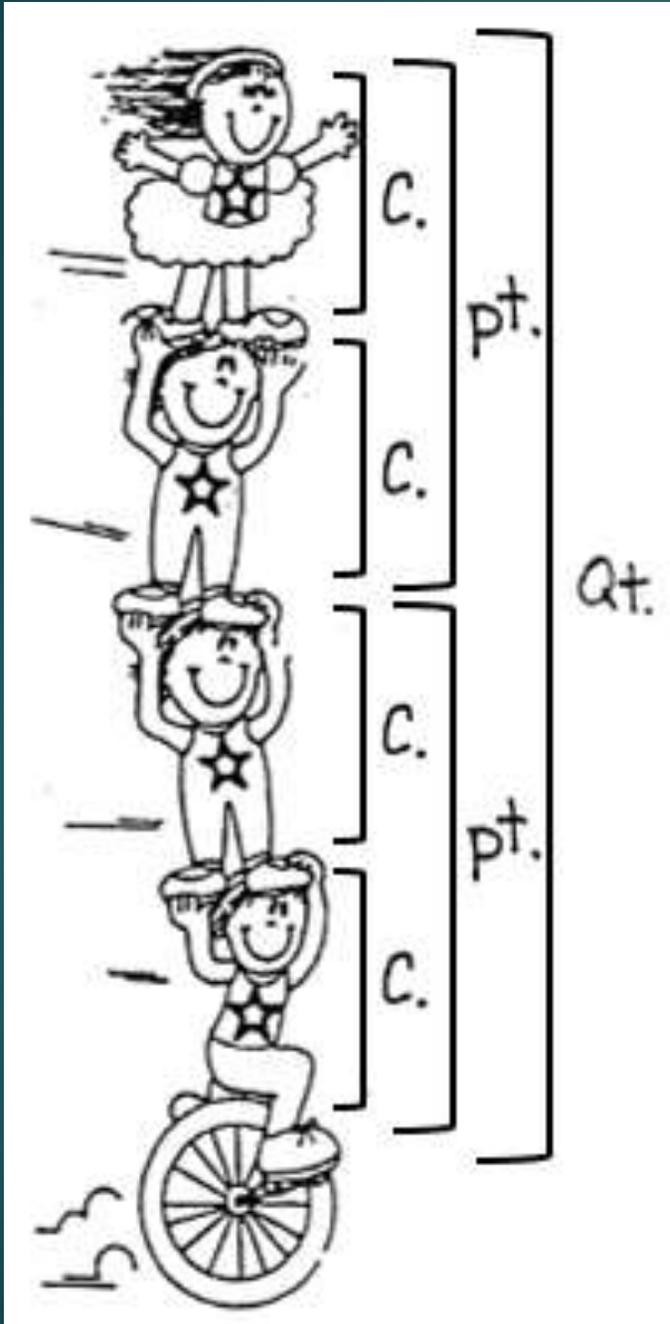
## Helpful Hints:

- 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



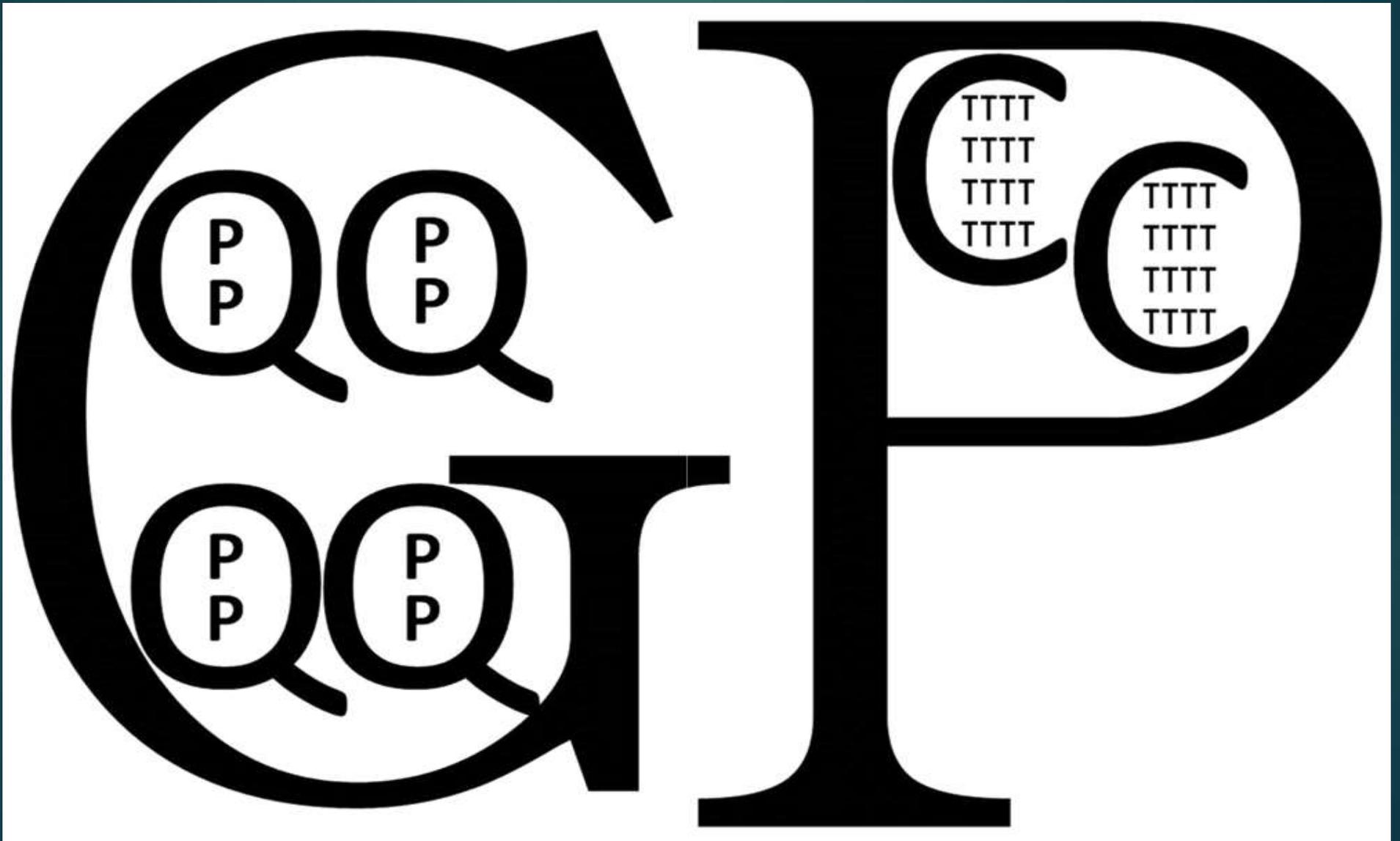
## Helpful Hints:

- Each Kid represents 1 cup

## Equivalents To Remember:

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

# Gallon and Pint Equivalents



# Gallon Man





# 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.