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

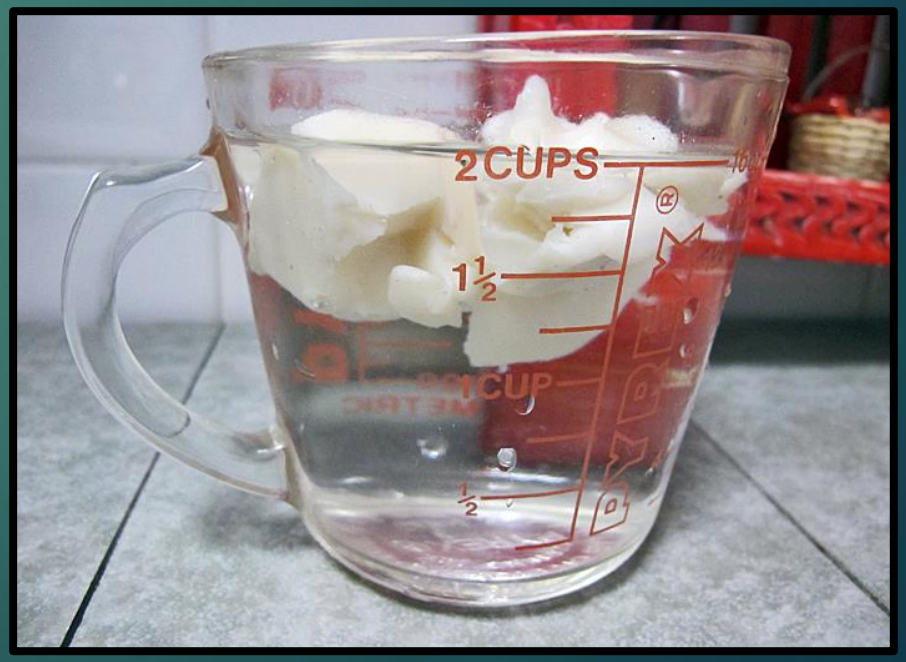
4. Brown Sugar

- 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

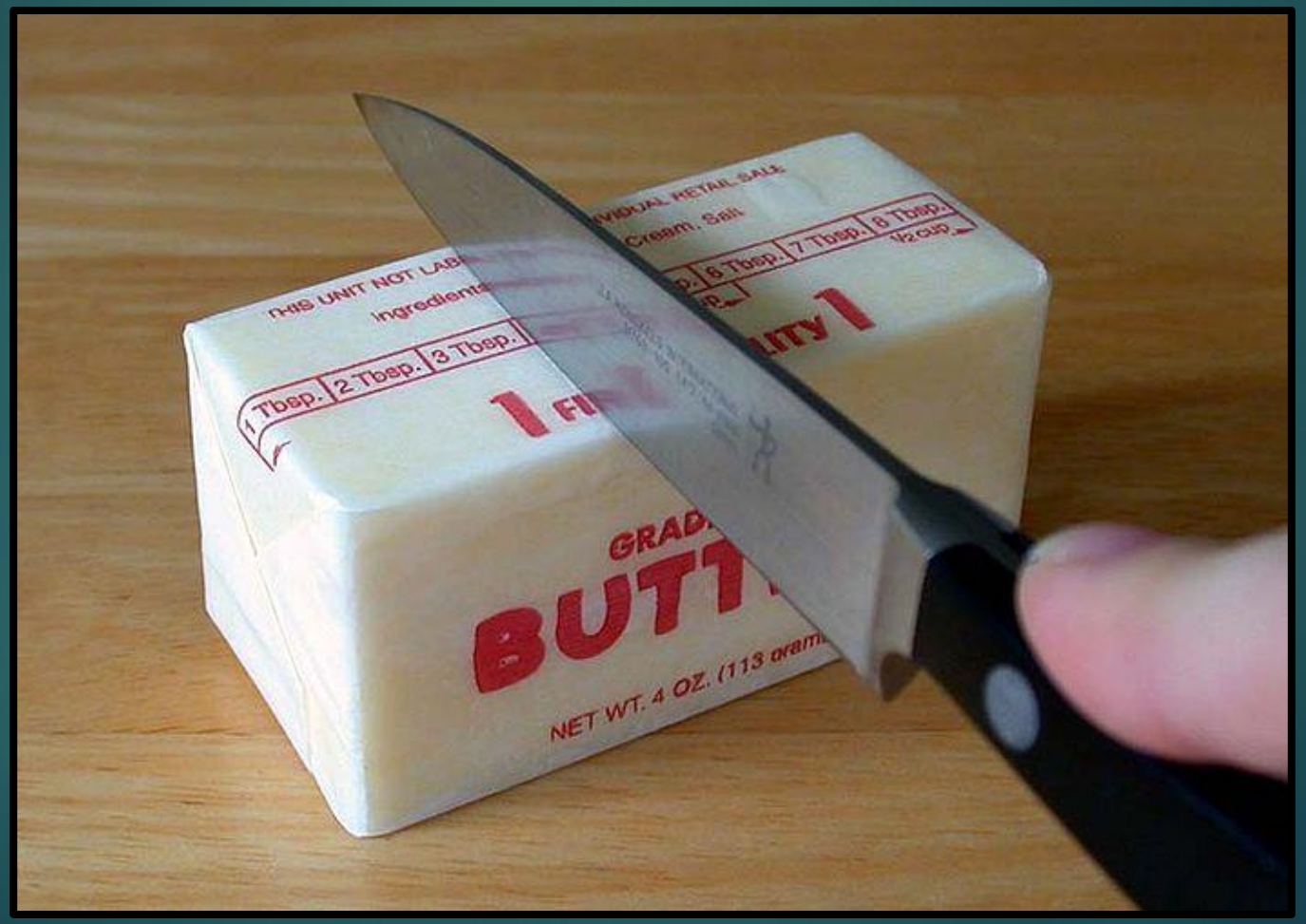


6. Water/Milk/Oil

- 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.)

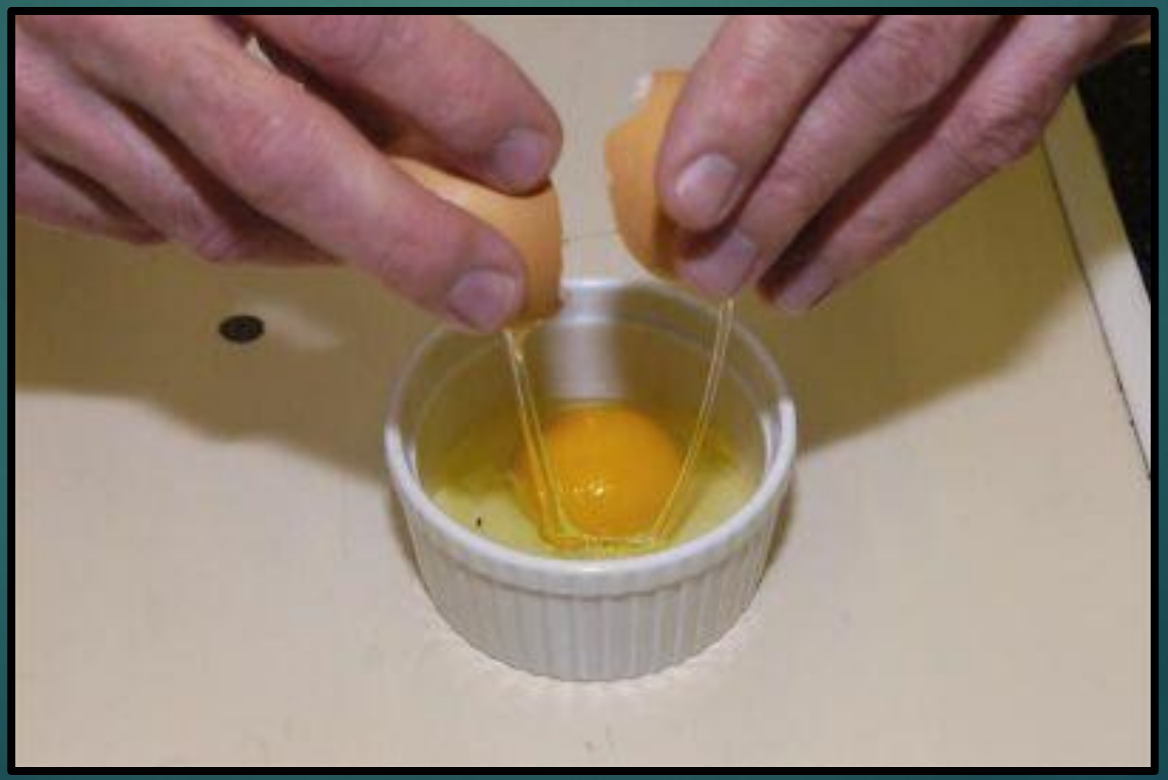
7. Butter/Margarine

- 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

t., or tsp. = teaspoon

c. = cup

oz. = ounce

qt. = quart

pt. = pint

gal. = Gallon

doz. = dozen

min. = minute

hr. = hour

lb. or # = pound

pkg. = package

Equivalents

Why do we need to know equivalents?

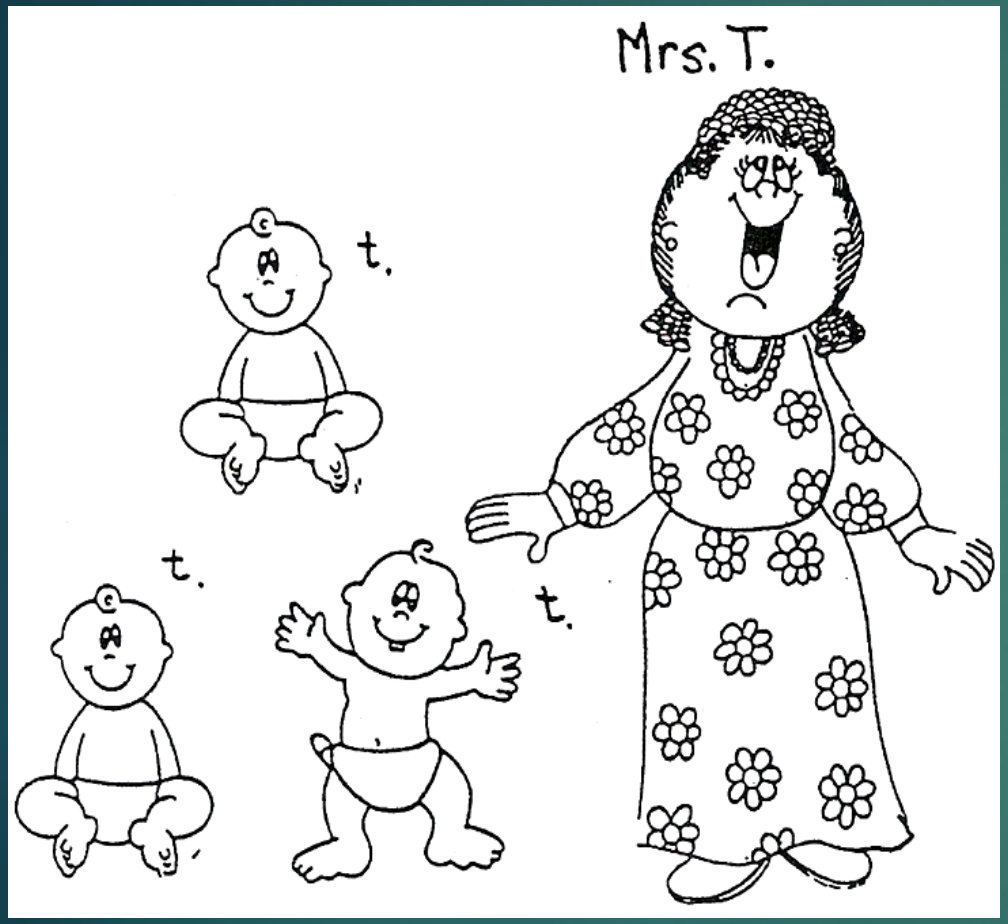
- So that we use the most efficient tools for measuring.
- *For Example: Use 1/4 c. rather than 4 Tbsp.*

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



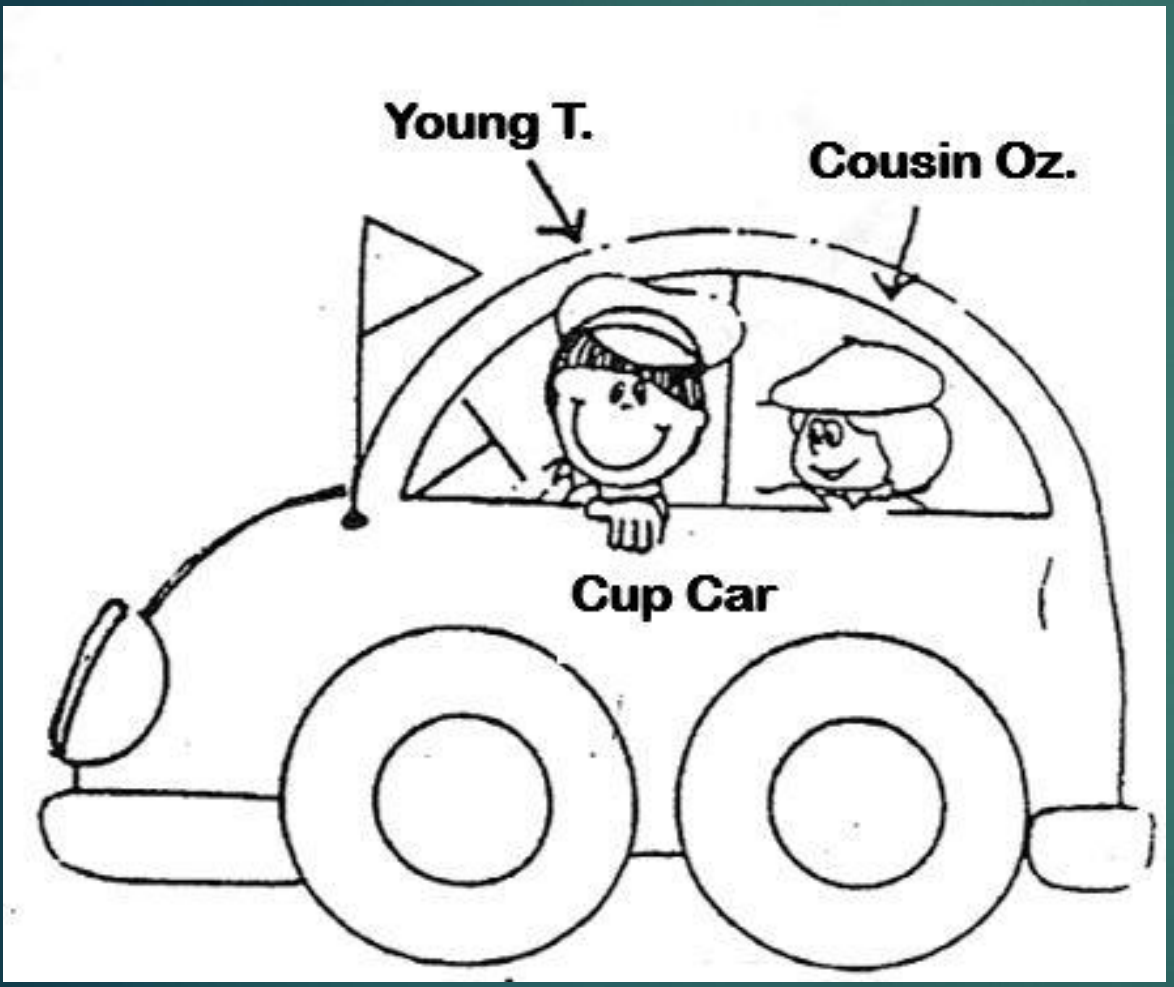
Helpful Hints:

- 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 ½ teaspoons

Young T. and Cousin Oz.



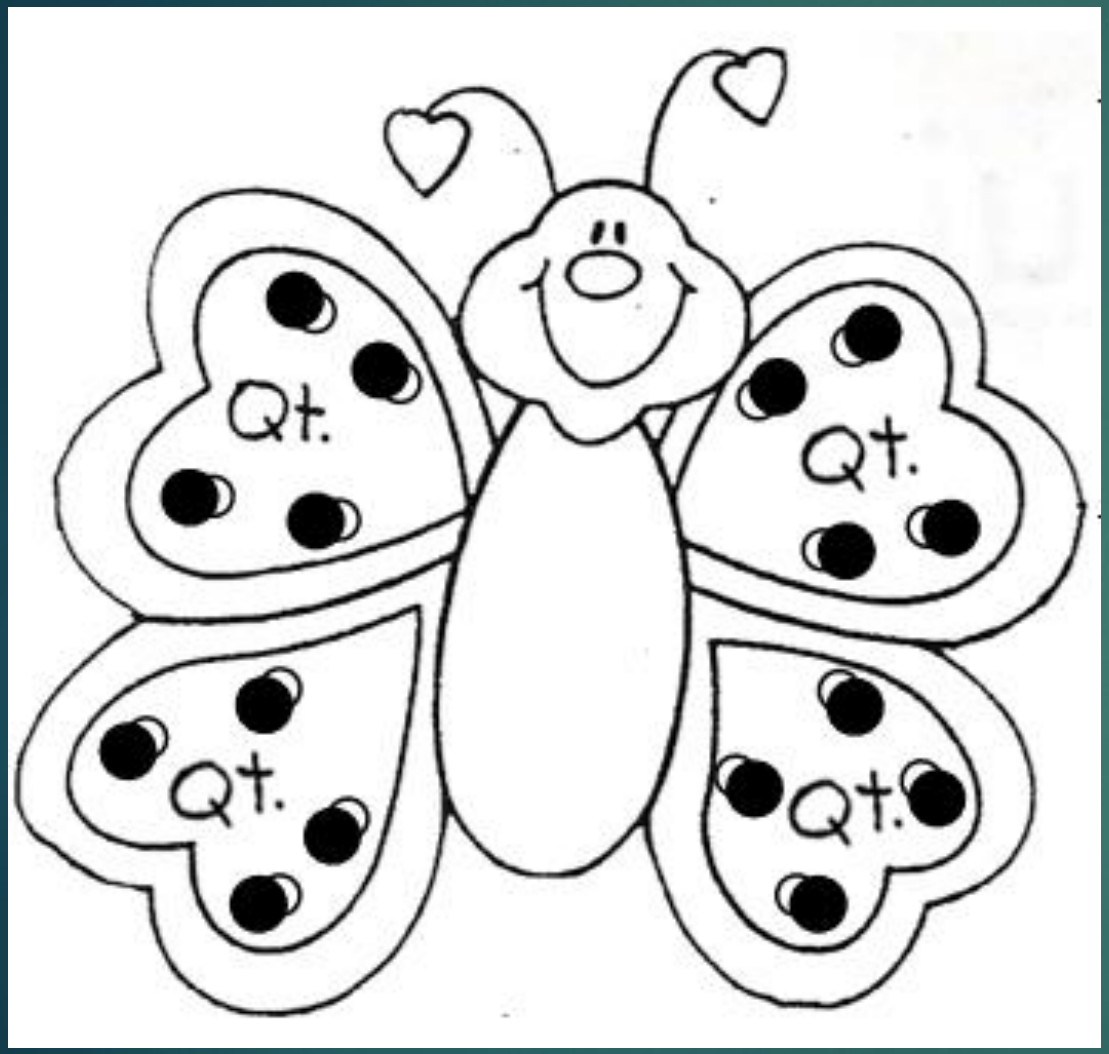
Helpful Hints:

- 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
- 3/4 Cup = 12 Tablespoons
- 1/2 Cup = 8 Tablespoons
- 1/4 Cup = 4 Tablespoons
- 1/8 Cup = 2 Tablespoons

GAL the Butterfly



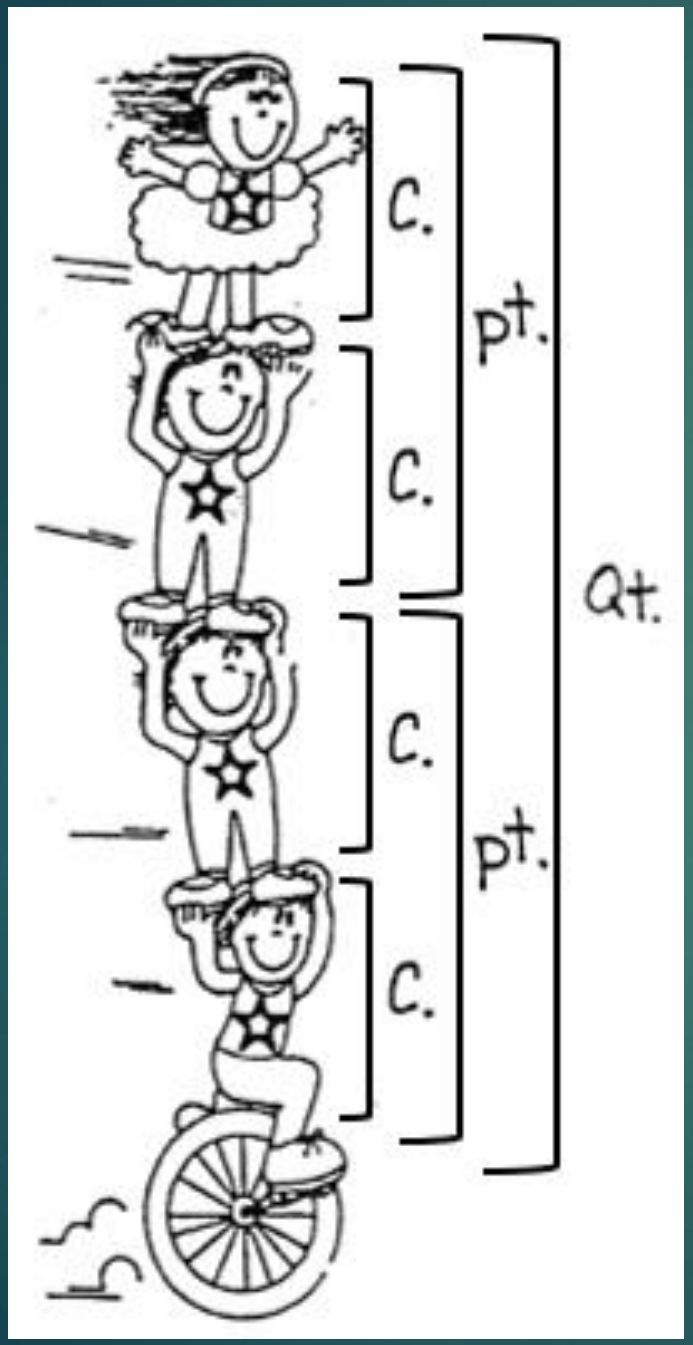
Helpful Hints:

- 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



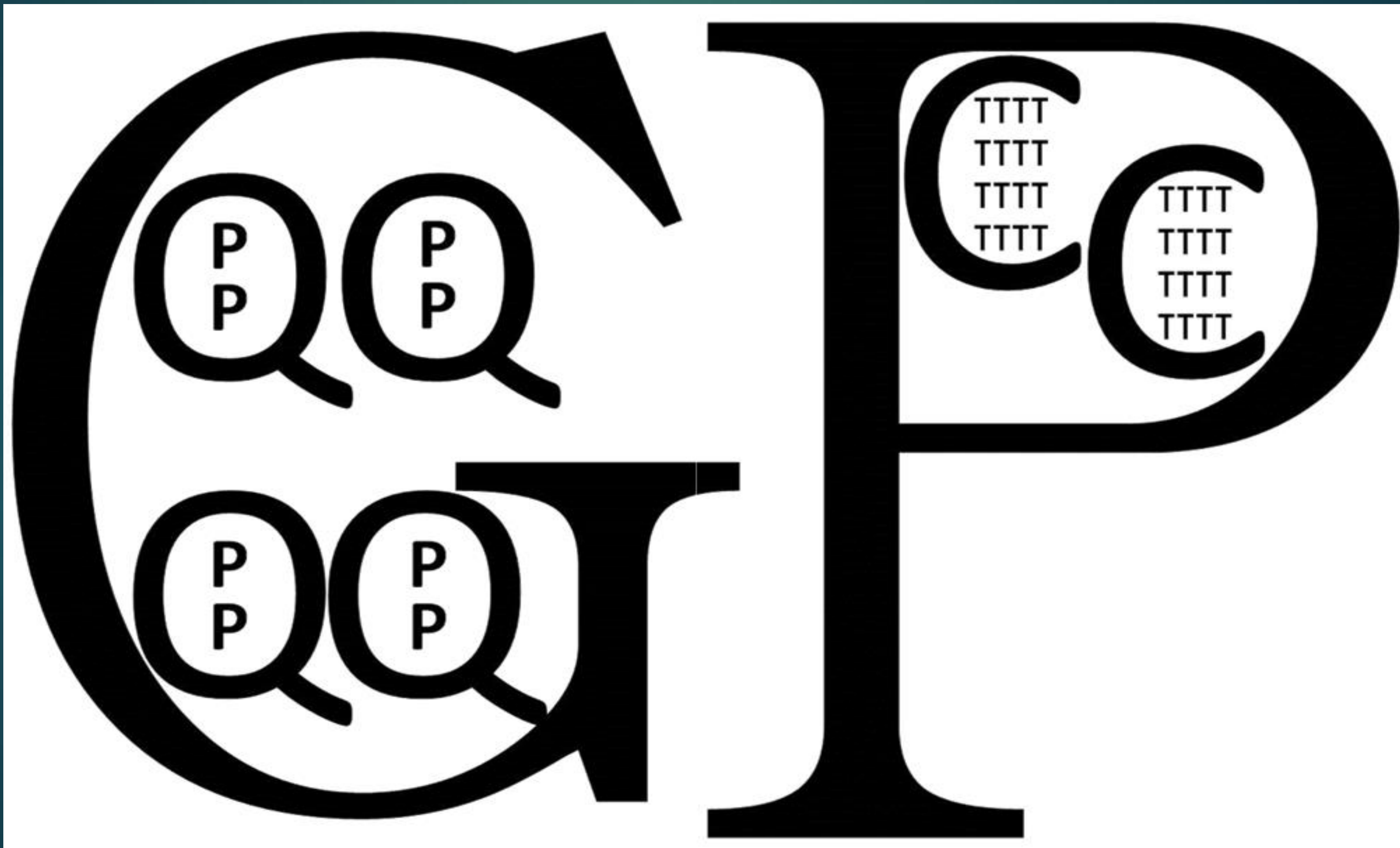
Helpful Hints:

- 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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Equivalents Chart

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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.