Discover...
- how to measure dry ingredients.
- how to measure liquid ingredients.
- how to measure solid fats.

Key Term
sift

Too much or too little of an ingredient can make a big difference! This chapter shows you how to work with measuring cups and spoons to measure ingredients accurately.

Food for Thought
What might happen if you put too much salt and not enough flour in pancakes?

Measuring Dry Ingredients
Dry ingredients include flour, sugar, rice, spices, and so on. Measuring spoons are used for small amounts. For larger amounts, use dry measuring cups. Usually, dry ingredients should be level with the top of the measuring cup or spoon. Sometimes, however, a recipe calls for a “heaping” measurement—one that's above the top of the cup or spoon.

Level

Heaping
**How to Measure Dry Ingredients**

1. Hold the cup or spoon over waxed paper or the ingredient's container.

   **Why?** If any spills over, it will be caught by the paper or the container instead of going into your recipe.

2. Fill the cup or spoon slightly over the top.

   **Tip** Don't shake or tap the cup to make more room. Don't pack the ingredient into the measuring utensil—*unless* you're measuring brown sugar or the recipe says to.

3. Use a straight edge, such as a spatula, to level off the top of the cup or spoon.

**TIPS FOR DRY INGREDIENTS**

- **Brown sugar.** Pack the sugar firmly into the cup using the back of a spoon or a rubber scraper. Overfill the cup a little, then level it off. The brown sugar should come out holding the shape of the cup.

- **Granulated sugar.** If sugar is lumpy, put it through a strainer before measuring. Press out the lumps with a spoon.

- **Sifted flour.** Some recipes call for sifted flour. To sift means to put a dry ingredient through a sifter to separate the particles. Place waxed paper under the measuring cup. Spoon the flour into the sifter, then sift into the cup. After measuring the amount you need, return any remaining flour to its original container.
Unsifted flour. If the recipe doesn't tell you to sift flour, just stir it with a spoon before measuring. Whole grain flours, such as whole wheat or rye, are never sifted.

**MEASURING LIQUID INGREDIENTS**

For liquids, such as milk, water, oil, or honey, use a liquid measuring cup. It has a pouring spout and extra space at the top to help prevent spills. For small amounts, use a measuring spoon. Fill it just to the brim.

Syrup and honey are thick and sticky. Before measuring them, you can oil the measuring cup so they'll flow out more easily. You may need to use a rubber scraper to get all the syrup or honey out of the cup.

**How to Measure Liquids**

1. Place the cup on a flat, level surface, such as a table or counter.
2. Slowly pour the liquid into the cup.
3. Stoop down to check the measurement at eye level.

**Why?** If you look down at the cup or lift the cup off the flat surface, you won't get an accurate measurement.
**Measuring Solid Fats**

Solid fats, such as butter, margarine, or shortening, can be measured in several different ways. Two of the easiest are the stick method and the dry measuring cup method.

**Stick method.** Butter and margarine are sold by the stick. One stick weighs 1/4 pound and is equal to 1/2 cup. The wrappers are usually marked off in tablespoons so you can cut off the amount you need.

**Dry measuring cup method.** Spoon shortening into a dry measuring cup. Pack it down firmly. Be sure to work out all air bubbles so the measurement is accurate. Pack the cup slightly more than full, then level it off. To get the shortening out of the cup, use a rubber scraper.

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**CHAPTER 17 REVIEW**

**Understanding Key Ideas**

1. What is the difference between level and heaping measurements?
2. How is measuring flour different from measuring brown sugar?
3. What is the correct way to measure 1/2 cup milk? 1 tsp. vanilla?
4. Describe two methods you could use to measure solid fats.

**Exploring Further**

- **Researching Equivalents:** Locate a list that gives equivalents such as these: How many cups in a pound of brown sugar? How many graham crackers make a cup of crumbs? As a class, make a master list of such equivalents to use in the foods lab.

- **Measuring Tool Teamwork:** In small groups, brainstorm ideas for a new type of measuring tool. Decide on one of the ideas and develop a presentation for the class. Explain how the tool would be used and how it would work.

**Applying Knowledge and Skills**

- **Recipe Analysis:** Choose a recipe and list all the measuring equipment you would need. Explain how you would use each item.

- **Demonstration:** Imagine you host a television cooking show. Demonstrate accurate measuring methods.