



Measuring Correctly

Use the Proper Equipment

To measure correctly, you need to use the proper equipment! To measure liquids, use a measuring cup made to measure liquids—it should be marked for

various amounts, usually in one-ounce increments. Liquid measuring cups are glass or clear plastic.



To measure dry ingredients, such as flour, use dry measuring cups. These come in graduated sizes one cup, 3/4 cup, 2/3 cup, 1/2 cup, 1/3 cup, and 1/4 cup. Dry measuring cups are usually metal or plastic.



All kitchens should have a set of standard measuring spoons. Both liquid and dry ingredients are measured with the same spoons. Common sizes include Tablespoon, teaspoon, 1/2 teaspoon, 1/4 teaspoon, and 1/8 teaspoon but other sizes can be included in some sets.



Use the Proper Methods for Measuring

Liquids—always read the measurement of liquids at eye level.

If you are measuring with spoons, fill the spoon to the top of the spoon without letting the liquid spill over the top of the spoon.

When using measuring cups, place the cup on a level surface then carefully pour the liquid into the cup. Bring to eye level to check the measurement and adjust if necessary. You can also bend down to see the cup at eye level.



Sugar—there are different methods for measuring white and brown sugar.

Brown sugar should be lightly packed down for proper measurement. Pack the sugar with the back of a spoon or your fingers and then level it off. When properly packed, it should hold its shape when the cup is inverted onto a surface. White sugar should be spooned into a measuring cup and leveled off.



Butter and stick margarine—a stick of butter weighs 1/4 pound and measures out to 1/2 cup or 8 Tbsp. Wrappers are usually marked for easy measurement. Measures may include Tbsp, 1/4 cup, etc. Use a sharp knife to cut off the proper number of Tbsp needed. For soft margarines, use a measuring spoon and pack the margarine and level off.



Shortening can be solid or liquid (such as vegetable oil or melted butter). Liquid shortening should be measured like any other liquid. Solid shortenings (such as vegetable shortening or lard) should be spooned into a dry measuring cup, packed well, and leveled off.

Flour—all types of flours are measured the same way. Flour should be gently/lightly spooned into the dry measuring cup or spoon. It should not be packed down or tapped down. Extra flour is quickly leveled off with the back side of a knife or straight edge.



Proper measurement with proper equipment will help you get good results from your recipes!