

Basic Measuring Notes

Name _____

1. Ingredients must always be measured accurately when preparing food in order to ensure a desirable end product.

2. Read the recipe first to determine whether the metric or imperial system is to be used.

3. Abbreviations

L = litre tsp. or t. = teaspoon
ml = millilite T. or tbsp = Tablespoon
g = gram °C = degree
kg = kilogram c = cup
lb = pound

4. 16 tablespoons = 1 cup



8 fluid ounces = 1 cup 3 teaspoons = 1 Tablespoons
1 solid pound = 2 cups

5. A set of ~~imperial~~ ^{metric} measuring spoons is made up of the following 5 spoons
1.2 ml 2.5 ml 4.9 ml 7.4 ml 14.8 ml

6. A set of imperial measuring spoons is made up of the following 6 spoons
1/8 tsp 1/4 tsp 1/2 tsp 1 tsp 1/2 Tbsp 1 Tbsp

7. A set of imperial measuring cups is made of the following 4 cups
1/4 cup 1/3 cup 1/2 cup 1 cup

8. A set of metric measures is made of the following 4 cups
60 ml 80 ml 120 ml 235 ml

9. When measuring dry or solid ingredients, use a metal or plastic measuring cup.

10. When measuring liquid ingredients, use a glass (plastic) measuring cup.

11. When measuring flour

* sift flour onto a wax piece of paper

* lightly spoon the flour into the correct size measuring cup

* use a metal spatula to level off the excess flour

12. When measuring brown sugar

* pack the brown sugar into a correct size measuring cup

* use a metal spatula to level off the brown sugar

13. When measuring shortening, three different methods may be used.

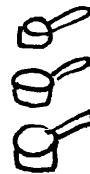
Method 1: measuring cup

* pack the shortening into the correct size measuring cup

* use a metal spatula to level off the excess shortening

Method 2: water displacement

Method 3: premeasured stick



14. When measuring liquids

* place a liquid measuring cup down on the flat surface

* your eyes should be level with the measuring cup as you are pouring the liquid

15. Measuring spoons should be used to measure small amounts of dry or liquid ingredients.