

Measuring Foods



Liquid Ingredients

Place a liquid measuring cup on a level surface.



Pour the liquid in to the cup to the correct line.

Check the measurement at eye level to be sure
you measured the correct amount

Dry Ingredients

Use a dry measuring cup or spoon



Use a spoon to fill the measuring cup or spoon to overflowing. Do not pack or shake ingredients into the cup or spoon unless the recipe tells you to.

Level the measuring cup or spoon with a straight-edged spatula.

If needed, sift the ingredients before measuring. If the recipe calls for 2 cups of sifted flour, sift flour before measuring. If the recipe calls for 2 cups of flour and then tells you to sift it, do so after measuring. Confectioners' sugar should be sifted before measuring. Granulated sugar should be sifted if it has lumps in it.

Brown Sugar



Use a dry measuring cup or spoon

Lightly pack the brown sugar into the cup or spoon.

Level the cup or spoon by packing the brown sugar, so that it is even with the top of the cup or spoon. You can also level the cup or spoon with a straight edged spatula.

If it is measured correctly the brown sugar will stay in the shape of the cup or spoon when it is emptied.

Equivalents

Dry and liquid

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 8 tablespoons = $\frac{1}{2}$ cup
- 12 tablespoons = $\frac{3}{4}$ cups
- 16 tablespoons = 1 cup
- few grains, dash, or pinch = less than $\frac{1}{8}$ teaspoon



Liquid Measures

- 2 tablespoons = 1 fluid ounce
- 1 cup = 8 fluid ounces
- 2 cups = 16 fluid ounces = 1 pint
- 4 cups = 32 fluid ounces = 1 quart
- 2 pints = 1 quart
- 4 quarts = 1 gallon



Dry Measures

- 16 ounces = 1 pound
- 8 quarts = 1 peck
- 4 pecks = 1 bushel



Gallon Man

