

Why Measure?

It's Simple, Really!

DID YOU KNOW?

Scooping unsifted flour into your measure then shaking it level will result in adding 20% more flour to your mixture - leading to overly dry baked goods!

Is a cup always a cup? Not when you're cooking! A coffee cup, a mug and a measuring cup are different in important ways that most likely will affect your recipe result. Similarly, your dinnerware called teaspoons and tablespoons, are different from standard measuring spoons.

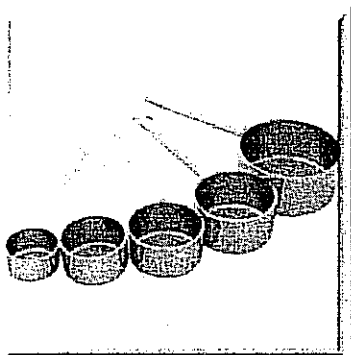
Skilled cooks know that success depends, in part, on using both standard measuring utensils and accurate measuring skills to measure the correct amounts of ingredients.

Careful measuring is essential to the quality of a food product. When measurements are inaccurate, even the best recipe will not look or taste good - and who wants to eat food like that?

Too much or too little of an ingredient can make a difference. For example, adding one Tablespoons of baking soda instead of a teaspoon would definitely affect the taste and look of a chocolate cake. The same would be true of too much salt, pepper or chili powder and too little flour, sugar or vegetable oil in other recipes, for example.

What To Use:

DRY MEASURES



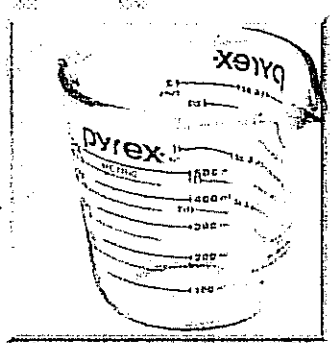
Use for dry ingredients such as flour, sugar, butter, grated cheese, chopped vegetables, etc.

Level the top of the measure with a straight edge.

Some ingredients, like all-purpose flour, require special treatment, like sifting.

Common sizes of dry measures range from 1/4 cup (50 mL) to 1 cup (250 mL).

LIQUID MEASURE



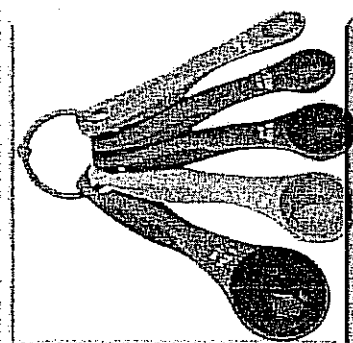
Use for liquid ingredients such as milk, oil, juice, etc.

NEVER use with dry ingredients.

Check the measurement on a flat surface at eye level to verify the correct amount of ingredient.

Common sizes of liquid measures are 1 cup (250 mL), 2 cups (500 mL) and 4 cups (1000 mL).

MEASURING SPOONS



Use for small amounts of liquid or dry ingredients, such as spices, herbs, baking powder, baking soda, vanilla extract, etc.

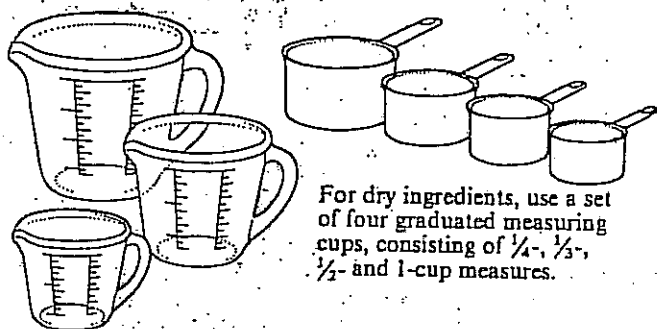
Hold over a separate bowl when measuring to avoid excess amounts in your recipe.

Common sizes of measuring spoons range from 1/4 teaspoon (1 mL) to 2 tablespoons (25 mL).

Measuring ingredients

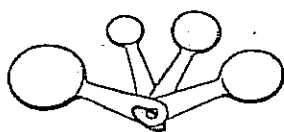
USING THE CORRECT MEASURING EQUIPMENT

Accurate measurements are essential if you want the same good results each time you make a recipe.



For dry ingredients, use a set of four graduated measuring cups, consisting of $\frac{1}{4}$ -, $\frac{1}{3}$ -, $\frac{1}{2}$ - and 1-cup measures.

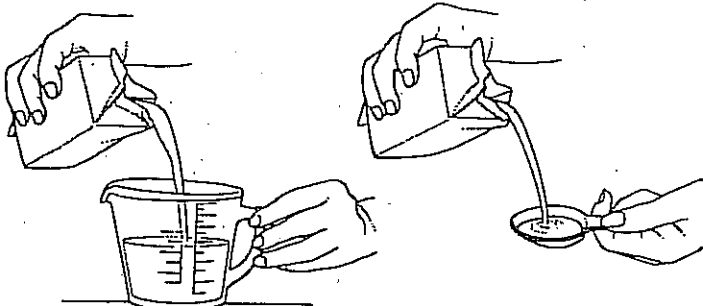
For liquids, use a 1-cup liquid measuring cup which is also marked for smaller measurements. Two-cup and 4-cup liquid measuring cups are helpful for measuring larger amounts.



A standard set of $\frac{1}{4}$ -, $\frac{1}{2}$ -, 1-teaspoon and 1-tablespoon measuring spoons is used for both dry and liquid ingredients.

MEASURING LIQUIDS

Always read the line on a measuring cup at eye level when checking the volume of liquid in a cup.



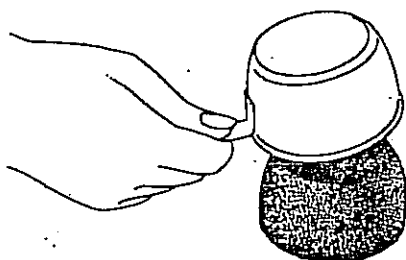
With the liquid measure on a level surface, slowly pour the liquid into the cup until it reaches the desired line.

If using measuring spoons, pour the liquid just to the top of the spoon without letting it spill over.

MEASURING SUGAR

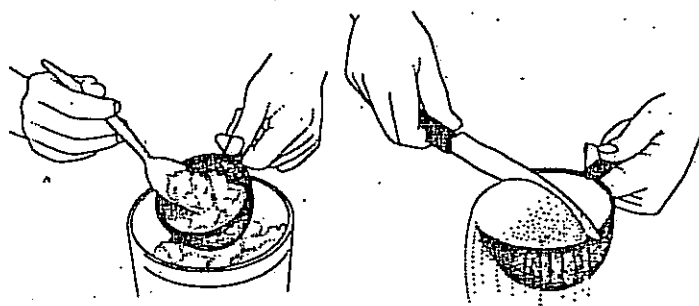
Lightly spoon sugar into a graduated measuring cup and level off with the straight edge of a knife or spatula.

Sugar: Pack the sugar lightly into the cup. With the back of a spoon, then level off; it will hold its shape when inverted from the cup.



MEASURING FLOUR

In the recipes in this book all the flours are measured and used straight from the flour package or canister.

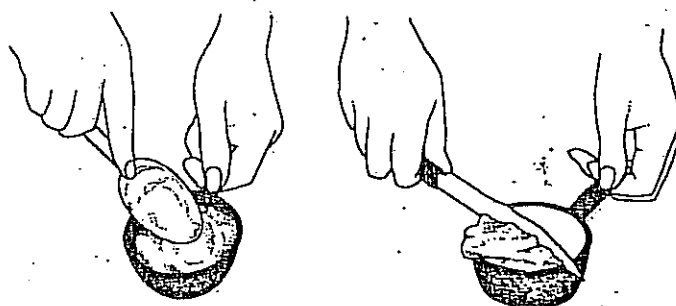


Lightly spoon the flour into a graduated measuring cup or spoon; never pack flour down or shake or tap the side of the measuring cup.

Then, quickly level off the surplus flour in the measuring cup with the straight edge of a small kitchen knife.

MEASURING SHORTENING

Liquid shortenings such as salad oil and melted butter or margarine, can be measured in the same way as liquids, left. Measure shortenings such as lard, vegetable shortening, even peanut butter, as shown below.

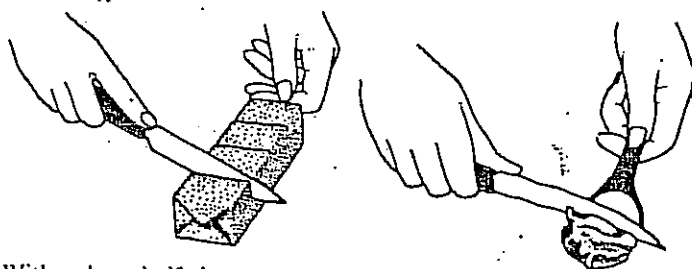


Pack in the shortening firmly, right to the top of the measuring spoon or graduated cup.

Level off the shortening with the straight edge, not the flat side, of a knife or spatula.

MEASURING BUTTER OR MARGARINE

Each $\frac{1}{4}$ -pound stick of butter or margarine measures $\frac{1}{2}$ cup; the wrapping is usually marked off in tablespoons for measuring smaller amounts.



With a sharp knife just cut off the number of tablespoons needed, following the guidelines on the wrapper.

For butter or margarine not wrapped in this way, measure and level off as for solid shortening.

Measurement Tables

Throughout this book measurements are given in Conventional and Metric measure. To compensate for differences between the two measurements due to rounding, a full metric measure is not always used. The cup used is the standard 8 fluid ounce. Temperature is given in degrees Fahrenheit and Celsius. Baking pan measurements are in inches and centimetres as well as quarts and litres. An exact metric conversion is given below as well as the working equivalent (Metric Standard Measure).

Oven Temperatures

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°

Pans

Conventional Inches	Metric Centimetres
8x8 inch	20x20 cm
9x9 inch	22x22 cm
9x13 inch	22x33 cm
10x15 inch	25x38 cm
11x17 inch	28x43 cm
8x2 inch round	20x5 cm
9x2 inch round	22x5 cm
10x4 1/2 inch tube	25x11 cm
8x4x3 inch loaf	20x10x7.5 cm
9x5x3 inch loaf	22x12.5x7.5 cm

Spoons

Conventional Measure	Metric Exact Conversion Millilitre (mL)	Metric Standard Measure Millilitre (mL)
1/8 teaspoon (tsp.)	0.6 mL	0.5 mL
1/4 teaspoon (tsp.)	1.2 mL	1 mL
1/2 teaspoon (tsp.)	2.4 mL	2 mL
1 teaspoon (tsp.)	4.7 mL	5 mL
2 teaspoons (tsp.)	9.4 mL	10 mL
1 tablespoon (tbsp.)	14.2 mL	15 mL

Cups

Conventional Measure	Metric Exact Conversion Millilitre (mL)	Metric Standard Measure Millilitre (mL)
1/4 cup (4 tbsp.)	56.8 mL	60 mL
1/3 cup (5 1/3 tbsp.)	75.6 mL	75 mL
1/2 cup (8 tbsp.)	113.7 mL	125 mL
2/3 cup (10 2/3 tbsp.)	151.2 mL	150 mL
3/4 cup (12 tbsp.)	170.5 mL	175 mL
1 cup (16 tbsp.)	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1 L)

Dry Measurements

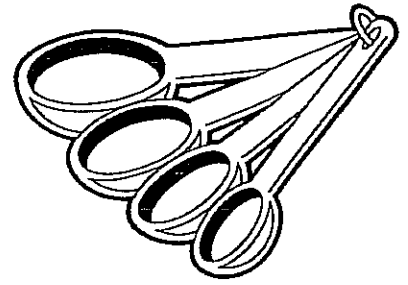
Conventional Measure Ounces (oz.)	Metric Exact Conversion Grams (g)	Metric Standard Measure Grams (g)
1 oz.	28.3 g	28 g
2 oz.	56.7 g	57 g
3 oz.	85.0 g	85 g
4 oz.	113.4 g	125 g
5 oz.	141.7 g	140 g
6 oz.	170.1 g	170 g
7 oz.	198.4 g	200 g
8 oz.	226.8 g	250 g
16 oz.	453.6 g	500 g
32 oz.	907.2 g	1000 g (1 kg)

Casseroles

CANADA & BRITAIN		UNITED STATES	
Standard Size Casserole	Exact Metric Measure	Standard Size Casserole	Exact Metric Measure
1 qt. (5 cups)	1.13 L	1 qt. (4 cups)	900 mL
1 1/2 qts. (7 1/2 cups)	1.69 L	1 1/2 qts. (6 cups)	1.35 L
2 qts. (10 cups)	2.25 L	2 qts. (8 cups)	1.8 L
2 1/2 qts. (12 1/2 cups)	2.81 L	2 1/2 qts. (10 cups)	2.25 L
3 qts. (15 cups)	3.38 L	3 qts. (12 cups)	2.7 L
4 qts. (20 cups)	4.5 L	4 qts. (16 cups)	3.6 L
5 qts. (25 cups)	5.63 L	5 qts. (20 cups)	4.5 L

Measuring Match

Accurate measuring of recipe ingredients depends upon proper measuring procedure. Because ingredients have various textures, compositions and densities, standard measuring techniques have been widely accepted to ensure recipe consistency.



Learn the correct method of measuring several ingredients by matching the letter of the measuring techniques on the right with the appropriate ingredients on the left.

MATCH	INGREDIENTS	METHOD OF MEASURING
	Flour/ Icing (confectioners) sugar	A. Pour into a measuring spoon. Hold over a small bowl to catch excess.
	Granulated (white) sugar	B. Pack firmly into a dry measuring cup. Level with a straight edge.
	Brown sugar	C. Pour into a liquid measuring cup that is set on the counter. Check at eye level.
	Baking soda	D. Pack firmly into a dry measuring cup. Level. Remove with a rubber spatula.
	Shortening/lard/butter	E. Remove any lumps by pressing through a sieve/sifting it. Spoon lightly into a dry measuring cup. Level.
	Margarine	F. Spray liquid measuring cup with oil first, then pour into cup set on the counter. Check at eye level. Remove with rubber spatula.
	Molasses	G. Squash any lumps. Dip in measuring spoon. Level.
	Milk	H. Beat with a fork or whisk. Measure out two tablespoonsful.
	Vanilla extract	I. If in stick form, cut on lines indicated. If not in stick form, pack into dry measuring cup. Level and remove with rubber spatula.
	½ Egg	J. Pour into a dry measuring cup. Level.