

The Merits of Measuring

Experienced cooks may not feel the need to measure every ingredient when following a recipe. After all, the more practice you have in the kitchen, the better you likely are at simply eye-balling an amount of a certain ingredient. While this can speed up the cooking process, measuring does provide a more certain path to get a recipe right – both in flavor and nutritional content. Measuring is particularly important for recipes that must be exact, such as for baked goods, and for ingredients that we don't want to use in excess such as oils and fats, sugar and sweeteners, and salt. It can also help with portion control. These tips will help you follow a recipe and use measuring tools with ease.

THE TOOLS



LIQUID MEASURING CUPS are clear, feature a spout for pouring, and have markings for multiple units of measurement (ounces, cups, & quarts). Though not essential, they do make measuring liquids easier and can make a difference for recipes that require more accuracy, such as baked goods.



DRY MEASURING CUPS are used to measure dry and solid ingredients. A basic set contains: $\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup, and 1 cup.



MEASURING SPOONS are used to measure small amounts of both dry and liquid ingredients. A basic set contains: 1 Tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, and $\frac{1}{4}$ teaspoon.

HOW TO USE THEM

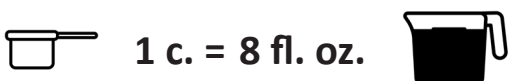
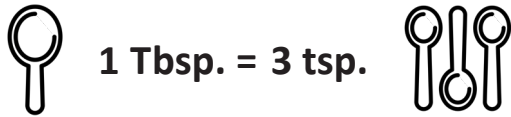
FOR LIQUID INGREDIENTS: Place the liquid measuring cup on a flat surface and bend down to look at the outside of the cup at eye level when pouring. Pour until the bottom curve of the liquid reaches the desired measurement marking.

FOR DRY INGREDIENTS: Completely fill the indicated measuring cup or spoon. Level off the top using a utensil with a straight edge (spatula or knife).

FOR ALL INGREDIENTS: Don't measure over your bowl to avoid spilling over and adding too much!

COMMON CONVERSIONS

These cooking equivalents will come in handy when you need to increase or decrease the number of servings for a recipe.



ABBREVIATIONS

- CUP: C., c.
- FLUID: fl.
- OUNCE: oz.
- QUART: qt.
- PINT: pt.
- GALLON: Gal.
- POUND: lb.
- TABLESPOON: Tbsp., T.
- TEASPOON: tsp., t.
- FAHRENHEIT: °F
- CELSIUS: °C

