

HOW TO MEASURE

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All measurements should be -as level as possible.

Use standard, measuring cups, and standard tablespoons and teaspoons.

Liquid Ingredients in Spoons

Make sure that you don't measure small amounts of liquid ingredients over the mixing bowl. It's just too easy to spill, and you don't want 2 teaspoons of almond extract when the recipe only calls for 1 teaspoon!

Dry Ingredients in Spoons

Ingredients measured in these small amounts still have to be measured carefully. Overfill the measuring spoons and level off using the back of a knife for the most accurate amounts.

Accurate amounts of ingredients like baking soda and powder are critical to the success of any baked product

Chopped Ingredients

Pay close attention to whether or not an ingredient is to be chopped, diced or minced, and whether they are measured before chopping or after. Then the foods are placed in the measuring cup so the top is level with the surface

How to Measure Ingredients

Flour

Stir flour in the storage container or bag. Using a large spoon, lightly spoon flour from the container into the measuring cup. Do not shake the cup and do not pack the flour. Using the back of a knife or flat blade spatula, level off the flour even with the top edge of the measuring cup. Don't use the measuring cup to scoop the flour out of the container. You can end up with 150% of the correct measurement if you do this! One cup of correctly measured flour should weigh about 112 grams.

Baking powder and Baking Soda

Stir in the container. Using the measuring spoon, lightly scoop out of the container. Use that knife to level off even with the top edge of the measuring spoon.

Sugar

Sugar is measured by scooping the cup or measuring spoon into the container or bag until it is overflowing, then leveling off with the back of a knife.

Brown Sugar

This needs to be packed into the measuring cup. The sugar should retain the shape of the cup when it is dropped into the other ingredients.

Powdered Sugar

Powdered sugar usually needs to be sifted to remove small lumps. It is measured by spooning the sugar into the measuring cup from the container, then leveling off with the back of a knife.

Liquid Ingredients

Liquids need to be measured at eye level. Using the liquid measuring cup, pour the liquid into the cup. Then bend over so you are on the same level with the measuring marks. The liquid should be right at the mark, not above or below.

Semi-Liquid Ingredients

Ingredients like sour cream, peanut butter, and yogurt are measured using dry measuring cups because they are too thick to be accurately measured in the liquid cups. Level off sour cream and peanut butter with the back of a knife.

Shortening and Solid Fats

Butter and margarine have measuring amounts marked on the sides of the paper wrapping. One quarter pound stick of butter or margarine equals 1/2 cup. Solid shortening is measured by packing it into a cup so there are no air spaces, then leveling off with the knife. To easily remove fats from baking cups, spray them with a nonstick cooking spray before measuring. You can also use the liquid displacement method for measuring solid fats. For instance, if you want 1/2 cup of shortening, fill a liquid measuring cup with 1/2 cup of cold water. Then add shortening until the water level reaches 1 cup when you look at it at eye level. Pour out the water and use the shortening. Oil is measured as a liquid.