Measuring Ingredients

Accurate measurement of ingredients can often make the difference between the success and failure of a recipe. Also the correct equipment and careful technique.

1. **LIQUID INGREDIENTS**
   1. Place the liquid (or glass or Pyrex) measure on a **LEVEL** surface.
   2. Pour the liquid to the correct mark. Measure at the bottom of the **meniscus.**
   3. To check accuracy, lower your head so that your **EYES ARE LEVEL** with the mark you are checking.
2. **DRY INGREDIENTS**

**“Regular”** dry ingredients… example: ***GRANULATED SUGAR***

1. Use dry (or metal) measures and a   
   **metal spatula** to level off the measures.
2. To measure dry ingredients, fill the   
   measure until it is **OVERFLOWING.**
3. **LEVEL OFF** the excess with the metal spatula.

\*\***Note:** if a recipe calls for “sugar” it means granulated or “white” sugar.

1. **SOLID FATS (shortening, margarine, butter…)**

Dry Measure Method…

* Better for **soft fats**.

1. Place the fat in the measuring spoon or dry measure.
2. Press down to eliminate air bubbles.
3. Level with a metal spatula.

\*\***Note:** this method is not as accurate for large amounts.

1. **DRY INGREDIENTS**

**“Special”** dry ingredients… example: ***FLOUR***

1. Scoop out more than enough flour to overfill the measure.
2. **SIFT** the flour with a **SEIVE** into a different bowl or onto a plate.
3. Refill the measure by **gently spooning** the flour back in.
4. **LEVEL** with a metal spatula.

*Reasons for sifting flour before measuring:*

* To add air into flour to make a baked product ***light***
* To give an accurate measure for a consistent recipe result, especially in a foods room with large bins
* To remove lumps or foreign particles

1. **DRY INGREDIENTS**

**“Special”** dry ingredients… example: ***BROWN SUGAR***

* 1. Fill the dry measure to overflowing with brown sugar.
  2. **PRESS** down with the back of a spoon until *lightly packed*.
  3. If necessary, fill again to heaping and press down again.
  4. **LEVEL** the sugar with a metal spatula.

\*\* When it is turned out of its measure the brown sugar should hold its shape.

\*\* Pressing down the sugar pushes out the excess air and gives a consistent measure for a consistent product result.

1. **SOLID FATS (shortening, margarine, butter…)**

Water Displacement Method…

* Best for **hard** or **cold** fats which cannot conform to the shape of a dry measure.
  1. To measure 125mL of fat place   
     125mL of **COLD** water in a   
     liquid measure.
  2. Add fat until the water rises to   
     **250mL** – make sure that the fat is   
     **COMPLETELY SUBMERGED**   
     (under the water), then check the   
     measure at eye level
  3. Pour out the water.

\*\***Note:** this method can be generalized to measure various amounts of fat.

* Begin with **at least** as much water, or more, as the amount of fat that you need to measure.
* Add fat until the water reaches the mark indicating the **total** (amount of water + amount of fat)