

FOR IMMEDIATE RELEASE

For more information, contact Holly Miner

Nutrition, Food Safety & Health Agent, Wildcat Extension District

haminer@ksu.edu, (620) 331-290

Measuring Makes the Cake

Do you ever wonder why your cake fell or your cookies are dry? When baking food, it is important to measure ingredients using the standard methods. For example, scooping up flour instead of sifting or spooning it into the measuring cup could add too much flour and make the cookies dry. The following information will help you have a fool proof recipe so you can bake your cake and eat it too.

Measuring liquid ingredients (water, milk, vegetable oil, syrup)

- ✓ Use a 1-cup liquid measuring cup that is see-through and marked for smaller measurements.
- ✓ Pour the liquid into the cup and check at eye level to make sure the correct amount is measured.
- ✓ Use 2-cup and 4-cup liquid measuring cups for larger amounts.

Measuring small amounts of ingredients (salt, baking soda, spices, flavorings)

- ✓ Amounts less than $\frac{1}{4}$ cup are usually measured using spoons.
- ✓ A standard spoon set of $\frac{1}{4}$, $\frac{1}{2}$, 1 teaspoon and 1 Tablespoon is used for both dry and liquid ingredients.
- ✓ Pour the liquid just to the top of the spoon without letting it spill over.

Measuring dry ingredients (flour, sugar, corn meal, solid shortening, peanut butter)

- ✓ Use a set of four graduated measuring cups: $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, and 1 cup measures.
- ✓ Spoon the dry ingredient into a measuring cup that holds the amount that you need when filled to the rim. Level off the dry ingredient with the flat side of a knife or spatula.
- ✓ Stir or fluff flour or powdered sugar before measuring.
- ✓ Never pack down or shake or tap the side of the measuring cup.
- ✓ Brown sugar: Pack the sugar into the cup with the back of the spoon, then level off. It should hold its shape when inverted from the cup.

Measuring Butter or Margarine Each ¼-pound stick of butter or margarine measures ½ cup.

- ✓ The wrapping is usually marked off in Tablespoons for measuring smaller amounts.
- ✓ With a sharp knife, cut off the number of Tablespoons needed, following the guidelines on the wrapper.
- ✓ For butter or margarine not wrapped this way, measure and level off as solid shortening.

These simple steps will make your baking and cooking more accurate and successful so you can bake your cake and eat it too.

If you have questions about measuring ingredients or need more information about Nutrition, Food Safety or Health contact Holly Miner at (620) 331-2690, or haminer@ksu.edu.

Information in this press release came from *Cooking Basics: Measuring Tools and How to Use Them*, credit Lisa Martin, KSRE FCS EFNEP Agent, Shawnee County.

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