

# Measuring Options

# Why Measure...Chefs on TV don't

- Experienced/TV Chefs
  - People don't eat what TV Chef's prepare so it is for entertainment only
  - Experienced cooks have developed a "feel" for measurements and don't measure things precisely.
  - Favorite recipes can be changed to improve a flavor preference.
- **Measuring is important to ensure accuracy and consistency**
- Baking needs precise formulas so the item turns out correctly.
- Do not use your flatware spoons and coffee cups as measuring tools, use ones specifically designed for measuring ingredients.
- All measurements are level. Heaping, rounded, or scant measurements are not accurate (unless indicated in recipe as that way).

# Options for Measuring:

- A set of graduated measuring cups
- A set of graduated measuring spoons
- Talking Scale
- A teaspoon dropper
- Drop dropper
- A notched strip of wood or plastic the length of a stick of butter
  
- ALWAYS MEASURE OVER tray/cookie sheet/another bowl so if you over measure or spill it will not affect the recipe you are making.

# Handled Cups

- Graduated for easy storage and identification
  - Nesting set may not need to be marked. Counting from the bottom-
    - 1 is 1 cup
    - 2 is 2/3 cup
    - 3 is 1/2 cup
    - 4 is 1/3 cup
    - 5 is 1/4 cup
- Note: some sets may not include 2/3 cup



# To measure dry ingredients

- It is easier to dip than to pour
- Remember that brown sugar and fat must be packed for accurate measurement
- Use a paper coffee filter to measure dry ingredients and spices in. Once you have measured all ingredients it can easily be gathered and poured into the mixing bowl or other container. A separate bowl to measure dry ingredients is also another option.

# Leveling Dry Ingredients in a Measuring Spoon or Cup

- Fill measuring container heaping full of dry ingredient; then examine for fullness.
- Hold cup or measuring spoon in one hand and the spatula/knife in the other hand.
- Beginning at the handle of the measuring container, move blade slowly across the opening so that the entire opening is swept by blade edge, making sure that any excess will fall into dry ingredient container, bowl, or tray. (Some containers such as those for cocoa or powdered milk, do not have a large opening. A separate bowl is then used for the overflow.)
  - A Step-by-Step Guide to Personal Management for Blind Persons. AFB

## Pitcher cups with spouts

- Easier with Liquids
- Pourfect brands have non-slip rubberized ring on bottom, handles for pouring, and pouring guide
- Pictured [POURfect](#) and [Braille](#) Measuring Cups



# Pouring Techniques

- The cup or container into which the liquid is to be poured should be placed on a flat surface
- Position the spout of the pouring vessel at the rim of the receptacle before the liquid flows out.
- Hold the pouring vessel in one hand and place the spout between the thumb and forefinger of the other hand, resting on the rim of the receptacle.
- Pour slowly
- If pouring container is full, adjustment will need to be made in the angle to which it may be tipped.
- If liquids or oils are kept in a wide-necked container, they may be dipped into with a long-handled spoon, bent so the bowl forms a right angle with the handle.
- Note the fullness of the receptacle in one, or a combination of, the following ways
  - Place the finger over the rim of the receptacle
  - Notice the difference in the sound of the liquid as it nears the top
  - Note the weight of the receptacle.

# To measure Liquids

- When measuring liquids, it is advisable to place the cup on a try and pour from the container into the cup. The index finger of the opposite hand may be used to determine when the measure is full.
- Use pouring technique or dip from wide-mouthed jar.
- Pour as near to the work area as possible
- Place container into or over a larger receptacle to catch possible spills or overflow (cookie sheet or tray).
- If liquid is to be carried, a free hand placed over a container of liquid will act as a leveler or pouring liquid into a larger container after measuring makes carrying easier.

- When pouring cold liquids use your index finger and thumb to position the spout over and in contact with the edge of the glass. Slowly pour the liquid into the glass using your index finger over the edge and into the glass to gauge the liquid level. Listen to the change in sound as you pour the liquid. Also, become familiar with the weight of the empty glass and notice the change as the glass is filled with liquid. You can also use the cue by saying "say when" if you are pouring for a guest or use a battery-operated [liquid level indicator](#).
- When pouring hot liquids put your finger slightly over the edge of the cup and stop pouring as soon as you feel the warmth of the liquid. When pouring hot liquids, you may find it easier to pour over the sink or a tray. A [liquid level indicator](#) , a fishing lure bobber, ping pong ball are other alternatives when you don't want to use your finger.

Living the Independent Life: Simple Ideas and adaptations for daily living tasks,  
Joyce E. Strother



# Measuring Spoons

- Bent measuring spoons for measuring liquids
- A set of graduated long-handled measuring spoons preferably with [flat bottom](#) rather than rounded bottoms, are easy and convenient to use
- In order to steady a measuring spoon, it is recommended that a handled cup be placed on a flat surface. The bowl of the measuring spoon will be placed over the of the cup and both the handle of the cup and the handle of the measuring spoon will be held firmly together. Any extra liquid that spills will be in the cup and can be returned to its original container with the use of a funnel.



# Quick & Easy Expanded Core Curriculum

- Fill a small container with water. Set it on the counter next to an empty bowl. Orient student to the set-up and to a bent metal measuring spoon
  - Use hand-over-hand method to slide the bent measuring spoon straight down the side of the container with the water. Next, slowly pull the spoon with the liquid straight up.
  - Keep the spoon as level as possible and pour the contents into the other container
    - Tip: Use high-contrast liquid and bowls
    - Make a microwavable cake, measuring the water as directed.

## Kitchen Scales

- Measure by weight and not volume
- Not all recipes give a weight option



# Low Vision Recommendations

- Lighting
  - Gooseneck lamps or fluorescent lights over the counter
- Color Contrast
  - Dark utensils for measuring flour and by working with dark ingredients on light-colored plastic sheets or boards with light ingredients on dark surfaces.
  - Also consider what color your surface is that you are working on. Use contrasting colors as much as possible. (change color for contrast with the tray or cookie sheet you are using, can also add a different colored placemat in the tray.
  - Use brightly colored tape on handles to distinguish between measuring cups/spoons and ease of locating handle (3M brand tape lasts longer through washing processes)

# Marking Options for Identifying Measuring Devices

- Low vision-light colored equipment can be marked with permanent markers
- No Vision-braille, puffy paint, high dots, or cut notches
  - Tactile markings can be personally developed
    - Sample: for measuring cups one long line down the handle is 1 cup. 2 dots for half cup, 3 dots for third cup, etc. For unusual ones such as two-thirds cup place two dots then a horizontal line across handle then three dots
    - Measuring spoons can be done in the same way with one long line for Tablespoon and dots for teaspoons.
- **Cover all in clear nail polish to protect during washing process.**

# Miscellaneous

- Flour to sift before or after measurement.
  - Flour sifted-Measure first then sift
  - Sifted flour-Sift first then measure.
- Sometimes used measurements:
  - Pinch solids=less than 1/8 teaspoon
  - Dash liquids= 2-3 drops
  - Handful
    - Flour= to keep dough from sticking when being rolled out.
    - Herbs= 12-15 leaves
- Stainless steel measuring equipment is a little more expensive but holds up better, lighter weight spoons easier to bend
- Graduated measuring equipment may be nested for convenient storage and distinguishing between individual measuring capacities
- Equipment may be braille marked or otherwise distinguished so that sizes may be read by touch

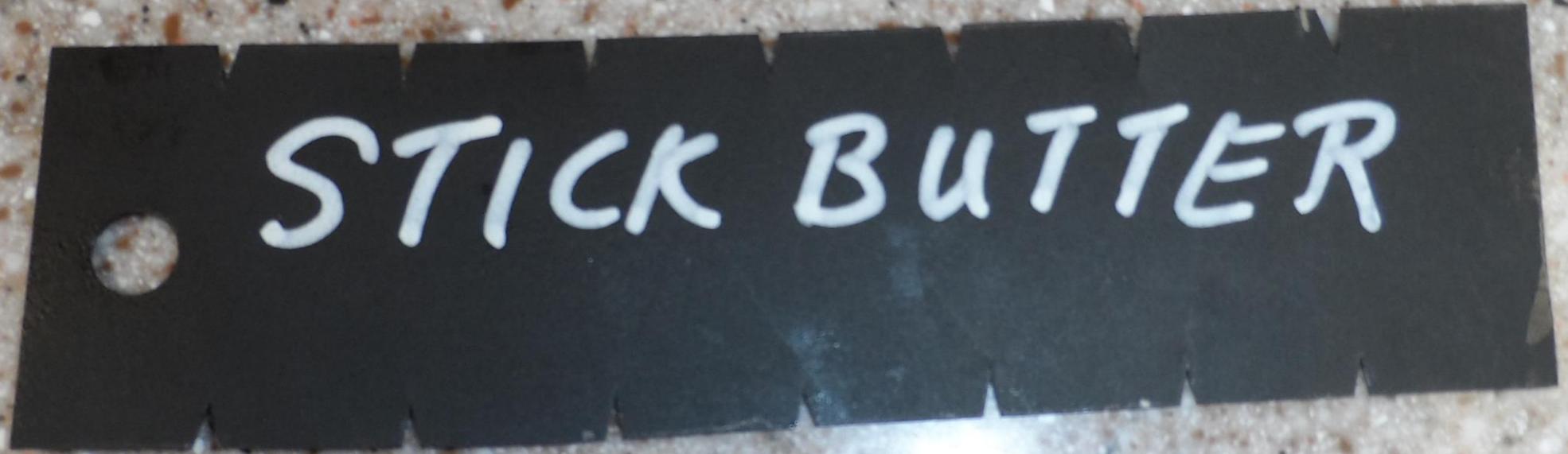
# Tips from *The Complete Idiot's Guide to Cooking Basics*

- Measure dry ingredients over a plate, tray, sheet pan, or bowl so you can catch the excess and put it back in the container.
- Spoon flour and similar ingredients into the measuring cup. Do not scoop the ingredients using the cup itself because that "packs" the cup too much and the measurement won't be precise.
- Add enough of the ingredient to come above the rim of the cup, then level it off with the straight edge of a knife.
- Never shake, pat, or pack down dry ingredients. This gives an imprecise measurement. There is only one exception: always pack brown sugar
- To measure salt and other dry ingredients used in small quantities, use measuring spoons, scoop the ingredient, and level off the top as you would for flour.
- Measure fats such as shortening at room temperature, when they are easier to pack into the cup.
- To measure fats accurately, pack them down in the cup to get rid of air pockets. Add enough to come above the rim, and then level it off with the straight edge of a knife.
- When you measure liquid ingredients, don't raise the cup to eye level to see if the measurement is accurate. Leave the cup on the counter where you know it will be level, and bend down to see the cup at eye level.
- Measure small quantities of liquids (1 tsp for example) over a bowl so that excess amounts will not go into your recipe.
- To save washing and drying in the middle of a recipe, have two sets of measuring spoons handy: one for wet ingredients and one for dry ones.

# TSBVI Independent Living Activity Routine

## Measuring Suggestions:

- Flour/Ground Dry Ingredients
  - If the recipe calls for sifting, measure after sifting.
  - Lift lightly into measuring cup
  - Do not shake or tap the flour down
- Grated Chopped Items
  - Pack cheese, dried fruit, nuts, or coconut lightly into measuring cups
- Liquid Flavorings/Extracts
  - Pour liquid flavorings or extracts into a large mouth jar or bowl.
  - Bend handle of a metal measuring spoon creating a dipper or ladle.
  - Lower the bent spoon into the jar or bowl and lift out.



- Butter & Margarine
  - Use sticks which equal  $\frac{1}{4}$  lb. or  $\frac{1}{2}$  cup
  - One tablespoon equals about  $\frac{1}{2}$  inch which is the width of most knife blades: Lay the blade of a table knife on top of the butter, lining up with the end of the stick, then roll the knife edge to a cutting position and cut through.

- Liquids

- Hold by the handle extending thumb flat over the edge
- When liquid reaches thumb, the cup is full
- Store oil in the refrigerator. IT will be more easily detected tactually. Oil is difficult to feel at room temperature.
- Warm measuring cup before putting oil into it. This also works with thick liquids such as sirup, molasses, or honey.
- Measure oil before sticky ingredients.

- Powdered Spices/Salt/Baking Powder

- Stir in the container a little to break up any lumps
- Dip measuring spoon into container, bring it up full, or shake into palm of hand to scoop from it
- For a pinch, drop first into palm of hand to check amount.

- Shortening
  - Pack into measuring cup to eliminate pockets
- Brown Sugar
  - Pack down firmly into cup just enough to fill its shape
- Confectioner's Sugar
  - Press through sifter to remove lumps
  - Spoon lightly into cup and level off
  - Don't shake cup which will pack it tight
- Granulated Sugar
  - Lift lightly into cup or spoon

# When the Cook Can't look by Ralph Read

"It is usually best not to add dry ingredients directly into the crockpot or the mixing bowl. Dry ingredients flow deceptively, and recalcitrant trickily out of the box or other container may suddenly turn into a small avalanche. Measure first into an extra bowl or saucer, and then remeasure into the larger vessel."

"I find it easier to pour a tablespoon one-third or two-thirds full than to fill one teaspoon once or twice neatly and accurately. So, use a tablespoon to pour teaspoons and teaspoon to pour fractions of a teaspoon."

"Naturally, you don't prepare food with dirty hands. If your hands are clean, you can check the level of ingredients with your fingers, as you measure them."

# Measuring Flour: New York Infirmary Center for Independent Living

- Place the flour container in a safe position on the counter
- Locate the measuring cups/spoons and determine which size is required.
- Place the bowl near the flour container on the counter and locate the knife.
- Remove the lid from the flour container and place it in a memorized position out of your way.
- Hold cup/spoon by the tip of the handle, place into the container and dip it into the flour, using a scooping motion.
- The change in weight of the measuring equipment should be observed
- Hold the cup/spoon in a horizontal position and use the tip of the knife to locate the cup/spoon
- Turn the knife to a slicing position, move it across the top of the cup/spoon thereby ensuring the excess flour is "shaved" away by the blade of the knife
- Put the knife down, bring the cup/spoon to the bowl and tip the contents into the bowl.
- The index finger of the free hand can be introduced to ascertain whether the flour has been removed from the measuring equipment.
- Replace the lid on the container, clean the counter area, and the necessary utensils.

# At Home Practice-Beginner Level

- Fill a cup with warm/hot water
- Pour a glass of milk from carton, bottle, jug
- Dip tablespoons of water from a wide-necked jar.

(HINT: Low vision students-Use colored liquids for contrast when practicing liquid measuring)

- Measure and level dry ingredients and place in bowl.
- Measure ingredients for a mug cup and stir together. Have someone help with cooking and removing from the microwave.

## Mug Cake recipe

1 box of angel food cake mix (add water only kind)

1 box of the flavor of your choice

Mix into ziplock bag or container.

To make a cake:

Into to a coffee mug add 3 tablespoons of cake mix and 2 tablespoons water. Using a fork, stir mix together.

Place in microwave and cook for one minute.

You can add sprinkles on top beforehand or add flavored syrup, ice cream, whipped topping or any other favorite addition.

# At Home Practice-Intermediate Level

- Dip tablespoons of water from glass measuring bowl- use different sized measures. Bent measuring spoons make it easier
- (HINT: Low vision students-Use colored liquids for contrast when practicing liquid measuring)
- Measure and level dry ingredients and place in bowl using both measuring cups and spoons.
- Measure ingredients for a mug cup and stir together. Have someone supervise microwave use.

# At Home Practice-Pro Level

- Make some pancakes, hot chocolate or mug cup cakes.
- Measure butter by tablespoons (use a handmade guide or knife blade trick(-One tablespoon equals about  $\frac{1}{2}$  inch which is the width of most knife blades: Lay the blade of table knife on top of the butter, lining up with the end of the stick, then roll the knife edge to a cutting position and cut through.)
- Make a mug cake.