

CRUNCH TIME

Weighing in



INGREDIENTS:

1 cup water
5 cups flour
100ml water

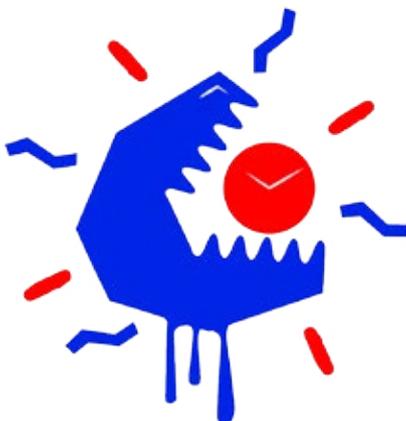
EQUIPMENT:

5 dry measuring cups
Water jug
4 bowls
4 liquid measuring cups/ jugs
3 tablespoons
Electronic scale
Mechanical scale
Sieve
Baking paper
Straight edge butter knife
Spatula
1 teaspoon



METHOD:

1. Dry measuring cups are made to be filled to the rim with a dry ingredient, like flour, and then leveled (FILL AND LEVEL MEASURING CUP WITH FLOUR AND TIP IN BOWL)
2. If you try to measure a liquid in a dry measuring cup it can be awkward if you fill it to the rim and transfer it to your bowl without any spills (FILL MEASURING CUP TO RIM AND TIP IN BOWL)
3. Liquid measuring cups are usually made with a pouring spout and with volume marks for easy and clear measuring of liquids. The volume marks fall below the pouring spout, making it easier to transfer liquids from cup to bowl. (SHOW LIQUID MEASURING CUP)
4. Measuring a dry ingredient, like flour, isn't so easy in liquid measuring cup because you can't level the contents (MEASURE FLOUR INTO LIQUID MEASURING CUP)
5. Better yet, ditch your dry measuring cup and weigh your ingredients on a scale (SHOW ELECTRONIC SCALE)
6. With an electronic scale, start by placing a bowl on the platform and "tare" it to account for the weight of the bowl, and then measure your ingredients into that bowl
7. The advantage with these scales is you can "zero" or "tare" the reading so you can measure a number of ingredients, one after another, into the same bowl (ADD FLOUR FROM LIQUID MEASURING CUP AND PRESS TARE)
8. If you are using a mechanical scale, make sure that the hand lies at zero before you begin weighing into the bowl. There should be a dial at the back of the scale that allows you to adjust the position of the hand (DEMONSTRATE)
9. Weight is much more accurate than volume. (SIFT FLOUR AND LIGHTLY SPOON INTO DRY MEASURING CUP, WEIGH IN BOWL ON ELECTRONIC SCALES. NOTE WEIGHT)
10. (SPOON UNSIFTED FLOUR INTO MEASURING CUP AND PACK LIGHTLY, WEIGH IN BOWL ON ELECTRONIC SCALES. NOTE DIFFERENCE IN WEIGHT)
11. Measuring spoons are used for measuring very small volumes in tablespoons or teaspoons (SHOW MEASURING SPOONS)
12. You can use the same measuring spoon for both liquids and dry ingredients (FILL ONE SPOON WITH WATER)
13. For dry ingredients, level off the spoon with the straight edge of a knife or spatula (FILL AND LEVEL SPOON WITH FLOUR)



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It's important to remember that when in the kitchen make sure a grown up know what's cooking and if you're working with anything hot or sharp make sure you ask for help