

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Measuring and Weighing**

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Introduction

Dry measuring cups are used to measure dry ingredients in recipes while liquid measuring cups are used for measuring liquid only. Scales or balances are used for weighting the ingredients at a specific range or number.

Ingredients

1. Brown sugar
2. Fine white sugar
3. Coarse white sugar
4. Vegetable oil
5. Wheat flour
6. Whole wheat flour
7. Butter
8. Water

Procedure

1 Cup of all-purpose flour, whole wheat flour, granulated sugar, brown sugar, shortening, confectioner's sugar, oil and water were measured and weighed.

Discussion and Conclusion

Tabel:1) Comparison between practical scale and standard scale)

|  |  |  |  |
| --- | --- | --- | --- |
| Materials | practical scale | standard scale | Discussion |
| Oil | 195 | 218 | Oil concavity reading error |
| All Purpose Flour | 136 | 125 | because of a little shake |
| Brown sugar | 231 | 200 | due to excessive stacking |
| sifted Confectioner’s sugar | 178 | 115 | For not being fined enough and wiping it well |
| Granulated sugar | 222 | 200 | because of a little shake |
| Water | 224 | 237 | the water was moving unsteadily |
| Whole wheat flour | 128 | 129.6 | Very close to the standard scale |
| Shortening | 183 | 205 | Because there are voids because they are not compressed well |

* The weight of the liquid cup (liter) when it is empty = 57 grams
* Weight of an empty cup of dry ingredients = 32 g
* Weight of the required material = material and weight of the cup - weight of the cup.

References

1. *1 cup of vegetable oil in grams, HowMany.wiki, Copyright © 2016 - 2021*

[*https://www.howmany.wiki/vw/--1--cup--of--vegetable-oil--in--gram*](https://www.howmany.wiki/vw/--1--cup--of--vegetable-oil--in--gram)

*Retrieved: 28.9.2021.*

1. *sally's baking addiction, posted on April 20, 2020 / posted in Baking Tips / 101 comments, How to Properly Measure Baking Ingredients,*

[*https://sallysbakingaddiction.com/how-to-measure-baking-ingredients/*](https://sallysbakingaddiction.com/how-to-measure-baking-ingredients/)

*Retrieved: 28.9.2021.*