Weighing and measuring

Ingredients are usually measured in grams (g) or kilograms (Kg)

There are 1000g in 1 Kg

Liquids are usually measured in millilitres (ml) or litres (l). They can be measured in pints (pt) and fluid ounces (fl.oz). There are 20 fl.oz in 1 pt.

To weigh accurately, always make sure that you set your scales to zero before you start.

Remember if you put your bowl on the scales, you could be weighing the bowl, NOT the food. So put your bowl onto the scales but then set the reading to 0 before you start.

Make sure that you are using g as the unit on the scales

What to use







PLAIN FLOUR



Key vocabulary

Weigh Chop

Plastic spoon Simmer

Grams (g) Cool

Measure Golden brown

Peel Breadcrumbs

Core Rubbing in

Fats Bake

sweeten tablespoon

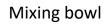
Deeper learning

The Market Services Bridge (SE)

The Rubbing-in Method

- 1. Weigh your flour and put into a mixing bowl.
- 2. Weigh your fat (butter or margarine).
- 3. Put the butter into the bowl with the flour.
- 4. Start with a table knife and chop the fat into small pieces.
- 5.Once the fat is well chopped, rub the mixture using your fingertips until it turns yellow and looks like breadcrumbs.
- 6.Keep the mixture cool to stop it sticking together and to keep a crumbly texture.







Saucepan

Equipment



peeler 1 peeler 2



table knife



weighing scales