

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



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 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.

Equipment



Mixing bowl



peeler 1



peeler 2



Saucepan



table knife



weighing scales