

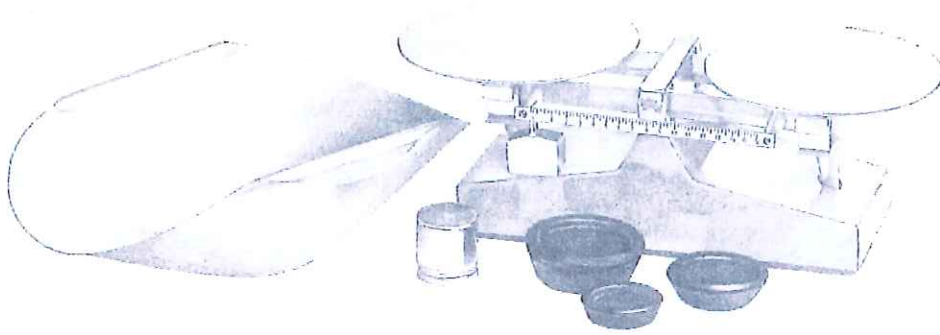
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# CULINARY ARTS

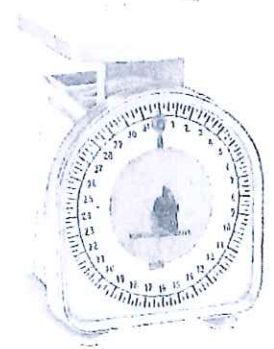


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TOOLS AND EQUIPMENT



Balance or Baker's Scale



Portion Scale

VOLUME MEASURES

Ingredients may be measured by volume using measuring spoons and measuring cups. Measuring spoons sold as a set usually include ¼-teaspoon, ½-teaspoon, 1-teaspoon and 1-tablespoon units (or the metric equivalent). Liquid measuring cups are available in capacities from 1 cup to 1 gallon. They have a lip or pour spout above the top line of measurement to prevent spills. Measuring cups for dry ingredients are usually sold in sets of ¼-, ½-, 1- and 2-cup units. They do not have pour spouts, so the top of the cup is level with the top measurement specified. Glass measuring cups are not recommended because they can break. Avoid using bent or dented measuring cups, as the damage may distort the measurement capacity.



Measuring Spoons



Dry Measuring Cups



Liquid Measuring Cup

LADLES

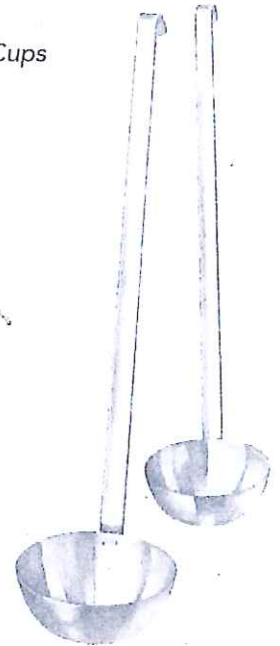
Long-handled ladles are useful for portioning liquids such as stocks, sauces and soups. The capacity, in ounces or milliliters, is stamped on the handle.

PORTION SCOOPS

Portion scoops (also known as dishers) resemble ice cream scoops. They come in a range of standardized sizes and have a lever-operated blade for releasing their contents. Scoops are useful for portioning salads, vegetables, muffin batters or other soft foods. A number, stamped on either the handle or the release mechanism, indicates the number of level scoops per quart. The higher the scoop number, the smaller the scoop's capacity. See Table 1.



Portion Scoop



Ladles

TABLE 1 PORTION SCOOP CAPACITIES

SCOOP NUMBER	APPROXIMATE VOLUME		APPROXIMATE WEIGHT*	
	U.S.	METRIC	U.S.	METRIC
6	¾ c.	160 ml	5 oz.	160 g
8	½ c.	120 ml	4 oz.	120 g
10	¾ fl. oz.	90 ml	3-3½ oz.	85-100 g
12	½ c.	80 ml	2½-3 oz.	75-85 g
16	¼ c.	60 ml	2 oz.	60 g
20	1½ fl. oz.	45 ml	1½ oz.	45 g
24	1½ fl. oz.	40 ml	1½ oz.	40 g
30	1 fl. oz.	30 ml	1 oz.	30 g
40	0.8 fl. oz.	24 ml	0.8 oz.	24 g
60	½ fl. oz.	15 ml	½ oz.	15 g

\*Weights are approximate because they vary by food.