

Using Kitchen Scales

WHY USE A KITCHEN SCALE?

Use a scale to measure weight for baking and other types of cooking instead of using measuring cups to get a more accurate amount of ingredients. Many recipes now list the weight of ingredients along with the measure.

HOW TO USE A KITCHEN SCALE:

- 1. Set the scale to zero.
 - a. On a mechanical scale, turn the knob to set the dial indicator to the zero mark. Balance scales require setting the pointer to the dead-center mark.
 - b. For a digital scale, refer to the user's manual for directions on how to calibrate the scale to zero, as each manufacturer differs in its calibration setup.
- 2. Weigh the container you will use to weigh food. Using a permanent marker, write the container weight on the bottom so you do not have to do this step again.
- 3. Weigh each ingredient separately. Remember to subtract the container weight from the total, then adjust the amount of ingredient as needed. Combine your ingredients after you have weighed each separately. By using different bowls, you can have all of your ingredients ready to go when you begin cooking.







©2011, Regents of the University of Minnesota. All rights reserved. This tip sheet was developed in conjunction with the Great Trays[™] Partnership. Adapted with permission by Trina Barno, Linda Dieleman, and Mary Caskey from Technical Assistance tools, part of the Iowa Gold Star Cycle Menus created in 2010 by the Iowa Team Nutrition Project (Iowa Department of Education) and Iowa State University Extension. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-626-6602. For more information on Great Trays[™], visit Great Trays[™] Toolkit for School Foodservice.