

# 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.

