

Kitchen scales

Digital kitchen scales and traditional measuring cups each have their own advantages and disadvantages.

CAL100 is however geared towards using digital kitchen scales.

The idea of CAL100 is all about trying to maintain ingredient weights to a target as tightly as possible.

Cornflakes Example...



1 ½ cups of Cornflakes (42 grams)

From the **top** of the packet.



1 ½ cups of Cornflakes (59.3 grams)

From the **bottom** of the packet.

These two portions look similar; however,

The weight in the second picture is **over 40% more** than the first.

These two portions were measured out **after** the **zero** button was pressed (with the empty measuring bowl on). The Cornflakes were then added to the bowl.

Using the zero button means it is only the weight of the Cornflakes that are shown (not with the weight of the measuring bowl)

This button is sometimes called the **Tare** button. It's an old French word to describe the weight of something without its container.

Another example: You'll get similar errors like this on the weight of flour straight out of a packet and after it has been sieved.

At first sight, the two ingredients will look exactly the same in a measuring bowl but the sieved flour will have much less actual weight.



A good use for digital scales... try measuring an exact level tablespoon of Honey!

You find it's much easier to put the jar on the scales, press the zero button then dip in a spoon till you get say 25 grams of Honey.

PS: While scooping out the Honey, you can actually **remove** the jar from the scales (it will remember the zero'ed weight for about 3 minutes). You can then put back on the scales to see the difference.

In this case, you are taking weight away (a minus sign will show), which digital scales can handle.

So you've just served out a lunch and forgot to include the weight of the sauce. Put the lunch plate (including the lunch) on the digital scales; press the zero button, then pour the sauce on. Voilà! you have the weight of the sauce.

In summary, while traditional measuring cups are simple and convenient, digital kitchen scales are capable of some brilliant innovations if given the chance.