Hadley

Cooking

Measuring Liquid Ingredients

When you’re measuring liquid ingredients in the kitchen, you pretty much have two things in mind: getting the measurement right, and trying not to spill. So we’ve got some pointers to help you add just the right amount of liquids to your recipes, no matter your level of vision. Let’s start with some general tips and techniques.

First, it can be helpful to put your liquid ingredients in the refrigerator before it’s time to measure them. That way, you can feel the temperature difference against your warm hand against your warm hand on the measuring cup, as you pour in the cold liquid.

Before you begin to pour, make sure you’re standing or sitting in a stable position. You can lean against the countertop for balance. And hold your elbows close to your body to help keep your hands steady.

If you’re pouring liquid directly from a bottle, touch the edge of the bottle to the rim of your measuring spoon or cup before you tip it. That helps you make sure you’re pouring in the right place. You may need to lift your measuring device up to the bottle to do this.

Ed Haines: Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you prefer to talk through these questions, we're just a phone call away at 800-323-4238. Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts, like me. Now, where were we?