



COOKING WITH GALLOWAY'S / *Flours*

## USING FLOUR

When using flour, it is important to measure properly. Weight measures give the greatest accuracy. you don't have a scale, a dry measuring cup is strongly recommended for domestic recipes. Keep your flour in a deep container (that can be tightly covered) and fill the measuring cup by scooping. Then use a knife to level the flour to the top of the cup. If the recipe calls for "2 cups sifted flour", sift first, then measure. Conversely, "2 cups flour, sifted" means measure the flour then sift.