

## Common Substitutions

<b>Ingredient</b>	<b>Amount</b>	<b>Substitution</b>
Allspice	1 teaspoon	½ teaspoon cinnamon and ½ teaspoon cloves
Apple Pie Spice	1 teaspoons	½ teaspoon ground cinnamon, ¼ teaspoon ground ginger and ⅛ teaspoon ground allspice
Baking Powder	1 teaspoon	¼ teaspoon baking soda and ½ teaspoon cream of tartar OR ¼ teaspoon baking soda and ½ cup buttermilk (reduce liquid in recipe by ½ cup)
Balsamic Vinegar	1 teaspoon	1 teaspoon cherry OR 1 teaspoon cedar vinegar
Basil	1 teaspoon	1 teaspoon thyme OR 1 teaspoon oregano
Bay Leaf	1 whole	¼ teaspoon crushed
Bread Crumbs	1 cup	1 cup cracker crumbs, 1 cup cornmeal, OR 1 cup oats
Broth: Beef or Chicken	1 cup	1 bouillon cube dissolved in 1 cup of hot water
Brown Sugar	1 cup	1 cup sugar and ¼ cup molasses OR 1 cup sugar
Butter, Salted	½ cup	½ cup unsalted butter and ¼ teaspoon salt, ½ cup margarine and ¼ teaspoon salt, OR ½ solid vegetable shortening and ¼ teaspoon salt
Butter, Unsalted	½ cup	½ cup salted butter and reduce recipe by ¼ teaspoon salt, ½ cup margarine, OR ½ solid vegetable shortening
Buttermilk	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar and enough milk to make 1 cup
Capers	1 cup	1 cup chopped green olives
Cayenne	⅛ teaspoon	4 drops cayenne pepper sauce
Celery Salt	1 teaspoon	¾ teaspoon salt and ¼ teaspoon crushed celery seed
Cheese, Mascarpone	1 pound	16 ounces of cream cheese and ⅓ cup sour cream and ¼ whipped cream
Chinese Five Spice	1 teaspoon	¼ teaspoon ground cinnamon, ¼ teaspoon ground cloves, ¼ teaspoon fennel seed, ¼ star anise, ¼ teaspoon peppercorn
Chives, finely chopped	2 tablespoons	2 teaspoons green onion tops finely chopped
Chocolate, Semisweet	1 ounce	1 ounce unsweetened chocolate and 1 tablespoon sugar OR 3 tablespoons

		semisweet pieces
Chocolate, Unsweetened	1 ounce	3 tablespoons unsweetened cocoa and 1 tablespoons shortening or butter
Cinnamon	1 teaspoon	¼ teaspoon nutmeg OR ¼ teaspoon allspice
Cloves	1 teaspoon	1 teaspoon allspice OR 1 teaspoon cinnamon OR 1 teaspoon nutmeg
Cocoa	¼ cup	1 ounce unsweetened chocolate (reduce fat in recipe by 1 tablespoon)
Coconut Cream	1 cup	1 cup cream and ¼ teaspoon coconut extract OR 1 cup cream
Coconut Milk	1 cup	1 cup milk and ½ teaspoon coconut extract or 1 cup milk
Corn Syrup	1 cup	1 ¼ cups white sugar or brown sugar and ¼ cup liquid OR 1 cup honey
Cornstarch	1 tablespoon	2 tablespoons all-purpose flour
Cottage Cheese	1 cup	1 cup farmer's cheese OR 1 cup ricotta cheese
Cream Cheese	1 cup	1 cup part skin milk ricotta cheese OR 1 cup low fat cottage cheese beaten until smooth
Cream Half & Half	1 cup	⅞ cup milk and 1 tablespoon butter OR ½ cup light cream, ½ whole milk
Cream, Heavy	1 cup	¾ cup milk, ⅓ cup butter
Cream, Light	1 cup	1 cup evaporated milk OR ¾ cup milk and 3 tablespoons butter
Cream, Whipped	1 cup	1 cup frozen whipped topping, thawed
Cream of Tartar	1 teaspoon	2 teaspoons lemon juice OR 2 teaspoons vinegar
Cumin	1 teaspoon	1 teaspoon chili powder
Currants, dried	1 cup	1 cup raisins OR 1 cup dates
Dates, chopped	1 cup	1 cup chopped raisins OR 1 cup chopped prunes
Egg	1 whole	2 ½ tablespoons of powdered egg substitute and 2 ½ tablespoons of water
Egg Whites	1 large egg	2 tablespoons sifted dry egg white powder and 2 tablespoons warm water
Egg Yolk	1 yolk	3 ½ tablespoons thawed frozen egg yolk
Evaporated Milk	1 cup	1 cup light cream
Fennel Seeds	1 teaspoon	1 teaspoon aniseed
Flour, All Purpose	1 cup	1 cup and 2 tablespoons cake flour
Flour, Bread	1 cup	1 cup all purpose flour
Flour, Cake	1 cup	1 cup all purpose flour minus 2 tablespoons
Flour, Self-Rising	1 cup	⅞ cup all purpose flour and 1 ½ teaspoon baking powder and ½ teaspoon of salt

Garlic	1 clove	$\frac{1}{8}$ teaspoon garlic powder OR $\frac{1}{2}$ teaspoon garlic salt
Gelatin	1 tablespoon	2 teaspoons agar
Ginger	1 teaspoon	1 teaspoon ground allspice
Hazelnuts	1 cup whole	1 cup macadamia nuts OR 1 cup almonds
Herring	8 ounces	8 ounces of sardines
Honey	1 cup	$\frac{3}{4}$ cup maple syrup and $\frac{1}{2}$ cup granulated white sugar OR 1 $\frac{1}{4}$ cup white sugar and $\frac{1}{3}$ cup water
Italian Seasoning	1 $\frac{1}{2}$ teaspoons	$\frac{1}{4}$ teaspoon dried marjoram, $\frac{1}{4}$ teaspoon oregano, $\frac{1}{4}$ teaspoon basil and $\frac{1}{8}$ teaspoon sage
Ketchup	1 cup	1 cup tomato sauce, $\frac{1}{2}$ cup sugar and 2 tablespoons vinegar
Lard	1 cup	1 cup shortening OR $\frac{7}{8}$ cup vegetable oil OR 1 cup butter
Leeks	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup onions OR $\frac{1}{2}$ shallots
Lemon Grass	2 fresh stalks	1 tablespoon lemon zest
Lemon Juice	1 teaspoon	$\frac{1}{2}$ teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice
Lemon Zest	1 teaspoon	$\frac{1}{2}$ teaspoon lemon extract OR 2 tablespoons lemon juice
Lime Juice	1 teaspoon	1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice
Lime Zest	1 teaspoon	1 teaspoon lemon zest OR 2 teaspoon lime zest
Macadamia Nuts	1 cup	1 cup almonds OR 1 cup hazelnuts
Mace	1 teaspoon	1 teaspoon nutmeg
Marjoram	1 teaspoon	1 teaspoon basil OR 1 teaspoon thyme OR 1 teaspoon savory
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Milk, Condensed	1 can	Heat $\frac{1}{3}$ cup, 2 tablespoons evaporated milk, 1 cup sugar and 2 tablespoons butter until butter is melted and sugar is dissolved
Milk, Evaporated	12 ounces	12 ounces cream
Milk, sour or butter	1 cup	1 cup plain yogurt OR 1 cup whole milk and 1 tablespoon lemon juice
Mint	1 teaspoon	1 teaspoon basil OR 1 teaspoon marjoram OR 1 teaspoon rosemary
Molasses	1 cup	$\frac{3}{4}$ cup light brown sugar heated to dissolve in $\frac{1}{4}$ cup of water OR 1 cup honey OR 1 cup maple syrup
Mustard, dry	1 teaspoon	1 teaspoon prepared mustard
Mustard, prepared	1 tablespoon	Mix together 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon

		vinegar and 1 teaspoon sugar
Nutmeg	1 teaspoon	1 ½ teaspoons cinnamon OR 1 teaspoon mace
Onion	1 cup chopped	1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leeks OR ¼ cup dried minced onion OR ¼ cup onion powder
Onion Juice	2 tablespoons	¾ teaspoon onion flakes OR ¾ teaspoon minced onion
Orange Juice	1 tablespoon	1 tablespoon other citrus juice
Orange Zest	1 tablespoon	½ teaspoon orange extract OR 1 teaspoon lemon juice
Oregano	1 teaspoon	1 teaspoon thyme OR 1 teaspoon basil
Parmesan Cheese	½ cup grated	½ cup grated Asiago cheese OR ½ cup grated Romano cheese
Parsley	1 tablespoon chopped fresh	1 tablespoon chopped fresh chervil OR 1 teaspoon dried parsley
Pepperoni	1 ounce	1 ounce salami
Pimento	2 tablespoons	3 tablespoons chopped red bell peppers
Poultry Seasoning	1 teaspoon	¾ teaspoon sage and ¼ ground thyme
Pumpkin Pie Spice	1 teaspoon	½ teaspoon cinnamon, ¼ teaspoon ginger, 1/8 teaspoon allspice and 1/8 teaspoon nutmeg
Raisins	1 cup	1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes
Red Pepper	1 teaspoon	1 teaspoon of hot pepper sauce OR 1 teaspoon black pepper
Ricotta	1 cup	1 cup dry cottage cheese
Rosemary	1 teaspoon	1 teaspoon thyme OR 1 teaspoon tarragon OR 1 teaspoon savory
Rum	1 tablespoon	½ teaspoon rum extract and enough water to make 1 tablespoon
Saffron	¼ teaspoon	¼ teaspoon turmeric
Sage	1 teaspoon	1 teaspoon poultry seasoning OR 1 teaspoon savory OR 1 teaspoon marjoram OR 1 teaspoon rosemary
Salami	1 ounce	1 ounce pepperoni
Savory	1 teaspoon	1 teaspoon thyme OR 1 teaspoon marjoram OR 1 teaspoon sage
Sesame Seed	1 tablespoon	1 tablespoon finely chopped blanched almonds
Shallots, chopped	½ cup	½ cup chopped onion OR ½ cup chopped leek OR ½ cup chopped green onion (white part only)
Shortening, solid	1 cup	1 cup butter OR 1 cup margarine minus ½ teaspoons salt from recipe OR 1 cup

		minus 2 tablespoons lard
Sour Cream	1 cup	$\frac{3}{4}$ cup of buttermilk mixed with $\frac{1}{3}$ cup butter
Sour Milk	1 cup	1 cup milk and 1 tablespoon vinegar or lemon
Soy Sauce	$\frac{1}{4}$ cup	3 tablespoons Worcestershire sauce and 1 tablespoon water
Stock, Beef or Chicken	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
Sugar, Brown	1 cup packed	1 cup granulated sugar
Sugar, Confectioner's	1 cup	1 cup granulated sugar and 1 teaspoon cornstarch
Sugar, Granulated	1 cup	1 cup brown sugar OR $\frac{3}{4}$ cup honey
Sugar, Superfine	1 teaspoon	1 teaspoon ground granulated sugar in a food processor until very fine
Taco Seasoning	1 $\frac{1}{4}$ ounces	4 teaspoons minced onion, 2 teaspoons chili powder, 2 teaspoons salt, 1 teaspoon garlic powder, 1 teaspoon cornstarch, 1 teaspoon ground cumin and 1 teaspoon cayenne
Tarragon	1 teaspoon	1 teaspoon chervil
Tarter Sauce	$\frac{1}{2}$ cup	6 tablespoons mayonnaise and 2 tablespoons pickle relish
Thyme	1 teaspoon	1 teaspoon basil OR 1 teaspoon marjoram OR 1 teaspoon oregano OR 1 teaspoon savory
Tomato Juice	1 cup	$\frac{1}{2}$ cup tomato sauce and $\frac{1}{2}$ cup water
Tomato Paste	$\frac{1}{2}$ cup	1 cup tomato sauce cooked uncovered to reduce to $\frac{1}{2}$ cup
Tomato Sauce	2 cups	$\frac{3}{4}$ cup tomato paste and 1 cup water
Tomato Soup	2 cups	1 cup tomato sauce and $\frac{1}{4}$ cup water
Turmeric	1 teaspoon	1 teaspoon saffron
Vanilla Bean	1 bean	2-3 teaspoon pure vanilla extract
Vinegar	1 teaspoon	1 teaspoon lemon juice OR 2 teaspoons white wine
Worcestershire Sauce	1 teaspoon	1 teaspoon steak sauce
Wine	1 cup	1 cup fruit juice in desserts OR 1 cup chicken broth
Yeast, Active	1 pack or $\frac{1}{4}$ ounces	1 package cake compressed yeast OR 2 $\frac{1}{2}$ teaspoons of rapid rise yeast
Yogurt	1 cup plain	1 cup sour cream OR 1 cup buttermilk OR 1 cup cottage cheese