

# Common Substitutions

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You won't always have exactly what a recipe calls for or the time to run to the store to get it. Check out the following common substitutions that you can use in a pinch:

<b><i>What You Need :</i></b>	<b><i>What You Can Use Instead :</i></b>
<b>Allspice</b> , 1 teaspoon ground	$\frac{1}{2}$ teaspoon ground cinnamon plus $\frac{1}{2}$ teaspoon ground cloves
<b>Apple juice</b>	Equal measure of white grape juice or white wine
<b>Arrowroot starch</b> , 1 teaspoon	1 tablespoon flour, or 1 teaspoon cornstarch
<b>Baking mix</b> , 1 cup	1 cup pancake mix, or 1 cup easy biscuit mix
<b>Baking powder</b> , 1 tablespoon	$\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ teaspoon cream of tartar
<b>Beer</b> , 1 cup	1 cup nonalcoholic beer, or 1 cup chicken broth
<b>Brandy</b> , $\frac{1}{4}$ cup	1 teaspoon imitation brandy extract plus enough water to make $\frac{1}{4}$ cup
<b>Bread crumbs</b> , 1 cup	1 cup cracker crumbs, or 1 cup matzo meal, or 1 cup ground oats
<b>Broth (beef or chicken)</b>	1 bouillon cube plus 1 cup boiling water, or 1 tablespoon soy sauce plus enough water to make 1 cup, or 1 cup vegetable broth
<b>Brown sugar</b> , 1 cup—packed	1 cup white sugar plus $\frac{1}{4}$ cup molasses and decrease the liquid in the recipe by $\frac{1}{4}$ cup, or 1 cup white sugar or $1\frac{1}{4}$ cups confectioners' sugar
<b>Butter (salted)</b>	1 cup margarine, or 1 cup shortening plus $\frac{1}{2}$ teaspoon salt, or $\frac{7}{8}$ cup lard
<b>Butter (unsalted)</b>	1 cup shortening, or $\frac{7}{8}$ cup vegetable oil, or $\frac{7}{8}$ cup lard
<b>Buttermilk</b> , 1 cup	1 cup plain yogurt, or 1 cup milk + 1 Tbs vinegar, or $\frac{3}{4}$ cup milk + 1 cup butter + $1\frac{1}{2}$ tablespoon corn starch, or 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
<b>Cheddar cheese</b> , 1 cup shredded	1 cup shredded Colby, or 1 cup shredded Monterey Jack
<b>Chervil</b> , 1 tablespoon chopped, fresh	1 tablespoon chopped, fresh parsley
<b>Chicken base</b> , 1 tablespoon	1 cup canned or homemade chicken broth or stock and decrease the liquid in the recipe by 1 cup
<b>Chocolate (semi-sweet)</b> , 1 ounce	1 1-ounce square of unsweetened chocolate plus 4 teaspoons sugar, or 1 ounce semi sweet chocolate chips plus 1 teaspoon shortening, or 3 Tbs. unsweetened cocoa powder plus 1 Tbs sugar plus 1 Tbs vegetable oil
<b>Chocolate (unsweetened)</b> , 1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
<b>Cinnamon (ground)</b> 1 tsp	$\frac{1}{4}$ tsp ground nutmeg or allspice
<b>Cocoa</b> , $\frac{1}{4}$ cup	1-1 ounce square unsweetened chocolate

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<b>Condensed cream of mushroom soup</b> , 1-10.75 ounce can	1– 10.75 ounce can condensed cream of celery, cream of chicken or golden mushroom soup
<b>Corn syrup (light)</b> , 1 cup	1 <sup>1</sup> / <sub>4</sub> cup white sugar plus <sup>1</sup> / <sub>3</sub> cup water, or 1 cup honey, or 1 cup light treacle syrup
<b>Corn syrup (dark)</b> , 1 cup	<sup>3</sup> / <sub>4</sub> cup light corn syrup plus <sup>1</sup> / <sub>4</sub> cup light molasses or 1 <sup>1</sup> / <sub>4</sub> cups packed brown sugar plus <sup>1</sup> / <sub>4</sub> cup water
<b>Cornstarch</b> , 1 tablespoon	2 tablespoons flour
<b>Cottage cheese</b> , 1 cup	1 cup farmers cheese, or 1 cup ricotta cheese
<b>Cracker crumbs</b> , 1 cup	1 cup bread crumbs, or 1 cup matzo meal, or 1 cup ground oats
<b>Cream (half and half)</b> , 1 cup	<sup>7</sup> / <sub>8</sub> cup milk plus 1 tablespoon butter
<b>Cream (heavy)</b> , 1 cup	1 cup evaporated milk, or <sup>3</sup> / <sub>4</sub> cup milk plus <sup>1</sup> / <sub>3</sub> cup butter
<b>Cream (light)</b> , 1 cup	1 cup evaporated milk, or <sup>3</sup> / <sub>4</sub> cup milk plus 3 tablespoons butter
<b>Cream (whipped)</b> , 1 cup	1 cup frozen whipped topping, thawed
<b>Cream cheese</b> , 1 cup	1 cup cottage cheese plus <sup>1</sup> / <sub>2</sub> cup heavy cream pureed together, or 1 cup plain yogurt, strained overnight in a cheesecloth
<b>Cream of tartar</b> , 1 teaspoon	2 teaspoons lemon juice or vinegar
<b>Crème fraiche</b> , 1 cup	Combine 1 cup of heavy cream and 1 tablespoon of plain yogurt. Let stand for 6 hours at room temperature
<b>Egg</b> , 1 whole (3 tablespoons)	2 egg yolks plus 1 tablespoon water, or 2 <sup>1</sup> / <sub>2</sub> tablespoons of powdered egg substitute plus 2 <sup>1</sup> / <sub>2</sub> tablespoons water, or <sup>1</sup> / <sub>4</sub> cup silken tofu pureed, or 3 tablespoons mayonnaise, or <sup>1</sup> / <sub>2</sub> a banana mashed with teaspoon baking powder, or 1 tablespoon powdered flax seed soaked in 3 tablespoons water
<b>Evaporated milk</b> , 1 cup	1 cup light cream
<b>Farmers cheese</b> , 8 ounces	8 ounces dry cottage cheese, or 8 ounces cottage cheese, drained
<b>Fats for baking</b> , 1 cup	1 cup applesauce, or 1 cup fruit puree
<b>Flour (all-purpose flour )</b> , 1 cup	1 cup plus 2 tablespoons cake flour
<b>Flour (bread)</b> , 1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
<b>Flour (cake)</b> , 1 cup	1 cup all-purpose flour minus 2 tablespoons
<b>Flour (self-rising)</b> , 1 cup	<sup>7</sup> / <sub>8</sub> cup all purpose flour plus 1 <sup>1</sup> / <sub>2</sub> teaspoon baking powder and <sup>1</sup> / <sub>2</sub> teaspoon salt
<b>Garlic</b> , 1 clove	<sup>1</sup> / <sub>8</sub> teaspoon garlic powder or minced, dried garlic
<b>Garlic powder</b> , <sup>1</sup> / <sub>8</sub> teaspoon	1 clove glove
<b>Gelatin</b> , 1 tablespoon, granulated	2 teaspoons agar

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<b>Ginger (dry)</b> , 1 teaspoon	2 teaspoons chopped, fresh ginger
<b>Ginger (fresh, minced)</b> , 1 teaspoon	$\frac{1}{2}$ teaspoon ground, dried ginger
<b>Green Onion (chopped)</b> , $\frac{1}{2}$ cup	$\frac{1}{2}$ cup chopped onion, or $\frac{1}{2}$ cup chopped shallots
<b>Hazelnuts (whole)</b> , 1 cup	1 cup macadamia nuts, or 1 cup almonds
<b>Herbs (chopped fresh)</b> , 1 tablespoon	1 teaspoon dried herbs or $\frac{1}{4}$ teaspoon powdered herbs
<b>Herbs (dried)</b> , 1 teaspoon	1 tablespoon chopped fresh herbs
<b>Herring</b> , 8 ounces	8 ounces of sardines
<b>Honey</b> , 1 cup	$1\frac{1}{4}$ cup sugar plus $\frac{1}{3}$ cup liquid, or 1 cup corn syrup, or 1 cup light treacle syrup
<b>Hot pepper sauce</b> , 1 teaspoon	$\frac{1}{4}$ teaspoon cayenne pepper plus 1 teaspoon vinegar
<b>Ketchup</b> , 1 cup	1 cup tomato sauce plus 1 teaspoon vinegar and 1 teaspoon sugar
<b>Lard</b> , 1 cup	1 cup shortening, or $\frac{7}{8}$ cup vegetable oil, or 1 cup butter
<b>Lemon grass</b> , 2 fresh stalks	1 tablespoon lemon zest
<b>Lemon juice</b> , 1 teaspoon	$\frac{1}{2}$ teaspoon vinegar, or 1 teaspoon white wine, or 1 teaspoon lime juice
<b>Lemon zest</b> , 1 teaspoon	$\frac{1}{2}$ teaspoon lemon extract, or 2 tablespoons lemon juice
<b>Lime juice</b> , 1 teaspoon	1 teaspoon vinegar, or 1 teaspoon white wine, or 1 teaspoon lemon juice
<b>Lime zest</b> , 1 teaspoon	1 teaspoon lemon zest
<b>Macadamia nuts</b> , 1 cup	1 cup almonds, or 1 cup hazelnuts
<b>Mace</b> , 1 teaspoon	1 teaspoon nutmeg
<b>Margarine</b> , 1 cup	1 cup shortening plus $\frac{1}{2}$ teaspoon salt, or 1 cup butter, or $\frac{7}{8}$ cup vegetable oil plus $\frac{1}{2}$ teaspoon salt, or $\frac{7}{8}$ cup lard plus $\frac{1}{2}$ teaspoon salt
<b>Mayonnaise</b> , 1 cup	1 cup sour cream, or 1 cup plain yogurt
<b>Marsala</b> , $\frac{1}{4}$ cup	$\frac{1}{4}$ cup dry white wine plus 1 teaspoon brandy
<b>Milk (whole)</b> , 1 cup	$\frac{2}{3}$ cup evaporated milk plus $\frac{1}{3}$ cup water, or 1 cup soy milk, or 1 cup rice milk, or 1 cup water or juice, or $\frac{1}{4}$ cup dry milk powder plus 1 cup water

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<b>Mint (fresh, chopped),</b> $\frac{1}{4}$ cup	1 tablespoon dried mint leaves
<b>Molasses,</b> 1 cup	Mix together $\frac{3}{4}$ cup brown sugar and 1 teaspoon cream of tartar
<b>Mustard (prepared),</b> 1 tablespoon	Mix together 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
<b>Onion (chopped),</b> 1 cup	1 cup chopped green onions, or 1 cup chopped shallots, or 1 cup chopped leeks, or $\frac{1}{4}$ cup dried minced onion, or $\frac{1}{4}$ cup onion powder
<b>Orange juice,</b> 1 tablespoon	1 tablespoon other citrus juice
<b>Orange zest,</b> 1 tablespoon	$\frac{1}{2}$ teaspoon orange extract, or 1 teaspoon lemon juice
<b>Parmesan cheese (grated),</b> $\frac{1}{2}$ cup	$\frac{1}{2}$ cup grated Asiago cheese, or $\frac{1}{2}$ cup grated Romano cheese
<b>Parsley (chopped, fresh),</b> 1 tablespoon	1 tablespoon chopped fresh chervil, or 1 teaspoon dried parsley
<b>Pepperoni,</b> 1 ounce	1 ounce salami
<b>Raisins,</b> 1 cup	1 cup dried currants, or 1 cup dried cranberries, or 1 cup chopped, pitted prunes
<b>Rice (white, cooked),</b> 1 cup	1 cup cooked barley, or 1 cup cooked bulgur, or 1 cup cooked brown or wild rice
<b>Ricotta cheese,</b> 1 cup	1 cup dry cottage cheese, or 1 cup silken tofu
<b>Rum,</b> 1 tablespoon	$\frac{1}{2}$ teaspoon rum extract plus enough water to make 1 tablespoon
<b>Saffron,</b> $\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon tumeric
<b>Semi-sweet chocolate chips,</b> 1 cup	1 cup chocolate candies, or 1 cup peanut butter or other flavored chips, or 1 cup chopped nuts, or 1 cup chopped dried fruit
<b>Shallots (chopped),</b> $\frac{1}{2}$ cup	$\frac{1}{2}$ cup chopped onion, or $\frac{1}{2}$ cup chopped leek, or $\frac{1}{2}$ cup chopped green onion
<b>Sherry,</b> 2 tablespoons	1 to 2 teaspoons vanilla extract
<b>Shortening,</b> 1 cup	1 cup butter, or 1 cup margarine minus $\frac{1}{2}$ teaspoon salt from recipe
<b>Sour Cream,</b> 1 cup	1 cup plain yogurt, or 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup, or $\frac{3}{4}$ cup buttermilk mixed with $\frac{1}{3}$ cup butter
<b>Sour milk,</b> 1 cup	1 tablespoon vinegar or lemon juice mixed with enough milk to make 1 cup—let stand 5 minutes to thicken

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<b>Soy sauce,</b> $\frac{1}{2}$ cup	4 tablespoons Worcestershire sauce mixed with 1 tablespoon water
<b>Stock (beef or chicken),</b> 1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
<b>Sweetened condensed milk,</b> 1-14 ounce can	$\frac{3}{4}$ cup white sugar mixed with $\frac{1}{2}$ cup water and $1\frac{1}{8}$ cups dry powdered milk—bring to a boil and cook, stirring frequently until thickened, about 20 minutes
<b>Sugar (powdered),</b> 1 cup	1 cup sugar plus 1 tablespoon cornstarch, mixed in blender
<b>Vanilla extract,</b> 1 to 2 teaspoons	2 tablespoons sherry or bourbon
<b>Vegetable oil (for baking),</b> 1 cup	1 cup applesauce, or 1 cup fruit puree
<b>Vegetable oil (for frying),</b> 1 cup	1 cup lard, or 1 cup vegetable shortening
<b>Vinegar,</b> 1 teaspoon	1 teaspoon lemon or lime juice, or 2 teaspoons white wine
<b>White sugar,</b> 1 cup	1 cup brown sugar, or $1\frac{1}{4}$ cups confectioners' sugar, or $\frac{3}{4}$ cup honey, or $\frac{3}{4}$ cup corn syrup
<b>Wine,</b> 1 cup	1 cup fruit juice mixed with 2 teaspoons vinegar, or 1 cup water
<b>Wine (white),</b> $\frac{1}{4}$ cup or more	Equal measure of white grape juice, apple juice, or chicken or beef broth
<b>Yeast (active, dry),</b> 1 (.25 ounce) package	1 cake compressed yeast. or $2\frac{1}{2}$ teaspoons dry active yeast, or $2\frac{1}{2}$ teaspoons rapid rise yeast
<b>Yogurt (plain),</b> 1 cup	1 cup buttermilk, or 1 cup sour cream, or 1 cup sour milk