

Ingredient Substitutions Guide

Ingredient	Amount	Substitution
Allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves
Baking mix	1 cup	1 cup pancake mix OR 1 cup Easy Biscuit Mixture
Baking powder	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar OR 1/4 teaspoon baking soda plus 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)
Baking soda	1 teaspoon	2 teaspoon double-acting baking powder + replace acidic liquid ingredient in recipe with non-acidic liquid
Balsamic Vinegar	1 cup	Equal amount of sherry or cider vinegar
Broth: beef or chicken	1 cup	1 bouillon cube dissolved in 1 cup boiling water OR 1 teaspoon powdered broth base dissolved in 1 cup boiling water
Brown sugar	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in recipe by 1/4 cup OR 1 cup white sugar OR 1 1/4 cups confectioners' sugar
Butter <i>Rule: Don't use spreads or low-fat butter in baking</i>	1 cup	7/8 to 1 cup hydrogenated fat (shortening) and 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt OR 1 cup margarine OR 7/8 cup oil plus 1/2 teaspoon salt OR 7/8 cup oil OR To reduce fat and calories - applesauce or prune puree for half of the butter in the recipe OR 3/4 coconut oil in place of a cup of butter.
Buttermilk	1 cup	1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Cajun Spice	1 tablespoon	1/2 teaspoon white pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon ground red pepper, 1/2 teaspoon paprika, and 1/2 teaspoon black pepper

Chocolate(semisweet)	1 ounce	1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar OR 1 ounce semisweet chocolate chips plus 1 teaspoon shortening
Chocolate (unsweetened)	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
Cocoa	1/4 cup	1 (1-ounce) square unsweetened chocolate
Corn syrup	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup
Cottage cheese	1 cup	1 cup farmer's cheese OR 1 cup ricotta cheese
Cracker crumbs	1 cup	1 cup bread crumbs OR 1 cup matzo meal OR 1 cup ground oats
Cream (half and half)	1 cup	7/8 cup milk plus 1 tablespoon butter
Cream (heavy)	1 cup	1 cup evaporated milk OR 3/4 cup milk plus 1/3 cup butter
Cream (light)	1 cup	1 cup evaporated milk OR 3/4 cup milk plus 3 tablespoons butter
Cream (whipped)	1 cup	1 cup frozen whipped topping, thawed
Cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth
Crème fraiche	1 cup	Combine 1 cup of heavy cream and 1 tablespoon of plain yogurt. Let stand for 6 hours at room temperature
Egg	1 whole (3 tablespoons or 1.7 oz)	2 1/2 tablespoons of powdered egg substitute plus 2 1/2 tablespoons water OR 1/4 cup liquid egg substitute OR 1/4 cup silken tofu pureed OR 3 tablespoons mayonnaise OR half a banana mashed with 1/2 teaspoon baking powder
Evaporated milk	1 cup	1 cup light cream
Fats for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Flour--Bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten (available at health food stores & some supermarkets)
Flour--Cake	1 cup	1 cup all-purpose flour minus 2 tablespoons

Flour--Self-Rising	1 cup	7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon of salt
Garlic	1 clove	1/8 teaspoon garlic powder OR 1/2 teaspoon granulated garlic OR 1/2 teaspoon garlic salt--reduce salt in recipe
Green onion	1/2 cup , chopped	1/2 cup chopped onion, OR 1/2 cup chopped leek OR 1/2 cup chopped shallots
Herbs--fresh	1 tablespoon chopped fresh	1 teaspoon (chopped or whole leaf) dried herbs
Honey	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup
Ketchup	1 cup	1 cup tomato sauce plus 1 teaspoon vinegar plus 1 tablespoon sugar
Lard	1 cup	1 cup shortening OR 7/8 cup vegetable oil OR 1 cup butter
Lemon grass	2 fresh stalks	1 tablespoon lemon zest
Lemon juice	1 teaspoon	1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice
Lemon zest	1 teaspoon	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
Margarine	1 cup	1 cup shortening plus 1/2 teaspoon salt OR 1 cup butter OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Milk--whole	1 cup	1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR 1/4 cup dry milk powder plus 1 cup water OR 2/3 cup evaporated milk plus 1/3 cup water
Onion	1 cup, chopped	1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leeks OR 1/4 cup dried minced onion OR 1/4 cup onion powder
Parmesan cheese	1/2 cup, grated	1/2 cup grated Asiago cheese OR 1/2 cup grated Romano cheese

Raisin	1 cup	1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes
Ricotta	1 cup	1 cup dry cottage cheese OR 1 cup silken tofu
Semisweet chocolate chips	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
Shallots, chopped	1/2 cup	1/2 cup chopped onion, OR 1/2 cup chopped leek OR 1/2 cup chopped green onion
Shortening	1 cup	1 cup butter OR 1 cup margarine minus 1/2 teaspoon salt from recipe
Sour cream	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR 3/4 cup buttermilk mixed with 1/3 cup butter
Soy sauce	1/2 cup	4 tablespoons Worcestershire sauce mixed with 1 tablespoon water
Stock--beef or chicken	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
Sweetened condensed milk	1 (14-ounce) can	3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes
Vegetable oil--for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Vegetable oil--for frying	1 cup	1 cup lard OR 1 cup vegetable shortening
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 2 teaspoons white wine
White sugar	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar OR 3/4 cup honey OR 3/4 cup corn syrup
Wine	1 cup	1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water
Yogurt	1 cup	1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk