

Substitute List

INGREDIENT	AMOUNT	SUBSTITUTION
<i>Allspice</i>	<i>1 teaspoon</i>	<i>1/2 tsp cinnamon, 1/4 tsp ginger, and 1/4 tsp cloves</i>
<i>Baking powder</i>	<i>1 teaspoon</i>	<i>1/4 tsp baking soda + 1/2 tsp cream of tartar OR 1/4 tsp baking soda + 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)</i>
<i>Beer</i>	<i>1 cup</i>	<i>1 cup nonalcoholic beer OR 1 cup chicken broth</i>
<i>Bread crumbs</i>	<i>1 cup</i>	<i>1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats</i>
<i>Broth (beef or chicken)</i>	<i>1 cup</i>	<i>1 bouillon cube + 1 cup boiling water OR 1 tbs soy sauce + enough water to make 1 cup OR 1 cup vegetable broth</i>
<i>Brown sugar</i>	<i>1 cup packed</i>	<i>1 cup white sugar + 1/4 cup molasses & decrease the liquid in recipe by 1/4 cup OR 1 cup white sugar</i>
<i>Butter</i>	<i>1 cup</i>	<i>1 cup shortening OR 7/8 cup vegetable oil OR 7/8 cup lard</i>
<i>Chervil</i>	<i>1 tbsp chopped fresh</i>	<i>1 tbsp chopped fresh parsley</i>
<i>Chicken base</i>	<i>1 tablespoon</i>	<i>1 cup canned or homemade chicken broth or stock. Reduce liquid in recipe by 1 cup</i>
<i>Corn syrup</i>	<i>1 cup</i>	<i>1 1/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup</i>
<i>Cottage cheese</i>	<i>1 cup</i>	<i>1 cup farmer's cheese OR 1 cup ricotta cheese</i>
<i>Cream (half and half)</i>	<i>1 cup</i>	<i>7/8 cup milk plus 1 tbsp butter</i>
<i>Cream (heavy)</i>	<i>1 cup</i>	<i>1 cup evaporated milk OR 3/4 cup milk + 1/3 cup butter</i>

INGREDIENT	AMOUNT	SUBSTITUTION
<i>Cream (light)</i>	<i>1 cup</i>	<i>1 cup evaporated milk OR 3/4 cup milk plus 3 tbsp butter</i>
<i>Cream (whipped)</i>	<i>1 cup</i>	<i>1 cup frozen whipped topping, thawed</i>
<i>Cream cheese</i>	<i>1 cup</i>	<i>1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth</i>
<i>Cream of tartar</i>	<i>1 teaspoon</i>	<i>2 tsp lemon juice or vinegar</i>
<i>Egg</i>	<i>1 whole</i>	<i>2 1/2 tbsp of powdered egg substitute + 2 1/2 tbsp water OR 1/4 cup liquid egg substitute OR 1/4 cup silken tofu pureed OR 3 tbsp mayonnaise OR half a banana mashed with 1/2 tsp baking powder OR 1 tbsp powdered flax seed soaked in 3 tbsp water</i>
<i>Evaporated milk</i>	<i>1 cup</i>	<i>1 cup light cream</i>
<i>Fats for baking</i>	<i>1 cup</i>	<i>1 cup applesauce OR 1 cup fruit puree</i>
<i>Flour (Bread Flour)</i>	<i>1 cup</i>	<i>1 cup all-purpose flour + 1 tsp wheat gluten</i>
<i>Flour (Cake Flour)</i>	<i>1 cup</i>	<i>1 cup all-purpose flour minus 2 tbsp</i>
<i>Flour (Self-Rising)</i>	<i>1 cup</i>	<i>7/8 cup all-purpose flour + 1 1/2 tsp baking powder & 1/2 tsp of salt</i>
<i>Garlic</i>	<i>1 clove</i>	<i>1/8 tsp garlic powder OR 1/2 tsp granulated garlic OR 1/2 tsp garlic salt (reduce salt in recipe)</i>
<i>Gelatin</i>	<i>1 tbsp, granulated</i>	<i>2 teaspoons agar agar</i>
<i>Green onion</i>	<i>1 cup chopped</i>	<i>1 cup chopped onion, OR 1 cup chopped leek OR 1 cup chopped shallots</i>
<i>Hazelnuts</i>	<i>1 cup whole</i>	<i>1 cup macadamia nuts OR 1 cup almonds</i>
<i>Honey</i>	<i>1 cup</i>	<i>1 1/4 cup white sugar + 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup</i>
<i>Ketchup</i>	<i>1 cup</i>	<i>1 cup tomato sauce + 1 tsp vinegar + 1 tbsp sugar</i>

INGREDIENT	AMOUNT	SUBSTITUTION
<i>Lard</i>	<i>1 cup</i>	<i>1 cup shortening OR 7/8 cup vegetable oil OR 1 cup butter</i>
<i>Lemon juice</i>	<i>1 teaspoon</i>	<i>1/2 tsp vinegar OR 1 tsp white wine OR 1 tsp lime juice</i>
<i>Lemon zest</i>	<i>1 teaspoon</i>	<i>1/2 tsp lemon extract OR 2 tbsp lemon juice</i>
<i>Lime juice</i>	<i>1 teaspoon</i>	<i>1 tsp vinegar OR 1 tsp white wine OR 1 tsp lemon juice</i>
<i>Lime zest</i>	<i>1 teaspoon</i>	<i>1 teaspoon lemon zest</i>
<i>Macadamia nuts</i>	<i>1 cup</i>	<i>1 cup almonds OR 1 cup hazelnuts</i>
<i>Margarine</i>	<i>1 cup</i>	<i>1 cup shortening + 1/2 teaspoon salt OR 1 cup butter OR 7/8 cup vegetable oil + 1/2 tsp salt OR 7/8 cup lard + 1/2 tsp salt</i>
<i>Mayonnaise</i>	<i>1 cup</i>	<i>1 cup sour cream OR 1 cup plain yogurt</i>
<i>Milk (Whole Milk)</i>	<i>1 cup</i>	<i>1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR 1/4 cup dry milk powder + 1 cup water OR 2/3 cup evaporated milk + 1/3 cup water</i>
<i>Molasses</i>	<i>1 cup</i>	<i>3/4 cup brown sugar & 1 tsp cream of tartar</i>
<i>Onion</i>	<i>1 cup chopped</i>	<i>1/8 tsp garlic powder OR 1/2 tsp granulated garlic OR 1/2 tsp garlic salt (reduce salt in recipe)</i>
<i>Orange juice</i>	<i>1 tablespoon</i>	<i>1 tbsp other citrus juice</i>
<i>Orange zest</i>	<i>1 tablespoon</i>	<i>1/2 tsp orange extract OR 1 tsp lemon juice</i>
<i>Parmesan cheese</i>	<i>1 cup grated</i>	<i>1 cup grated Asiago cheese OR 1 cup grated Romano cheese</i>
<i>Parsley</i>	<i>1 tbsp chopped fresh</i>	<i>1 tbsp chopped fresh chervil OR 1 tsp dried parsley</i>
<i>Ricotta</i>	<i>1 cup</i>	<i>1 cup dry cottage cheese OR 1 cup silken tofu</i>

INGREDIENT	AMOUNT	SUBSTITUTION
<i>Saffron</i>	<i>1 tsp</i>	<i>1 teaspoon turmeric</i>
<i>Shallots</i>	<i>1 cup chopped</i>	<i>1 cup chopped onion, OR 1 cup chopped leek OR 1 cup chopped green onion</i>
<i>Shortening</i>	<i>1 cup</i>	<i>1 cup butter OR 1 cup margarine minus 1/2 tsp salt from recipe</i>
<i>Sour cream</i>	<i>1 cup</i>	<i>1 cup plain yogurt OR 1 tbsp lemon juice or vinegar + enough cream to make 1 cup OR 3/4 cup buttermilk mixed with 1/3 cup butter</i>
<i>Sour milk</i>	<i>1 cup</i>	<i>1 tbsp vinegar or lemon juice mixed with enough milk to make 1 cup: Let stand 5 minutes to thicken</i>
<i>Soy sauce</i>	<i>1 cup</i>	<i>4 tbsp Worcestershire sauce with 1 tbsp water</i>
<i>Stock (beef or chicken)</i>	<i>1 cup</i>	<i>1 cube beef or chicken bouillon dissolved in 1 cup water</i>
<i>Sweetened condensed milk</i>	<i>1 (14-ounce) can</i>	<i>3/4 cup white sugar mixed with 1/2 cup water & 1 1/8 cups dry powdered milk: Bring to a boil & cook, stirring frequently, until thickened, about 20 minutes</i>
<i>Vegetable oil (for baking)</i>	<i>1 cup</i>	<i>1 cup applesauce OR 1 cup fruit puree</i>
<i>Vegetable oil (for frying)</i>	<i>1 cup</i>	<i>1 cup lard OR 1 cup vegetable shortening</i>
<i>Vinegar</i>	<i>1 teaspoon</i>	<i>1 tsp lemon or lime juice OR 2 tsp white wine</i>
<i>White sugar</i>	<i>1 cup</i>	<i>1 cup brown sugar OR 1 1/4 cups confectioners' sugar OR 3/4 cup honey OR 3/4 cup corn syrup</i>
<i>Wine</i>	<i>1 cup</i>	<i>1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water</i>
<i>Yeast-active dry</i>	<i>1 (.25-ounce) package</i>	<i>1 cake compressed yeast OR 2 1/2 tsp active dry yeast OR 2 1/2 tsp rapid rise yeast</i>
<i>Yogurt</i>	<i>1 cup</i>	<i>1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk</i>