

INGREDIENT SUBSTITUTION CHART

<i>Ingredient</i>	<i>Amount</i>	<i>Substitutes</i>
Allspice	1 tsp	*1/4 tsp cinnamon and 1/2 tsp ground cloves
Apple pie spice	1 tsp	*1/2tsp cinnamon, 1/4tsp nutmeg and 1/8 tsp cardamom
Arrowroot starch	1 1/2 tsp	*1 Tbsp flour, *1 1/2 tsp cornstarch
Baking powder	1 tsp	*1/4 tsp baking soda and 1/2 tsp cream of tartar, *1/4 tsp baking soda and 1/2 cup sour milk or buttermilk (decrease liquid called in recipe by 1/2 cup), *1/4 tsp baking soda and 1/2 Tbsp vinegar or lemon juice used with sweet milk to make 1/2 cup (decrease liquid called for in recipe by 1/2 cup)
Bay leaf	1 whole	*1/4 teaspoon crushed
Beau Monde	1 tsp	*1 tsp seasoning or seasoned salt, *1/2 tsp table salt
Broth	1 cup	*1 bouillon cube dissolved in 1 cup boiling water, *1 envelope powdered broth base dissolved in 1 cup boiling water, *1 tsp powdered broth base dissolved in 1 cup boiling water
Brown Sugar	1 cup	*1 cup white sugar plus 1 1/2 Tablespoon molasses
Butter	1 cup	*7/8-1 cup hydrogenated fat and 1/2 tsp salt, *7/8 cup lard plus 1/2 tsp salt, *1 cup margarine
Buttermilk	1 cup	*1 cup plain yogurt *1 cup minus 1-Tablespoon warm milk plus 1-Tablespoon vinegar or lemon juice (let stand for 5 minutes)
Catsup	1 cup	*1 cup tomato sauce, *1/2 cup sugar and 2 Tbsp vinegar (for use in cooking)
Chili sauce	1 cup	*1 cup tomato sauce, 1/4 cup brown sugar, 2 Tbsp vinegar, 1/4 tsp cinnamon, dash of ground cloves and dash of allspice
Chives	2 tsp	*2 tsp green onion tops, finely chopped
Chocolate chips	1 oz	*1 oz sweet cooking chocolate semisweet
Chocolate, semisweet	1 2/3 oz. 6-oz	*1 oz. unsweetened chocolate and 4 tsp sugar *2 squares unsweetened chocolate, 2 Tbsp package chips, melted shortening and 1/2 cup sugar
Chocolate, unsweetened	1 oz.	*3 Tbsp cocoa and 1 Tbsp fat or square

Cocoa	1/4 cup	*1 oz. (square) chocolate or 4 Tbsp (decrease fat called for in recipe by 1/2 Tbsp)
Coconut	1 Tbsp	*1 1/2 Tbsp fresh coconut, grated, dry grated
Coconut cream	1 cup	*1 cup whipping cream
Coconut milk	1 cup	*1 cup whole or 2% milk
Corn syrup	1 cup	*1 cup sugar and 1/4 cup liquid (use whatever liquid is called for in the recipe), *1 cup honey
Cornstarch (for thickening)	1 Tbsp	*2 Tbsp all-purpose flour, *2 Teaspoons arrowroot, *2 Tbsp granular tapioca
Cracker crumbs	3/4 cup	*1 cup dry bread crumbs
Cream, half-and-half	1 cup	*7/8 cup milk and 7/8 Tbsp butter or margarine, *1 cup evaporated milk, undiluted
Cream, Heavy (36%-40% fat)	1 cup	*3/4 cup milk and 1/3 cup butter or margarine
Cream, Light (18%-20% fat)	1 cup	*3/4 cup milk and 3 Tbsp butter or margarine *1 cup evaporated milk, undiluted
Cream, whipped		*Chill a 13 oz. can of evaporated milk for 12 hours. Add 1 tsp lemon juice. Whip until stiff.
Dill, fresh or dried	3 heads	*1 Tbsp dill seed
Egg	1 whole	*3 Tbsp and 1 tsp thawed frozen (3 Tbsp) egg, *2 1/2 Tbsp sifted, dry whole egg powder and 2 1/2 Tbsp lukewarm water, *2 yolks and 1 Tbsp water (in cookies), * 2 yolks (in custards, cream fillings and similar mixtures) 2 Tbsp oil plus 1 tsp water
Egg white	1 white	*2 Tbsp thawed frozen egg white, (2 Tbsp) *2 tsp sifted, (2 Tbsp)dry egg white powder and 2 Tbsp Lukewarm water
Egg yolk	1 yolk	*2 Tbsp sifted, dry egg yolk (1 1/2 Tbsp) powder and 2 tsp water, *1 1/3 Tbsp thawed frozen egg yolk
Flour, all-purpose	1 Tbsp	*1 1/2 tsp cornstarch, arrowroot starch, potato (for thickening) starch or rice starch, *1 Tbsp granular tapioca, 1 Tbsp waxy rice flour, *1 Tbsp waxy corned flour, *2 Tbsp browned flour, *1 1/2 Tbsp whole wheat flour, *1/2 Tbsp whole wheat flour and 1/2 Tbsp all-purpose flour

Flour, all-purpose	1 cup sifted	*1 cup and 2 Tbsp cake flour, *1 cup minus 2 Tbsp unsifted all-purpose flour, *1 1/2 cup bread crumbs, flours added to *1 cup rolled oats, yeast bread recipes *1/3 cup cornmeal or soybean flour will result in a 2/3 cup all purpose flour, reduced volume and *1/2 cup cornmeal, bran, rice flour, a heavier product. rye flour or whole wheat flour and 1/2 cup all-purpose flour, *3/4 cup whole wheat flour or bran flour and 1/4 cup all-purpose flour, *1 cup rye or rice flour, *1/4 cup soybean flour and *3/4 cup all-purpose flour
<i>Note: Specialty</i>		
Flour, cake	1 cup sifted	*1 cup minus 2 Tbsp sifted all-purpose flour
Flour, self-rising	1 cup	*1 cup minus 2 tsp all-purpose flour and 1 1/2 tsp baking powder and 1/2 tsp salt
Flour, whole wheat		*substitute whole wheat flour for 1/4-1/2 of white flour called for in recipe
Garlic	1 clove,	*1/8 tsp garlic powder small
Gelatin, flavored	3 oz.	*1 Tbsp plain gelatin and 2 cups package fruit juice
Ginger	1/8 tsp	*1 Tbsp candied ginger rinsed in water to powdered remove sugar and finely cut, *1 Tbsp raw ginger
Herbs, fresh	1 Tbsp	*1 tsp dried herbs finely cut
Honey	1 cup	*1 1/4 cups sugar and 1/4 cup liquid (use liquid called for in recipe)
Horseradish	1 Tbsp.	*2 Tbsp bottled fresh
Lemon	1 tsp juice	*1/2 tsp vinegar
Lemon	1 medium	*2-3 Tbsp juice and 1-2 tsp rind
Lemon peel, dried	1 tsp	*1-2 tsp grated fresh lemon peel, grated peel of 1 medium lemon, *1/2tsp lemon extract
Macaroni (4 cups cooked)	2 cups	*2 cups spaghetti, uncooked, *4 cups noodles, uncooked
Maple sugar	1/2 cup	*1 cup maple syrup
Maple sugar (grated and packed)	1 Tbsp	*1 Tbsp white, granulated sugar
Mayonnaise	1 cup	*1/2 cup yogurt and 1/2 mayonnaise, *1 cup sour cream, *1 cup cottage cheese pureed in a blender

Milk, buttermilk	1 cup	*1 cup plain yogurt
Milk, buttermilk	1 cup	*1 cup minus 1 Tbsp sweet milk and 1 Tbsp lemon juice or vinegar (allow to stand 5-10 minutes), *1 cup sweet milk and 1 3/4 tsp cream of tartar
Milk, evaporated	1/2 cup	*1 cup liquid whole milk (whole or skim plus 1/2 cup water
Milk, skim	1 cup	*4-5 Tbsp non-fat dry milk powder and enough water to make one cup, or follow manufacturer's directions
Milk, skim	1/4 cup	*4 tsp non-fat dry milk powder plus water to make 1/4 cup, or follow manufacturer's directions, *2 Tbsp evaporated skim milk and *2 Tbsp water
Milk, sweetened condensed	1 can	*Heat the following ingredients (until sugar and butter are 1 1/3 cup) dissolved: 1/3 cup and 2 Tbsp evaporated milk 1 cup sugar 3 Tbsp butter or margarine, 1 cup *Heat the following ingredients until sugar and butter are dissolved: 1/3 cup evaporated milk 3/4 cup sugar 2 Tbsp butter or margarine, Add 1 cup plus 2 Tbsp dry milk to 1/2 cup warm water. Mix well. add 3/4 cup sugar and stir until smooth.
Milk, whole	1 cup	*1 cup reconstituted non-fat dry milk and 2 tsp butter or margarine, *1/2 cup evaporated milk and 1/2 cup water, *4 Tbsp whole dry milk and 1 cup water, *1 cup potato water (for use in baking), *1/4 cup non-fat dry milk and 2 tsp butter or margarine and 7/8 cup water
Mushrooms	1 pound	*3 oz. dried mushrooms, *1 10 oz. can (8 oz. fresh drained weight)
Mustard, dry	1 tsp	*1 Tbsp prepared mustard
Onion, fresh	1 small	*rehydrate 1 Tbsp instant minced onion
Onion powder	1 Tbsp	*1 medium onion, chopped, *4 Tbsp fresh chopped onion
Orange	1 medium	*6-8 Tbsp juice
Orange peel, dried	1 Tbsp	*2-3 Tbsp grated fresh orange peel, *grated peel of 1 medium orange
Orange peel, dried	2 tsp	*1 tsp orange extract
Orange peel, fresh	1 medium	*2-3 Tbsp grated fresh orange peel
Parsley, dried	1 tsp	*3 tsp fresh parsley, chopped
Peppers, green bell	1 Tbsp, dried	*3 Tbsp fresh green pepper, chopped
Peppers, red bell	1 Tbsp, dried	*3 Tbsp fresh red bell pepper, chopped, *2 Tbsp chopped pimento
Peppermint, dried	1 Tbsp	*1/4 cup chopped fresh mint

Pimento	2 Tbsp,	*rehydrate 1 Tbsp dried red chopped bell peppers, *3 Tbsp fresh red bell pepper, chopped
Pumpkin pie spice	1 tsp	*1/2 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp allspice and 1/8 tsp nutmeg
Rice (3 cups cooked)	1 cup	*1 cup uncooked converted rice, regular, *1 cup uncooked brown rice, uncooked *1 cup uncooked wild rice
Shortening, melted	1 cup	*1 cup cooking oil (cooking oil should not be substituted if recipe does not call for melted shortening)
Shortening, solid	1 cup	*1 cup minus 2 Tbsp lard, *1 1/8 cups butter (decrease salt called for in recipe by 1/2 tsp), *1 1/8 cups margarine (decrease salt called for in recipe by 1/2 tsp)
Sour cream, cultured	1 cup	*3/4 cup sour milk and 1/3 cup butter or margarine, *3/4 cup buttermilk and 1/3 cup butter or margarine, *Blend until smooth: 1/3 cup buttermilk, 1 Tbsp lemon juice and 1 cup cottage cheese, *1 cup plain yogurt, *3/4 cup milk, 3/4 tsp lemon juice and 1/3 cup butter or margarine
Spearmint, dried	1 Tbsp	*1/4 cup chopped fresh mint
Sugar, brown	1 cup	*1 cup granulated sugar firmly packed
Sugar, white	1 tsp	*1/8 tsp noncaloric sweetener solution or follow manufacturer's directions
Sugar, white	1 cup	*1 cup corn syrup (decrease liquid called for in recipe by 1/4 cup), *1 1/3 cup molasses (decrease liquid called for in recipe by 1/3 cup), *1 cup powdered sugar, *1 cup brown sugar, firmly packed, *1 cup honey (decrease liquid called for in recipe by 1/4 cup), *1 3/4 cup confectioners sugar, packed
Tomatoes Fresh	2 cups	*1 16 oz. can (may need to drain)
Tomato Juice	1 cup	* cup tomato sauce and 1/2 cup water
Worcestershire	1 tsp	*1 tsp bottled steak sauce
Yeast, active dry	1 Tbsp	*1 cake yeast, compressed, *1 package (1/4 oz) active dry yeast
Yogurt, plain	1 cup	*1 cup buttermilk, *1 cup cottage cheese, blended until smooth,*1 cup sour cream