



## Substitutions for Unavailable Ingredients

<i>Ingredient</i>	<i>Amount</i>	<i>Substitution</i>
<b>Allspice</b>	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves
<b>Arrowroot starch</b>	1 teaspoon	1 tablespoon flour <b>OR</b> 1 teaspoon cornstarch
<b>Baking mix</b>	1 cup	1 cup pancake mix <b>OR</b> 1 cup Easy Biscuit Mixture
<b>Baking powder</b>	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar <b>OR</b> 1/4 teaspoon baking soda plus 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)
<b>Bread crumbs</b>	1 cup	1 cup whole grain cracker crumbs <b>OR</b> 1 cup matzo meal <b>OR</b> 1 cup ground oats
<b>Broth: beef or chicken</b>	1 cup	Low salt (sodium) options of the following: 1 bouillon cube plus 1 cup boiling water <b>OR</b> 1 tablespoon low sodium soy sauce plus enough water to make 1 cup <b>OR</b> 1 cup vegetable broth
<b>Brown sugar</b>	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in recipe by 1/4 cup <b>OR</b> 1 cup white sugar <b>OR</b> 1 1/4 cups confectioners' (icing) sugar
<b>Butter (salted)</b>	1 cup	1 cup margarine <b>OR</b> 7/8 cup vegetable oil plus 1/2 teaspoon salt
<b>Butter (unsalted)</b>	1 cup	1 cup shortening <b>OR</b> 7/8 cup vegetable oil
<b>Buttermilk</b>	1 cup	1 cup yogurt <b>OR</b> 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
<b>Cheddar cheese</b>	1 cup shredded	1 cup shredded Colby cheddar <b>OR</b> 1 cup shredded Monterey Jack cheese



## PRACTICES

<i>Ingredient</i>	<i>Amount</i>	<i>Substitution</i>
<b>Chicken base</b>	1 tablespoon	1 cup canned or homemade low-salt (sodium) or no salt added chicken broth or stock. Reduce liquid in recipe by 1 cup
<b>Chocolate (semisweet)</b>	1 ounce	1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar <b>OR</b> 1 ounce semisweet chocolate chips
<b>Chocolate (unsweetened)</b>	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon vegetable oil
<b>Cocoa</b>	1/4 cup	1 (1- ounce) square unsweetened chocolate
<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 (low fat, low salt (sodium) options)
<b>Corn syrup</b>	1 cup	1 1/4 cup white sugar plus 1/3 cup water <b>OR</b> 1 cup honey
<b>Cornmeal</b>	Equal portions	Rolled oats <b>OR</b> bran cereal
<b>Cottage cheese</b>	1 cup	1 cup farmer's cheese <b>OR</b> 1 cup ricotta cheese
<b>Cracker crumbs</b>	1 cup	1 cup whole grain bread crumbs <b>OR</b> 1 cup matzo meal <b>OR</b> 1 cup ground oats
<b>Cream (half and half)</b>	1 cup	7/8 cup milk plus 1 tablespoon butter
<b>Cream (heavy)</b>	1 cup	1 cup evaporated milk <b>OR</b> 3/4 cup milk plus 1/3 cup butter
<b>Cream (light)</b>	1 cup	1 cup evaporated milk <b>OR</b> 3/4 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	pureed cottage cheese <b>OR</b> 1 cup plain yogurt, strained overnight in a cheesecloth
<b>Cream of tartar</b>	1 teaspoon	2 teaspoons lemon juice <b>OR</b> 2 teaspoons vinegar
<b>Egg</b>	1 whole (3 tablespoons or 1.7 oz.) 2 1/2	tablespoons of powdered egg substitute plus 2 1/2 tablespoons water <b>OR</b> 1/4 cup liquid egg substitute <b>OR</b> 1/4 cup silken tofu pureed <b>OR</b> 3 tablespoons mayonnaise <b>OR</b> Half a banana mashed with 1/2 teaspoon baking powder <b>OR</b> 1 tablespoon powdered flax seed soaked in 3 tablespoons water



## PRACTICES

<i>Ingredient</i>	<i>Amount</i>	<i>Substitution</i>
<b>Evaporated milk</b>	1 cup	1 cup light cream
<b>Farmer's cheese</b>	8 ounces	8 ounces dry cottage cheese <b>OR</b> 8 ounces creamed cottage cheese, drained
<b>Flour - bread</b>	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten (available at health food stores and some supermarkets)
<b>Flour - cake</b>	1 cup	1 cup all-purpose flour minus 2 tablespoons
<b>Flour - self-rising</b>	1 cup	7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon of salt
<b>Garlic</b>	1 clove	1/8 teaspoon garlic powder <b>OR</b> 1/2 teaspoon granulated garlic <b>OR</b> 1/2 teaspoon garlic salt--reduce salt in recipe
<b>Ginger - fresh</b>	1 teaspoon, minced	1/2 teaspoon ground dried ginger
<b>Ginger - dry</b>	1 teaspoon	2 teaspoons chopped fresh ginger
<b>Green onion</b>	1/2 cup, chopped	1/2 cup chopped onion <b>OR</b> 1/2 cup chopped leek <b>OR</b> 1/2 cup chopped shallots
<b>Herbs - fresh</b>	1 tablespoon chopped fresh	1 teaspoon (chopped or whole leaf) dried herbs
<b>Herring</b>	8 ounces	8 ounces of sardines
<b>Honey</b>	1 cup	1 1/4 cup white sugar plus 1/3 cup water <b>OR</b> 1 cup corn syrup
<b>Hot pepper sauce</b>	1 teaspoon	3/4 teaspoon cayenne pepper plus 1 teaspoon vinegar
<b>Ketchup</b>	1 cup 1 cup	tomato sauce plus 1 teaspoon vinegar plus 1 tablespoon sugar
<b>Lemon grass</b>	2 fresh stalks	1 tablespoon lemon zest
<b>Lemon juice</b>	1 teaspoon	1/2 teaspoon vinegar <b>OR</b> 1 teaspoon lime juice
<b>Lemon zest</b>	1 teaspoon	1/2 teaspoon lemon extract <b>OR</b> 2 tablespoons lemon juice
<b>Lime juice</b>	1 teaspoon	1 teaspoon vinegar <b>OR</b> 1 teaspoon lemon juice
<b>Lime zest</b>	1 teaspoon	1 teaspoon lemon zest Mace 1 teaspoon 1 teaspoon nutmeg



## PRACTICES

<i>Ingredient</i>	<i>Amount</i>	<i>Substitution</i>
<b>Margarine</b>	1 cup	1 cup butter <b>OR</b> 7/8 cup vegetable oil plus 1/2 teaspoon salt
<b>Mayonnaise</b>	1 cup	1 cup sour cream <b>OR</b> 1 cup plain yogurt
<b>Milk-whole</b>	1 cup	1 cup soy milk <b>OR</b> 1 cup rice milk <b>OR</b> 1 cup water or juice <b>OR</b> 1/4 cup dry milk powder plus 1 cup water <b>OR</b> 2/3 cup evaporated milk plus 1/3 cup water
<b>Mint - fresh</b>	1/4 cup chopped	1 tablespoon dried mint leaves
<b>Mustard - prepared</b>	1 tablespoon Mix together	1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
<b>Molasses</b>	1 cup	Mix 3/4 cup brown sugar and 1 teaspoon cream of tartar
<b>Onion</b>	1 cup, chopped	1 cup chopped green onions <b>OR</b> 1 cup chopped shallots <b>OR</b> 1 cup chopped leeks <b>OR</b> 1/4 cup dried minced onion <b>OR</b> 1/4 cup onion powder
<b>Orange juice</b>	1 tablespoon	1 tablespoon other citrus juice
<b>Orange zest</b>	1 tablespoon	1/2 teaspoon orange extract <b>OR</b> 1 teaspoon lemon juice
<b>Parmesan cheese</b>	1/2 cup, grated	1/2 cup grated Asiago cheese <b>OR</b> 1/2 cup grated Romano cheese
<b>Parsley</b>	1 tablespoon chopped fresh	1 teaspoon dried parsley
<b>Pepperoni</b>	1 ounce	1 ounce salami
<b>Raisin</b>	1 cup	1 cup dried currants <b>OR</b> 1 cup dried cranberries <b>OR</b> 1 cup chopped pitted prunes
<b>Rice, white</b>	1 cup, cooked	1 cup cooked barley <b>OR</b> 1 cup cooked bulgur <b>OR</b> 1 cup cooked brown or wild rice
<b>Ricotta</b>	1 cup	1 cup dry cottage cheese <b>OR</b> 1 cup silken tofu



## PRACTICES

<i>Ingredient</i>	<i>Amount</i>	<i>Substitution</i>
<b>Saffron</b>	1/4 teaspoon	1/4 teaspoon turmeric
<b>Salami</b>	1 ounce	1 ounce pepperoni
<b>Semisweet chocolate chips</b>	1 cup	1 cup of dark or white chocolate chips 1 cup chopped dried fruit
<b>Shallots, chopped</b>	1/2 cup	1/2 cup chopped onion <b>OR</b> 1/2 cup chopped leek <b>OR</b> 1/2 cup chopped green onion
<b>Shortening</b>	1 cup	1 cup butter <b>OR</b> 1 cup margarine minus 1/2 teaspoon salt from recipe
<b>Sour cream</b>	1 cup	1 cup plain yogurt <b>OR</b> 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup <b>OR</b> 3/4 cup buttermilk mixed with 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
<b>Soy sauce</b>	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	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
<b>Vegetable oil, for baking</b>	1 cup	1 cup applesauce <b>OR</b> 1 cup fruit puree
<b>Vinegar</b>	1 teaspoon	1 teaspoon lemon or lime juice
<b>White sugar</b>	1 cup	1 cup brown sugar <b>OR</b> 1 1/4 cups confectioners' sugar <b>OR</b> 3/4 cup honey <b>OR</b> 3/4 cup corn syrup
<b>Yeast-active dry</b>	1	(.25-ounce) package 1 cake compressed yeast <b>OR</b> 2 1/2 teaspoons active dry yeast <b>OR</b> 2 1/2 teaspoons rapid rise yeast
<b>Yogurt</b>	1 cup	1 cup sour cream <b>OR</b> 1 cup buttermilk <b>OR</b> 1 cup sour milk

Adapted from <http://allrecipes.com/howto/common-ingredient-substitutions/>