

DAIRY

SUBSTITUTIONS



Don't Have This Ingredient?	Use This Substitution
Butter, Salted	1 cup = 1 cup margarine; 1 cup shortening, lard, or vegetable oil and 1/2 teaspoon of salt
Butter, Unsalted	Shortening, lard, or vegetable oil
Buttermilk	1 cup = 1 Tablespoon lemon juice or vinegar + milk to equal 1 cup and let stand 5 minutes; 1 cup plain yogurt or sour cream
Cream Cheese	Ricotta or Neufchatel cheese
Cream, Heavy	1 cup = 3/4 cup milk + 1/3 cup melted butter; 1 cup evaporated milk
Cream, Light	1 cup = 7/8 cup milk + 4 Tablespoons melted butter
Cream, Whipped	Chill 12 oz. can evaporated milk for 12 hours, add 1 Tablespoon lemon juice and whip until stiff
Crème Fraiche	Plain sour cream; mascarpone; full fat Greek yogurt
Half and Half	1 cup = 7/8 cup milk + 1 Tablespoon melted butter
Mascarpone Cheese	Cream cheese; whipped low-fat ricotta cheese; low-fat cottage cheese; low-fat Greek yogurt
Ricotta Cheese	Cottage cheese drained; dry cottage cheese
Sour Cream	1 cup = plain yogurt; 3/4 cup buttermilk + 1/3 cup butter; 1 Tablespoon lemon juice or vinegar + milk to equal 1 cup
Yogurt	1 cup = 1 cup buttermilk; 1 cup sour cream; 1 cup cottage cheese + 1 teaspoon lemon juice



Compiled by Nutrition and Food Safety Educator, Vicki Hayman



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EXTENSION

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