

# INGREDIENT SUBSTITUTIONS



Don't Have This Ingredient?	Use This Substitution
Baking Powder	1 teaspoon = 1/4 teaspoon baking soda and 1/2 teaspoon cream of tartar
Baking Soda	1 teaspoon = 3 teaspoons baking powder; 1 teaspoon potassium bicarbonate
Beer	Beef broth
Breadcrumbs	Cracker crumbs; cornflake or other cereal crumbs; rolled oats; soft bread crumbs
Broth	1 cup = 1 bouillon cube or 1 teaspoon bouillon base and 1 cup boiling water or water; 1 cup vegetable broth; 1 Tablespoon soy sauce + water to equal 1 cup
Brown Sugar, Packed	1 cup = 1 cup white sugar + 2 Tablespoons dark corn syrup; 1 cup sugar; 1 1/4 cups confectioners' sugar
Chocolate, Semisweet	1 ounce (1 square) = 3 Tablespoons semisweet chocolate pieces; 1 ounce unsweetened + 1 Tablespoon sugar
Chocolate, Sweet Baking	4 ounces = 1/4 cup unsweetened cocoa powder + 1/3 cup sugar + 1 Tablespoon oil or melted shortening
Cocoa Powder	1/4 cup = 1 (1 ounce) square unsweetened chocolate
Cornstarch	1 Tablespoon = 2 Tablespoons all-purpose flour; 1 Tablespoon arrowroot flour; 4 teaspoons quick-cooking tapioca
Corn Syrup, Light	1 cup = 1 cup sugar + 1/4 cup water; 1 cup honey
Corn Syrup, Dark	1 cup = 3/4 cup light corn syrup + 1/4 cup molasses; 1 cup honey; 1 1/4 cups packed brown sugar + 1/4 cup hot water; pancake syrup
Cream of Tartar	1 teaspoon = 2 Tablespoons lemon juice or vinegar
Honey	1 cup = 1 1/4 cups sugar + 1/4 cup water; 1 cup light corn syrup
Ketchup	1 cup tomato sauce + 1 Tablespoon sugar + 1 teaspoon vinegar
Leeks	Green onions; shallots; sweet onion
Lemon Juice	1 teaspoon = 1 teaspoon lime juice; 1/2 teaspoon white vinegar; 1 teaspoon white wine
Lemon Zest	1 teaspoon = 1 teaspoon lime zest; 1/2 teaspoon lemon extract; 1/4 teaspoon lemon oil; 2 Tablespoons lemon juice