

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

MORE INGREDIENT SUBSTITUTIONS



Don't Have This Ingredient?	Use This Substitution
Marshmallow Creme	1 ounce = 3 large melted marshmallows
Mayonnaise	Plain yogurt; sour cream
Molasses	1 cup = 3/4 cup brown sugar + 1 teaspoon cream of tartar
Mustard, Prepared	1 Tablespoon yellow mustard = 1/2 teaspoon dry mustard + 2 teaspoons vinegar
Oil, Baking	Applesauce or other fruit puree
Oil, Cooking	Other neutral flavored oil – canola, sunflower; safflower; melted coconut oil or shortening
Shortening	1 cup = 1 cup butter; 1 cup margarine and reduce salt in recipe by 1/2 teaspoon
Soy Sauce	1/2 cup = 4 Tablespoons Worcestershire sauce + 1 Tablespoon water
Sweetened Condensed Milk	1 1/2 cup whole milk or 1 can evaporated milk + 1/2 - 2/3 cup sugar, simmer until reduced by half and add 3 Tablespoons butter + 1 teaspoon vanilla extract
Tomato Juice	1 cup = 1/2 cup tomato sauce + 1/2 cup water
Tomato Sauce	2 cups = 3/4 cup tomato paste + 1 cup water
Vinegar, Balsamic	1 Tablespoon = 1 Tablespoon cider or red wine vinegar + 1/2 teaspoon sugar
Vinegar, Sherry	Balsamic vinegar
Vinegar, White	1 teaspoon = 1 teaspoon lemon/lime juice, 2 teaspoons white wine
Wine, Red	Beef broth; chicken broth; cranberry juice
Wine, White	Apple juice; chicken or vegetable broth
Yeast, Active Dry	2 1/2 teaspoons rapid rise yeast

