

# common substitutions

ingredient	amount	substitutions
allspice	1 tsp	½ tsp cinnamon + ¼ tsp ginger + ¼ tsp cloves
baking powder	1 tsp	¼ tsp baking soda + ½ tsp cream of tartar + ¼ tsp cornstarch
beer	1 cup	1 cup chicken broth
bread crumbs	1 cup	1 cup cracker crumbs – or – 1 cup ground oats
brown sugar	1 cup (packed)	1 cup white sugar + ¼ cup molasses (decrease liquid in recipe by ¼ cup)
butter (salted)	1 cup	1 cup shortening + ½ tsp salt – or – 1 cup margarine – or – ⅞ cup vegetable oil + ½ tsp salt
butter (unsalted)	1 cup	1 cup shortening – or – ⅞ cup vegetable oil
buttermilk	1 cup	1 cup plain yogurt or sour cream – or – 1 Tbsp lemon juice or vinegar + milk to equal 1 cup
baking chocolate	1 oz	3 Tbsp unsweetened cocoa powder + 1 Tbsp butter, shortening, or oil
corn starch	1 Tbsp	2 Tbsp flour
corn syrup	1 cup	1 ¼ cups white sugar + ⅓ cup water – or – 1 cup honey
cottage cheese	1 cup	1 cup ricotta cheese
cream	1 cup	⅞ cup milk + 1 Tbsp butter
heavy cream	1 cup	1 cup evaporated milk – or – ¾ cup milk + ⅓ cup butter
cream cheese	1 cup	1 cup pureed cottage cheese – or – 1 cup plain yogurt, strained overnight
cream soup	1 cup	1 Tbsp butter melted with 1 Tbsp flour (roux) + 1 cup broth (boil and stir until thick, about 10 minutes)
cream of tartar	1 tsp	2 tsp lemon juice or vinegar
egg	1 whole	¼ cup banana mashed with ½ tsp baking powder – or – ¼ cup yogurt or buttermilk – or – 1 Tbsp ground chia or flaxseed + 3 Tbsp water – or – 1 tsp baking soda mixed with 1 Tbsp vinegar – or – ¼ cup applesauce – or – 3 Tbsp mayonnaise

fat or oil (for baking)	1 cup	1 cup applesauce
cake flour	1 cup	1 cup all-purpose flour less 2 Tbsp
self-rising flour	1 cup	$\frac{7}{8}$ cup all-purpose flour + 1 $\frac{1}{2}$ tsp baking powder + $\frac{1}{2}$ tsp salt
garlic	1 clove	$\frac{1}{2}$ tsp garlic powder
half and half	1 cup	1 Tbsp melted butter + whole milk to make 1 cup
honey	1 cup	1 $\frac{1}{4}$ cup white sugar + $\frac{1}{3}$ cup water – or – $\frac{1}{2}$ cup white sugar + $\frac{3}{4}$ cup maple syrup – or – 1 cup corn syrup
ketchup	1 cup	1 cup tomato sauce + 1 tsp vinegar + 1 tsp sugar
lard	1 cup	1 cup shortening – or – $\frac{7}{8}$ cup vegetable oil – or – 1 cup butter
lemon or lime juice	1 tsp	$\frac{1}{2}$ tsp vinegar
lemon zest	1 tsp	2 Tbsp lemon juice
margarine	1 cup	1 cup shortening + $\frac{1}{2}$ tsp salt – or – 1 cup butter – or – $\frac{7}{8}$ cup vegetable oil + $\frac{1}{2}$ tsp salt
mayonnaise	1 cup	1 cup sour cream – or – 1 cup plain yogurt
milk	1 cup	$\frac{2}{3}$ cup evaporated milk + $\frac{1}{3}$ cup water
molasses	1 cup	$\frac{3}{4}$ cup brown sugar + 1 tsp cream of tartar – or – 1 cup honey
poultry seasoning	1 tsp	$\frac{3}{4}$ tsp thyme + $\frac{1}{2}$ tsp sage + $\frac{1}{2}$ tsp marjoram + $\frac{1}{4}$ tsp black pepper
pumpkin pie spice	1 tsp	$\frac{1}{2}$ tsp cinnamon + $\frac{1}{4}$ tsp nutmeg + $\frac{1}{4}$ tsp ginger + $\frac{1}{8}$ tsp cloves
shortening	1 cup	1 cup margarine – or – 1 cup butter
sour cream	1 cup	1 cup plain yogurt – or – 1 Tbsp lemon juice or vinegar + cream to make 1 cup – or – $\frac{3}{4}$ cup buttermilk + $\frac{1}{3}$ cup butter
sour milk	1 cup	1 Tbsp vinegar or lemon juice + milk to make 1 cup (allow to thicken for 5 minutes)
soy sauce	$\frac{1}{2}$ cup	4 Tbsp Worcestershire sauce + 1 Tbsp water
white sugar	1 cup	1 $\frac{1}{4}$ cup powdered sugar – or – $\frac{3}{4}$ cup honey – or – $\frac{3}{4}$ cup corn syrup
sweetened condensed milk	1 can (14 oz)	$\frac{3}{4}$ cup white sugar + $\frac{1}{2}$ cup water + 1 $\frac{1}{8}$ cup powdered milk (boil and cook until thick, about 20 minutes) – or – 1 cup evaporated milk + 1 $\frac{1}{4}$ cup white sugar (heat until sugar dissolves)
white vinegar	1 tsp	1 tsp lemon or lime juice
yeast	1.25 oz pkg	2 $\frac{1}{2}$ tsp active dry yeast or rapid rise yeast
yogurt	1 cup	1 cup sour cream – or – 1 cup buttermilk – or – 1 cup sour milk