

Ingredient	Amount	Substitute	Ingredient	Amount	Substitute
Allspice	1 tsp	1/2 tsp cinnamon & 1/2 tsp ground cloves	Cream, heavy	1 cup	3/4 cup milk plus 1/3 cup butter, won't whip
Apple Pie Spice	1 tsp	1/2 tsp cinnamon+1/4 tsp nutmeg+1/8 tsp cardamon	Cream, light	1 cup	7/8 cup milk + 4 TBS butter
Arrowroot Starch	1 tsp	1 TBS flour or 1/2 TBS cornstarch	Cream, whipped		Chill a 13 oz can evaporated milk for 12 hrs, add 1 TBS lemon juice. Whip until stiff.
Baking Powder	1 tsp	1/4 tsp baking soda plus 1/2 tsp cream of tartar		or	2 large ripe bananas sliced, 3 tsp sugar, 2 egg whites (whip together, chill, then serve)
Bay Leaf	1 whole	1/4 tsp crushed	Crème Fraiche	1 cup	1 cup of heavy cream and 1 TBS plain yogurt, sit for 6 hours at room temperature
Beau Monde Seasoning	1 tsp	1 tsp seasoned salt or 1/2 tsp salt	Dill	3 heads	1 TBS dried dill seed or weed; or 3 TBS fresh dill
Bell Pepper	1 TBS dried	3 TBS chopped fresh	Egg	1 whole	3 TBS beaten egg; or 2 egg whites
Bouquet Garni	1 tsp	1/2 tsp each: dried parsley flakes, dried thyme leaves & 1 crushed bay leaf		or	1/4 cup egg substitute
Bouillon	1 cube	1 tsp powdered bouillon	Egg White	1	2 tsp sifted dry egg white powder + 2 TBS water
Bread Crumbs	1/3 cup, dry	1 slice bread	Egg Yolk	1	2 TBS sifted dry egg yolk powder + 2 tsp water
	1/4 cup, soft	1 slice bread	Flour, for baking	1 cup sifted	1 cup plus 2 TBS cake flour
	1/4 cup, dry	1/4 cup cracker crumbs or 1/4 cup cornmeal		or	1 cup minus 2 TBS unsifted flour
Broth or Meat Stock	1 cup	1 cup consomme		or	1 1/2 cups bread crumbs
		or 1 bouillon cube dissolved in 1 cup water		or	1 cup rolled oats or rye or rice flour
Butter	1 cup	7/8 cup shortening or oil or lard		or	1/3 cup cornmeal + 2/3 cup flour
		or 1 cup margarine		or	3/4 cup whole wheat flour + 1/4 cup flour
Buttermilk	1 cup	1 cup milk minus 1 TBS plus 1 TBS lemon juice	Flour, for thickening	1 TBS	1 1/2 tsp cornstarch, arrowroot, potato or rice starch
		or 1 cup milk minus 1 TBS plus 1 TBS vinegar		or	1 TBS granular tapioca
		or 1 cup milk plus 1 3/4 tsp cream of tartar		or	1 egg, 2 egg whites or 2 egg yolks
		or 1 cup yogurt or sour cream		or	1 1/2 TBS whole-wheat flour
Carob	3 TBS	3 TBS cocoa	Flour, cake	1 cup	1 cup minus 2 TBS sifted all-purpose flour
Chili Sauce	1 cup	1 C. tomato sauce, 1/4 C. brown sugar, 2 TBS vinegar, 1/4 tsp cinnamon, dash ground cloves, dash allspice		or	2 TBS cornstarch + flour to fill 1 cup, sift 3 times
Chives, fresh	2 tsp	2 tsp chopped green onion tops	Flour, self-rising	1 cup	1 1/2 tsp baking powder + 1/2 tsp salt then flour to fill one cup
Chocolate, semi-sweet	1 2/3 oz	1 ounce unsweetened chocolate + 4 tsp sugar			1/8 tsp garlic powder or instant minced garlic
Chocolate, unsweetened	1 oz	3 TBS cocoa + 1 TBS shortening		or	approx 1 tsp garlic salt - reduce same amount salt called for in recipe
		or 3 TBS carob + 2 TBS water	Garlic	1 clove	1 TBS candied ginger rinsed in water to remove sugar (finely chopped)
Cinnamon, ground	1 tsp	1/2 tsp ground all spice or 1 tsp ground cardamom		or	1/2 tsp raw ginger
Cocoa	1/4 cup	1 oz chocolate and omit 1/2 TBS fat in recipe	Ginger	1/8 tsp	1 tsp dried herbs
Coconut Cream	1 cup	1 cup whipping cream			1/2 tsp dried = 1/4 tsp ground = 2-3 tsp fresh minced
Coconut Milk	1 cup	1 cup whole milk	Herbs	1 TBS fresh	1 1/4 cups sugar and 1/4 cup liquid
Coffee, strong brewed	1 cup	1 cup hot water + 2 tsp instant coffee			2 TBS prepared
Corn Syrup	1 cup	1 cup sugar + 1/4 cup liquid or 1 cup honey	Herbs	dried	1/4 tsp each: dried oregano, dried marjoram & dried basil plus 1/8 tsp dried sage
Cornmeal, self rising	1 cup	7/8 cup plain, 1 1/2 tBS baking powder & 1/2 tsp salt	Honey	1 cup	
Cornstarch, for thickening	1 TBS	2 TBS flour or tsp. quick cooking tapioca	Horseradish	1 TBS fresh	
Cracker Crumbs	3/4 cup	1 cup bread crumbs	Italian Seasoning	1 1/2 tsp	
Cream Cheese	1 cup	1 C. plain yogurt strained overnight in a cheesecloth			
Cream, half and half	1 cup	7/8 cup milk + 3 TBS butter			

Ingredient	Amount	Substitute	Ingredient	Amount	Substitute
Lemon	1 whole	3 TBS juice + 2 tsp rind	Pumpkin Pie Spice	1 tsp	1/2 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp allspice & 1/8 tsp nutmeg
Lemon Juice	1 tsp	1/2 tsp vinegar	Raisins		Equal amounts dried fruit or currants
Lemon Zest	1 tsp	1/2 tsp extract or 2 TBS lemon juice	Rennet	1 tablet	1 TBS liquid rennet
Lime Juice	1 tsp	1 tsp vinegar or 1 tsp white wine or 1 tsp lemon juice	Ricotta Cheese	1 cup	1 cup cottage cheese + 1 TBS skim milk
Lime Zest		Equal amount lemon zest	Rum	1 TBS	1/2 tsp rum extract + water to make 1 TBS
Maple Sugar	1/2 cup	1 cup maple syrup	Saffron		Turmeric, equal amount
Marshmallow, crème	1 jar	Melt 16 ounces of marshmallows and 3 1/2 TBS corn syrup in a double broiler	Shortening, for baking	1 cup	1 cup minus 2 TBS lard or 1 cup and 2 TBS butter or margarine
Marshmallows, mini	1 cup	10 large	Shrimp, cooked	1 cup	3/4 lb raw in shell or 7 oz pkg frozen or 5 oz canned
Mayonnaise	1 cup	1/2 cup yogurt + 1/2 cup mayonnaise or 1 cup sour cream or 1 cup plain yogurt or 1 cup cottage cheese pureed in blender	Sour Cream	1 cup	3/4 cup sour milk (or buttermilk) and 1/3 cup margarine or Blend 1/3 cup buttermilk, 1 TBS lemon juice + 1 cup cottage cheese or 1 cup plain yogurt + 1 TBS flour in cooked products or 3/4 cup milk, 3/4 tsp lemon juice + 1/3 cup margarine
Milk, Evaporated	1 cup	1 cup light cream	Sugar, White	1 cup	1 cup corn syrup minus 1/4 cup of liquid in recipe or 1 1/3 cup molasses minus 1/3 cup of liquid in recipe or 1 3/4 cups powdered or confectioners sugar or 1 cup packed brown sugar or 1 cup honey minus 1/4 cup liquid in recipe
Milk, Skim	1 cup	5 TBS non-fat dry milk powder plus water to 1 cup or 1/2 cup evaporated skim milk plus 1/2 cup water	Sugar, Brown	1 cup	1 cup white sugar + 1 TBS molasses (for light) or 1 cup white sugar + 2 TBS molasses (for dark)
Milk, Sweetened Condensed	1 can	Heat 1/3 cup and 2 TBS evaporated milk, 1 cup sugar, and 3 TBS margarine	Tapioca, for thickening	1 TBS	1 TBS flour
Milk, Whole	1 cup	1 cup reconstituted non-fat dry milk + 2 tsp margarine or 1/2 cup evaporated milk plus 1/2 cup water	Tapioca, granular	1 TBS	2 TBS pearl tapioca
Mint	1 TBS dried	1/4 cup chopped, fresh	Tomato Juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Molasses	1 cup	1 cup honey or dark corn syrup or maple syrup or 3/4 cup brown sugar plus 1 tsp cream of tartar	Tomato Puree	1 cup	6 oz can tomato paste plus water to equal 1 cup
Mushrooms, fresh	1 pound	10 oz can, drained or 3 oz dried mushrooms + 1 1/2 cups water	Tomato Sauce	2 cups	1 cup tomato paste plus 1 cup water
Mustard, dried	1 tsp	1 TBS prepared or 1/2 tsp mustard seeds	Tomato Soup	2 cups	1 cup tomato sauce plus 1/4 cup water
Mustard, prepared	1 TBS	1/2 tsp dry mustard + 2 tsp vinegar	Tomatoes, canned	1 cup	Simmer 1 1/3 cups diced tomatoes for 10 minutes
Nutmeg, ground	1 tsp	1 tsp ground allspice or ground cloves or ground mace	Tomatoes, fresh - chopped	2 cups	16 oz can, drained
Nuts	1 cup	1 cup browned rolled oats	Vanilla Bean	1	2 TBS vanilla extract
Oil	1 cup	1 cup melted butter, margarine or shortening	Vegetable Oil	1 cup	1 cup applesauce
Onion	1 small	1 TBS instant minced	Vinegar	1 tsp	1 tsp lemon or lime juice
Onion Powder	1 TBS	4 TBS fresh chopped onion	Wine, Red	1 cup	1 cup grape or cranberry juice
Orange	1 medium	1/2 cup juice	Wine, White	1 cup	1 cup apple or white grape juice
Orange Peel	1 medium	2 TBS rind	Worcestershire Sauce	1 tsp	1 tsp steak sauce
Parsley	1 TBS fresh	1 tsp dried	Yeast	1 pkg	1 cake yeast or 1 TBS dry yeast
Pepper, White	1 tsp	1 tsp black pepper	Yogurt	1 cup	1 cup buttermilk or sour cream or 1 cup cottage cheese and 1 tsp lemon juice
Peppers	1 TBS dried	3 TBS chopped fresh			
Pimento	2 TBS chop	3 TBS red bell pepper, chopped			
Poultry Seasoning	1 tsp	1/4 tsp ground thyme + 3/4 tsp ground sage			