

## Standard substitutions:

### Common

ITEM	AMOUNT	SUBSTITUTION
Allspice	1 teaspoon	1/2 teaspoon cinnamon plus 1/8 teaspoon ground cloves
Arrowroot, as thickener	1–1/2 teaspoons	1 tablespoon flour
Baking powder	1 teaspoon	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar
Bread crumbs, dry	1/4 cup	1 slice bread
Bread crumbs, soft	1/2 cup	1 slice bread
Buttermilk	1 cup	1 cup plain yogurt
Chocolate, unsweetened	1 ounce	3 tablespoons cocoa plus 1 tablespoon butter or fat
Cracker crumbs	3/4 cup	1 cup dry bread crumbs
Cream, heavy	1 cup	3/4 cup milk plus 1/3 cup melted butter (this will not whip)
Cream, light	1 cup	7/8 cup milk plus 3 tablespoons melted butter
Cream, sour	1 cup	7/8 cup buttermilk or plain yogurt plus 3 tablespoons melted butter
Cream, whipping	1 cup	2/3 cup well-chilled evaporated milk, whipped; or 1 cup nonfat dry milk powder whipped with 1 cup ice water

Flour, all-purpose	1 cup	1–1/8 cups cake flour; or 5/8 cup potato flour; or 1–1/4 cups rye flour or coarsely ground whole-grain flour;  or 1 cup cornmeal
Flour, cake	1 cup	1 cup minus 2 tablespoons sifted all-purpose flour
Flour, self-rising	1 cup	1 cup all-purpose flour plus 1–1/4 teaspoons baking powder plus 1/4 teaspoon salt
Garlic	1 small clove	1/8 teaspoon garlic powder or instant minced garlic
Herbs, dried	1/2 to 1 teaspoon	1 tablespoon fresh herbs, minced and packed
Honey	1 cup	1–1/4 cups sugar plus 1/2 cup liquid
Lemon juice	1 teaspoon	1/2 teaspoon vinegar
Lemon, juice and rind		1 3 tablespoons bottled lemon juice and 1 teaspoon dried grated rind
Lemon rind, grated	1 teaspoon	1/2 teaspoon lemon extract
Milk, skim	1 cup	1/3 cup instant nonfat dry milk plus 3/4 cup water
Milk, sour	1 cup	1 cup minus 1 tablespoon milk plus 1 tablespoon vinegar or lemon juice. Stir and let stand 5 minutes.
Milk, whole	1 cup	1/2 cup evaporated milk plus 1/2 cup water; or 1 cup skim milk plus 2 teaspoons melted butter
Mustard, prepared	1 tablespoon	1 teaspoon dry or powdered mustard

Onion, chopped	1 small	1 tablespoon instant minced onion;  or 1 teaspoon onion powder;  or 1/4 cup frozen chopped onion
Sugar, granulated	1 cup	1 cup firmly packed brown sugar;  or 1–3/4 cups confectioners' sugar (do not substitute in baking); or 1/2 cup honey; or 1 cup superfine sugar; or 1–1/2 cups corn syrup; or 2/3 cup maple syrup (for last two, reduce liquid in recipe by 25 percent)
Tomatoes, canned	1 cup	1/2 cup tomato sauce plus 1/2 cup water; or 1–1/3 cups chopped fresh tomatoes, simmered
Tomato juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water plus dash each salt and sugar; or 1/4 cup tomato paste plus 3/4 cup water plus salt and sugar, to taste
Tomato ketchup	1/2 cup	1/2 cup tomato sauce plus 2 tablespoons sugar, 1 tablespoon vinegar, and 1/8 teaspoon ground cloves
Tomato puree	1 cup	1/2 cup tomato paste plus 1/2 cup water
Tomato soup	1 can (10–3/4 oz.)	1 cup tomato sauce plus 1/4 cup water
Vanilla	1-inch bean	1 teaspoon vanilla extract
Yeast	1 cake (3/5 oz.)	1 package active dry yeast
Yogurt, plain	1 cup	1 cup buttermilk

## Uncommon

ITEM	SUBSTITUTION
Balsamic vinegar—1 tablespoon	1 tablespoon red wine vinegar plus 1/2 teaspoon sugar
Bamboo shoots	Asparagus (in fried dishes)
Bergamot	Mint
Chayotes	Yellow summer squash or zucchini
Cilantro	Parsley (for color only; flavor cannot be duplicated)
Coconut milk	2–1/2 cups water plus 2 cups shredded, unsweetened coconut.  Combine and bring to a boil. Remove from heat; cool. Mix in a blender for 2 minutes; strain. Makes about 2 cups.
Delicata squash	Butternut squash or sweet potato
Green mangoes	Sour, green cooking apples
Habanero peppers	5 jalapeno peppers or serrano peppers
Italian seasoning	Equal parts basil, marjoram, oregano, rosemary, sage, and thyme
Lemon grass	Lemon zest (zest from 1 lemon equals 2 stalks lemon grass)
Limes or lime juice	Lemons or lemon juice
Lo Mein noodles	Egg noodles
Mascarpone — 1 cup	3 tablespoons heavy cream plus 3/4 cup cream cheese plus 4 tablespoons butter
Neufchatel	Cream cheese or Boursin
Palm sugar	Light brown sugar
Rice wine	Pale, dry sherry or white vermouth
Red peppers	Equal amount pimientos
Romano cheese	Parmesan cheese

Saffron

Turmeric (for color; flavor is different)

Shallots

Red onions or Spanish onions

Shrimp paste

Anchovy paste

Tamarind juice

5 parts ketchup to 1 part vinegar