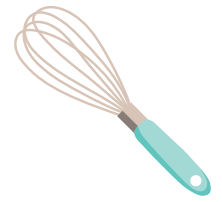




COMMON INGREDIENT SUBSTITUTIONS

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TBL = tablespoon *and* TSP = teaspoon

Baking Substitutions			Cooking Substitutions		
BAKING POWDER	BAKING SODA	BUTTERMILK	BREAD CRUMBS	BEEF OR CHICKEN BROTH	CREAM BASED SOUP
1 Teaspoon ½ tsp cream of tartar + ¼ tsp baking soda	1 Teaspoon 2 tsp double-acting baking powder + replace acidic liquid ingredient in recipe with non-acidic liquid	1 cup 1 cup plain yogurt OR 1 TBL lemon juice OR vinegar plus enough milk to 1 cup (let stand 5-10 minutes)	¼ cup ¾ cup soft bread crumbs OR ¼ cup cracker crumbs OR ¼ cup crushed cornflakes OR 2/3 cup regular rolled oats	1 cup 1 cup vegetable broth; OR 1 bouillon cube (1 tsp granules or soup base) + 1 cup hot water, OR 1 TBL soy sauce + ¾ cup + 3 TBL water	1 can 1 TBL flour, 3 TBL butter, ½ cup chicken broth, 1/2 cup milk. Melt butter, whisk flour until bubbly, slowly add broth & milk whisk until thickened. Season with salt & pepper.
BUTTER	LIGHT BROWN SUGAR	DARK BROWN SUGAR	GARLIC	GINGER ROOT	FRESH HERBS
1 cup 7/8 cup vegetable oil + ½ tsp salt (omit salt for unsalted butter); OR coconut oil, unsweetened apple sauce (do not sub with whipped butter or margarine)	1 Cup 1 cup dark brown sugar OR 2 TBL molasses + 1 cup granulated sugar OR ½ cup firmly packed dark brown sugar + ½ cup granulated	1 Cup 1 cup light brown sugar OR ¼ cup molasses + 1 cup granulated sugar OR 1 TBL molasses + 1 cup firmly packed light brown sugar	1 Clove ½ tsp minced garlic or ¼ teaspoon garlic powder, OR 1 cube <i>Dorot</i> Frozen Garlic (available at Trader Joe's)	1 Tablespoon ¾ tsp ground ginger; ground is much more concentrated in flavor than fresh, OR 1 -2 cubes <i>Dorot</i> Frozen Ginger (available at Trader Joe's)	To equal 1 TBL fresh herbs substitute 1 teaspoon dried. Dried herbs are generally more potent & concentrated than fresh herbs.
BREAD FLOUR	CAKE FLOUR	COCOA POWDER	HONEY	KETCHUP	LEMON JUICE
1 Cup 1 cup all-purpose flour + 1 tsp wheat gluten OR try subbing 1 cup all-purpose flour. <i>May not be ideal, but should work in a pinch.</i>	1 Cup ¾ cup + 2 TBL all-purpose flour + 2 TBL cornstarch	¼ Cup 1 ounce unsweetened chocolate, chopped superfine or melted.	1 Cup 1 ¼ cups white sugar + ⅓ cup water	1 Cup 1 cup tomato sauce + 1 TBL sugar + 1 tsp vinegar	1 Teaspoon 1 tsp lime juice, OR ½ tsp vinegar; OR 1 tsp white wine
CORN SYRUP	CREAM OF TARTAR	EGG	MAYONNAISE	MILK	SOUR CREAM
1 Cup 1 cup sugar dissolved in ¼ cup warm water OR 1 cup honey	1/2 Teaspoon ½ tsp white vinegar or lemon juice	1 Egg ¼ cup vegetable oil, ¼ cup mashed banana, ¼ cup unsweetened applesauce. OR 1 TBL ground flaxseed with 3 TBL water, stir to combine, and let stand for 5 minutes to thicken.	1 Cup 1 cup plain yogurt; OR 1 cup sour cream	1 Cup 1 cup non-dairy milk; OR 1 cup water OR juice; OR ¼ cup dry powdered milk + 1 cup water; OR ⅔ cup evaporated milk + ⅓ cup water	1 Cup 1 cup plain yogurt; OR ¾ cup buttermilk + ½ cup butter; OR 1 TBL lemon juice OR vinegar + ¾ cup + 3 TBL cream
HALF & HALF	HEAVY CREAM	SWEETENED CONDENSED MILK	SOY SAUCE	TOMATO SAUCE	VINEGAR (BALSAMIC)
1 Cup 1-1/2 TBL butter + enough milk to equal 1 cup	1 Cup ¾ cup milk + ⅓ cup butter; OR 1 cup evaporated milk OR shelf stable cream (available at Trader Joe's)	14 oz can ¾ cup white sugar + ½ cup water + 1 ⅛ cups dry powdered milk; bring to a boil, stirring until thickened, about 15-20 minutes	½ Cup ½ cup coconut aminos OR liquid aminos (like Bragg's) OR ¼ cup Worcestershire sauce + 1 TBL water	2 Cups ¾ cup tomato paste + 1 cup water; mix to combine	1 TBL 1 TBL cider vinegar or red wine vinegar + ½ tsp sugar