



# Food Substitutions



If you don't have:	Substitute:
Baking powder, 1 tsp.	1/2 tsp. Cream of Tartar + 1/4 tsp. baking soda
Balsamic vinegar, 1 tbsp.	1 tbsp. cider vinegar or red wine vinegar + 1/2 tsp. sugar
Bread Crumbs	Cracker crumbs or cornflake crumbs
Brown Sugar, 1 cup	1 cup white sugar + 4 tbsp. molasses
Butter, 1 cup	1 tbsp. shortening (can also add 1/4 tsp. salt if desired)
Buttermilk, 1 cup	1 tbsp. Lemon juice or vinegar + enough milk to make 1 cup (let stand 5 minutes before using)
Chocolate, semisweet, 1 ounce	1 tbsp. unsweetened cocoa powder + 2 tsp. sugar and 2 tsp. shortening
Chocolate, sweet baking, 4 ounces	1/4 cup unsweetened cocoa powder + 1/3 cup granulated sugar and 3 tbsp. shortening
Chocolate, unsweetened, 1 ounce	3 tbsp. unsweetened cocoa powder + 1 tbsp. cooking oil, or shortening melted
Cornstarch, 1 tbsp. (for thickening)	2 tbsp. all-purpose flour
Corn syrup (light), 1 cup	1 cup granulated sugar + 1/4 cup water
Cream of Tartar, 1/2 tsp.	1 1/2 tsp. lemon juice or vinegar
Ginger, grated fresh, 1 tsp.	1/4 tsp. ground ginger
Half-and-Half or light cream, 1 cup	1 tbsp. Melted butter + enough whole milk to make 1 cup
Fresh Herbs, 1 tbsp.	1 tsp. dried leaf herbs or 1/2 tsp. ground dried
Flour (self-Rising)	1 cup minus 2 tsp all-purpose flour + 1 1/2 tsp. baking powder and 1/2 tsp. salt
Ketchup, 1 cup	1 cup tomato paste + 1/2 cup sugar + 2 tbsp. vinegar
Molasses, 1 cup	1 cup honey
Mustard, dry, 1 tsp.	1 tbsp. prepared mustard
Onion, chopped, 1/2 cup	2 tbsp. dried minced onion or 1/2 tsp. onion powder
Shortening, 1 cup (used for baking)	1 1/8 cups butter (decrease the amount of salt required in recipe by 1/2 tsp)
Sour cream, dairy, 1 cup	1 cup plain yogurt
Sugar, granulated, 1 cup	1 cup packed brown sugar or 2 cups sifted powdered sugar, or 7/8 cup honey
Sugar, powdered, 1 cup	1 cup granulated sugar + 1 tbsp. cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
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
Whipped Cream	Beat until stiff: 1/2 cup ice-cold water + 1/2 cup nonfat dry milk. Add 1/2 cup sugar slowly while beating. Then add 2 tbsp. lemon juice and beat until mixed well.
Wine, red, 1 cup	1 cup beef or chicken broth in savory recipes; cranberry juice in desserts
Wine, white, 1 cup	1 cup chicken broth in savory recipes; apple juice or white grape juice in desserts