**Cooking and Baking Substitutions**

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| For: | Use: |
| 1 cup sifted flour  | 1 cup un-sifted flour minus 2 Tablespoons |
| 1 Tablespoon flour for thickening | ½ teaspoon cornstarch OR  2 teaspoons quick cooking tapioca OR  2 egg yolks |
| 1 cup cake flour  | Replace 2 Tablespoons of the flour with 2 Tablespoons cornstarch |
| 1 cup self-rising flour | 1 cup all-purpose flour plus 1 teaspoon baking powder, ½ teaspoon salt and ¼ teaspoon baking soda |
| 1 cup bread flour | 1 cup all-purpose flour plus ½ Tablespoon (1 ½ teaspoons) vital wheat gluten |
| 1 Tablespoon cornstarch for thickening | 2 Tablespoons flour |
| 1 teaspoon baking powder | ¼ teaspoon baking soda plus ½ teaspoon Cream of Tartar OR2 whipped egg whites OR **For recipes calling for milk**:¼ teaspoon baking soda plus ½ cup buttermilk (See below for buttermilk substitution) |
| 1 cup cream | ⅓ cup butter plus ¾ cup milk  |
| 1 cup buttermilk | 1 Tablespoon lemon juice or vinegar with milk to make 1 cup. Let stand 5 minutes before adding to recipe |
| 1 cup sour cream | 1 cup plain yogurt |
| 1 cup fresh whole milk | 1 cup reconstituted non-fat milk plus 2 Tablespoons butter OR½ cup evaporated milk plus ½ cup water |
| 1 cup sweetened condensed milk | ¾ cup white sugar mixed with ½ cup water and1 ⅛ cup milk powder. Bring to a boil and cook stirring frequently until thickened (abt. 20 min.) |
| 1 cup honey | 1 ¼ cup sugar plus ¼ cup liquid |
| 1 cup sugar | 1 cup honey decreasing liquid by ¼ cup OR1 cup corn syrup decreasing liquid by ⅓ cup OR1 ¼ cups powdered sugar |
| 1 cup molasses | 1 cup honey |
| 1 cup brown sugar | 1 cup white granulated sugar mixed with 1 Tablespoon-(up to) ¼ cup molasses OR1 cup white granulated sugar  |
| 1-ounce unsweetened chocolate | 1 Tablespoon cocoa plus 1 Tablespoon fat (for semi-sweet add 4 teaspoons sugar) |
| ¼ cup cocoa | 1 one-ounce square unsweetened chocolate |
| 1 cup mayonnaise  | 1 cup sour cream OR1 cup plain yogurt  |
| 1 cup oil or melted butter (in baking) Note: I almost never omit all the oil and often decrease the sugar a bit if substituting with fruit | 1 cup applesauce or fruit puree OR1 cup bean purée (blend canned beans including the liquid) \* |
| 1 cup lard | 1 cup shortening OR7/8 cup vegetable oil OR1 cup butter |
| 1 cup butter (in baking) | 1 cup margarine OR1 cup shortening (plus 2 Tablespoons water plus ½ teaspoon salt for salted butter) OR1 cup cooked, whole, drained beans—match color (black for dark chocolate, pinto for spice or light chocolate, white for vanilla) or use white for all baked items\* |
| 1 whole egg (in baking) | Stir 1 teaspoon unflavored gelatin into 2 Tablespoons cold water. Add 1 Tablespoons + 1 tsp. hot water and stir until dissolved. OR Stir 1 Tablespoon finely ground flax seeds into 3 Tablespoons of water or other liquid let set a few minutes to gel OR follow directions on commercial egg substitutes |
| 1 Tablespoon fresh snipped herbs | 1 teaspoon dry herbs |
| 1 small fresh onion | 1 Tablespoon dehydrated minced onion |
| 1 teaspoon dry mustard | 1 Tablespoon prepared mustard |
| 1 clove garlic | ¼ teaspoon garlic powder OR½ teaspoon granulated garlic OR½ teaspoon garlic salt (reduce salt in recipe) |
| 1 teaspoon Italian Seasoning | ¼ teaspoon each: oregano, basil, thyme and rosemary plus a dash of cayenne pepper |
| 1 teaspoon pumpkin pie spice | ½ teaspoon cinnamon, ¼ teaspoon ground ginger, ⅛ teaspoon each ground nutmeg and ground cloves |
| 1 teaspoon apple pie spice | ½ teaspoon cinnamon, ¼ teaspoon ground nutmeg, ⅛ teaspoon allspice, dash of ground cloves or ground ginger |
| 1 teaspoon allspice | ½ teaspoon cinnamon, ¼ teaspoon ground cloves plus ¼ teaspoon ground ginger |
| 1 teaspoon ground ginger | 2 teaspoons chopped fresh ginger |
| Few drops of Tabasco | Dash of cayenne or red pepper |
| 1 teaspoon Worcestershire Sauce | 1 teaspoon bottled steak sauce |
| ½ cup catsup or chili sauce (can substitute one for the other) | ½ cup tomato sauce plus 2 Tbsp. sugar, 1 Tbsp. vinegar, and ⅛ teaspoon ground cloves |
| 1 cup tomato juice | ½ cup tomato sauce plus ½ cup water |
| 1 large marshmallow | 10 miniature marshmallows |
| 1 cup marshmallow crème | 8 large marshmallows |
| ½ pound fresh mushrooms | 4 ounces canned mushrooms |
| 10 ounces sweetened frozen strawberries or raspberries | 1 cup sliced fresh berries plus ⅓ cup of sugar |
| ½ cup seedless raisins | ½ cup diced, dried prunes |

\*Bean puree and substitution recipes and instructions from *Store This, Not That* by Crystal Godfrey and Debbie Kent p. 52