**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 OR  2 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 OR  ½ cup evaporated milk plus ½ cup water |
| 1 cup sweetened condensed milk | ¾ cup white sugar mixed with ½ cup water and  1 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 OR  1 cup corn syrup decreasing liquid by ⅓ cup OR  1 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 OR  1 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 OR  1 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 OR  1 cup bean purée (blend canned beans including the liquid) \* |
| 1 cup lard | 1 cup shortening OR  7/8 cup vegetable oil OR  1 cup butter |
| 1 cup butter (in baking) | 1 cup margarine OR  1 cup shortening (plus 2 Tablespoons water plus ½ teaspoon salt for salted butter) OR  1 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 OR  ½ teaspoon granulated garlic OR  ½ 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