

What do I substitute for



[en español](#)

Ever been in the middle of a recipe and found out you were missing an ingredient you thought you had?

Well, below is a chart that might help with possible substitutions for everyday ingredients.

Ingredient	Amount	R
Allspice	1 tsp.	1/2 t. cinnamon + 1/2 t. ground cloves
Apple Pie Spice	1 tsp.	1/2 t. cinnamon, 1/4 t. nutmeg, 1/8 t. allspice, 1/8 t. cardamom.
Arrowroot powder	1 tsp	1 T flour or 1 1/2 t. cornstarch
Baking Powder	1 tsp.	1/3 t. baking soda + 1/2 t. cream of tartar.
Beau Monde seasoning	1 tsp.	1 tsp. seasoned salt or 1/2 tsp. salt
Biscuit Mix	1 cup	Mix together 1 c flour, 1 1/2 t. baking powder, 1/2 t. salt, & 3 T shortening til crumbly.
Broth	1 cup	1 t. bouillon or broth powder plus 1 cup boiling water
Bouillon	1 cube	1 t. bouillon or broth powder
Brown Sugar	1 cup	1 cup granulated sugar + 2 T molasses or sorghum or dark corn syrup.
Butter	1 cup	1 cup + 2 T. margarine
Buttermilk	1 cup	1 cup thick sour cream, or 1 cup yogurt or 1 cup milk + 1T. lemon juice or 4 T buttermilk powder + 1 c. water blended.
Cake Flour	1 cup	Replace 2 T of flour with 2 T cornstarch when using all-purpose flour or use 1 cup Pastry flour
Chili Sauce	1 cup	1 c tomato sauce, 1/4 c brown sugar, 2 T vinegar, 1/4 t cinnamon, dash of ground cloves and allspice.
Chives, fresh chopped	1 cup	1 t. dried chives or 2 tsp finely chopped green onion tops
Chocolate	1 oz square	3 T cocoa + 1 T butter or 3 T. carob powder + 1 T. butter
	6 oz pkg semisweet chips, melted	6 T cocoa powder or carob powder + 1/2 c sugar + 1/4 c shortening. Or 2 (1oz) squares

	4 oz bar sweet cooking chocolate	3 T cocoa or carob powder, 4 1/2 T sugar + 3 T shortening.
Confectioners sugar	1 cup	1 c granulated sugar plus 1 T cornstarch processed together in food processor until powdery.
Corn Syrup	1 cup	1 c granulated sugar + 1/4 c liquid cooked til thickened or 1 c tapioca syrup or 1 c brown rice syrup or 1 c. white rice syrup
Cornstarch	1 T	1 1/2 -2 T flour, or 4 t. minute tapioca, or 1 T clear jel or 1 T arrowroot powder
Cream	1 cup	3/4 c. milk +1/4 c butter or 1 c evaporated milk.
Cream cheese		Skim milk ricotta cheese or low fat cottage cheese beaten until smooth.
Cream of tartar	1/2 t	1 1/2 t vinegar or lemon juice
Dill	3 heads	1 T dill seed or weed
Eggs	1 whole egg	2 egg yolks + 1 T water or 1 T dried egg powder +2 T. water or 1 1/2 t Ener-G Egg Replacer + 1 T water.
	1 egg white	1 T dried egg white powder + 2 T water
Flour, all purpose	1 cup	1 c. pastry flour plus 2 T
pastry	1 cup	1 c. all purpose minus 2 T
self rising	1 cup	1 c all purpose plus 1 t. baking powder plus 1/2 t salt
Garlic	1 clove garlic	1/8 t. garlic powder or 1/4 t. garlic salt (reduce salt in recipe by 1/8 t.)
Ginger	1/8 tsp	1 T candied ginger rinsed in water to remove sugar finely ground or 1/2 t raw ginger
Herbs, fresh	1 T	1 t. dried herbs
Honey	1 cup	1 c granulated sugar + 1/4 c. liquid; or 1 c corn syrup; or 1 c. sorghum or 1 c. rice syrup or 1 c. tapioca syrup
Horseradish	1 T fresh	2 T prepared or 1 t. dried ground
Gelatin, flavored	1-3 oz package	1 T. unflavored gelatin and 2 c. fruit juice
Lemon	1 t. grated peel	1/2 t lemon extract
	juice of 1 lemon	2-3 T lemon juice
	rind of 1 lemon	2-3 t. grated rind
Mayonnaise	1 cup used in dressing	1 c sour cream or 1 c yogurt or 1 c cottage cheese pureed in blender
Milk	1 c whole milk	1/2 c evaporated milk + 1/ c water; 1/3 c nonfat dry milk + 3/4 c water + 2 T fat.
Milk, Sweetened condensed	1 can	Heat together 1/2c +2 T evaporated milk, 1 c sugar, 3 T butter or combine 1c +2T dry milk powder with 1/2 c water, mix well then add 3/4 c sugar and stir until smooth.
Mint	1/4 c chopped fresh	1 T dried

Mushrooms	8 oz fresh	1 - 6 oz can or 1/4 c dried +1/2 c warm water
Mustard	1 T prepared	1 t. ground yellow mustard
Onion	1 medium	2 T minced dried or 1 t onion powder or 2 t onion salt (reduce salt in recipe by 1 t.)
Orange	juice of 1 orange	1/3-1/2 cup juice
	rind of 1 orange	2-3 T grated orange rind
Parsley	1 Tbsp fresh	1 t. dried
Peppers, green bell	3 T fresh	1 T dried
red bell	3 T fresh	1 T dried or 2 T pimientos chopped
Pumpkin pie spice	1 tsp	1/2 t cinnamon, 1/4 t. ginger, 1/8 t. allspice, 1/8 t. nutmeg.
Powdered sugar	1 1/3 cup	Combine 1 c granulated sugar + 1 T cornstarch in blender and process til powdery
Rennet	1 Tablet	1 Tbsp liquid rennet
Shortening	1 cup	1 c. margarine, 3/4 c chicken fat, 7/8 c. butter, 7/8 c oil, 7/8 c lard, 3/4 c. bacon fat.
Sour cream	1 cup for baking	7/8 c thick sour milk + 3 T margarine or 1/4 c sour cream powder + 1 c water.
	1 cup for cooking	1 c. plain yogurt, or 1 c cottage cheese creamed in blender with 1 T lemon juice; or 1 T. lemon juice and evaporated milk to make 1 c. or 1 c. cool whip plus 1/4 t. lemon extract or 1/2 c milk + 2 T mayonnaise or 1/4 c sour cream powder + 1 c. water.
Stuffing	8 oz commercial stuffing mix	4 1/2 c. home-made seasoned croutons
	11 oz bag commercial stuffing mix	10 c. home made seasoned croutons
Sugar	1 c	1 c. honey or 1 c. corn syrup or 1 c molasses or 1 c. sorghum (reduce liquid in recipe by 1/4 c.)
Tapioca	2 T	3 T flour
Tartar sauce	1/2 c	6 T mayonnaise + 2 T sweet pickle relish + 1 T lemon juice
Tomato catsup	1 cup	1 c. tomato sauce + 1/4 c sugar +2 T vinegar
Tomato juice	1 cup	1/2 c. tomato sauce + 1/2 c water
Tomato paste	1 T.	1 T catsup
Tomato puree	1 c	2 T tomato paste + water or tomato juice to make 1 cup
Tomato sauce	2 c	1 c tomato puree or 2 t catsup+ tomato juice to make 1 c.
Tomatoes canned	1 cup	1 1/3 c cut up fresh tomatoes simmered 10 min
Vanilla bean	1 inch piece	1 tsp flavoring

Vinegar	1 T	1 T lemon juice
Whipping Cream	1 c unwhipped	1 envelope whipped topping mix; or chill 2/3 c evaporated milk, bowl and beaters and whip; or 2 cups Cool whip.
Worcestershire sauce	1t	1 t bottled steak sauce
Yeast Cake	1 - 2oz cake	3 packages of dry yeast or 3 T. yeast
Yeast, dry	1 envelope	1 Tablespoon
Yogurt	1 cup	1 cup thick sour milk or buttermilk

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