

SUBSTITUTE INGREDIENT SWAP LIST

| Ingredient: DAIRY | Quantity | Substitute |
|-------------------|----------|---|
| butter | 1 cup | 1 cup margarine + 1/2 tsp salt |
| buttermilk | 1 cup | 1 tbsn white vinegar + 1 cup sweet milk |
| buttermilk | 1 cup | 2/3 cup plain yogurt + 1/3 cup milk |
| cream | 1 cup | 1/2 cup butter + 3/4 cup milk |
| egg | 1 whole | 2 egg yolks |
| ricotta cheese | 1 cup | 1 cup cottage cheese + 1 tbsn skim milk |
| sour cream | 1 cup | 1 cup yogurt |
| whole milk | 1 cup | 1 cup dry milk + 2 tbsn butter |
| whole milk | 1 cup | 1/2 cup canned milk + 1/2 cup water |
| yogurt | 1 cup | 1 cup buttermilk |

| Ingredient: HERBS & SPICES | Quantity | Substitute |
|----------------------------|---------------|---|
| allspice | 1 tsp | 1/2 tsp cinnamon + 1/2 tsp ground cloves |
| apple pie spice | 1 tsp | 1/2 tsp cinnamon + 1/4 tsp nutmeg + 1/8 tsp cardamom |
| chervil | 1 tsp | 1 tsp tarragon or parsley |
| chives | 1 tbsn | 1 tbsn green onion |
| cilantro | 1 tsp | 1 tsp parsley |
| garlic | 1 small clove | 1/8 tsp garlic powder or 1/4 tsp garlic granuals |
| herbs, fresh | 1 tbsn | 1 tsp dried herbs |
| Italian seasoning | 1 tsp | 1/2 tsp oregano or 1/2 tsp oregano + 1/2 tsp basil |
| ginger, ground | 1 tsp | 2 tsp fresh ginger, chopped |
| lemon peel, dried | 1 tsp | 1 tbsn lemon juice |
| mace | 1 tsp | 1 tsp nutmeg |
| minced onions, dried | 1 tbsn | 1 small fresh onion |
| oregano | 1 tsp | 1/2 tsp thyme + 1/2 tsp basil |
| mustard powder | 1 tsp | 1 tbsn mustard |
| pumpkin pie spice | 1 tsp | 1/2 tsp cinnamon + 1/4 tsp ginger + 1/8 tsp allspice & nutmeg |
| rosemary | 1 tsp | 1 tsp thyme, tarragon, or savory, or a combination |

| Ingredient: DRY | Quantity | Substitute |
|-----------------------------|-----------|--|
| all-purpose flour | 1 cup | 1 cup + 2 tbsp cake flour |
| baking powder | 1 tbsp | 1/4 tsp baking soda + 1/3 tsp cream of tartar |
| cake flour | 1 cup | 7/8 cup all-purpose flour + 2 tbsp corn starch |
| corn starch, for thickening | 1 tbsp | 2 tbsp flour |
| self rising flour | 1 cup | 1 cup all-purpose flour + 1 1/2 tsp baking powder + 1/2 tsp salt |
| sugar, brown | 1 cup | 3/4 cup granulated sugar + 1/4 cup molasses |
| sugar, powdered | 1 1/3 cup | 1 cup granulated sugar, process for 1 minute |

| Ingredient: NATURAL SWEET | Quantity | Substitute |
|---------------------------|----------|--|
| honey | 1 cup | 1 1/4 cup raw sugar + 1/4 cup water |
| honey | 1 cup | 1 cup agave syrup or corn syrup |
| molasses | 1 cup | 1 1/4 cup brown sugar + 1/4 cup water |
| molasses | 1 cup | 1 cup maple syrup dark corn syrup or sorghum syrup |

| Ingredient: SAUCES | Quantity | Substitute |
|----------------------|----------|---|
| barbeque sauce | 1 cup | 3/4 cup ketchup + 2 tbsp mustard + 2 tbsp brown sugar |
| ketchup, for cooking | 1 cup | 1 cup tomato sauce + 1/2 cup sugar + 2 tbsp vinegar |
| soy sauce | 1/3 cup | 1/4 cup Worcestershire sauce + 2 tbsp water |
| soy sauce | 1/3 cup | 1/3 cup tamari or teriyaki Sauce |
| tomato sauce | 1 cup | 3 fl oz tomato paste + 5 fl oz water |