

Baking Substitutions

Ingredient	Substitute(s)
1 tsp Baking Powder	½ tsp Baking Soda + ½ tsp Cream of Tartar
1 package instant dry yeast	2 ½ tsp instant dry yeast
1 cup brown sugar	7/8 cup granulated sugar + 1 tbsp molasses
1 cup sifted self-rising flour	1 cup sifted all-purpose flour + 1 ½ tsp baking powder + ½ tsp salt
1 cup granulated sugar	¾ cup honey + reduce liquids in recipe by 3 tbsp
1 cup brown sugar firmly packed	1 1/3 cups brown sugar (loose)
1 egg	1 ½ tbsp water + 1 ½ tbsp oil + 1 tsp baking powder (not for whipping) OR 2 egg yolks + 1 tbsp water
1 cup butter milk	1 tbsp lemon juice or vinegar + 1 cup (-1 tbsp) milk (let stand 5 minutes) OR 1 cup plain yogurt
½ cup vegetable oil	½ cup melted butter OR ½ cup solid shortening, melted OR ½ cup apple sauce
1 oz chocolate	3 tbsp cocoa powder + 1 tbsp butter
1 cup raisins	1 cup dried cranberries

Necessity is the mother of invention.

Understand the purpose of the ingredients, and you will know how to make good substitutions.

Cooking Substitutions

Ingredient	Substitute(s)
1 tsp dry mustard	1 tbsp prepared mustard
1 tbsp fresh herbs (basil, parsley, etc...)	1 tsp dried herbs
1 tbsp flour (for thickening)	1 ½ tsp cornstarch
2 tsp quick cooking tapioca	1 tsp arrow root OR 1 tsp cornstarch
1 cup meat (beef or chicken) stock	1 bouillon cube + 1 cup hot water
1 cup bread crumbs	1 cup cereal crumbs (corn flakes, rice crispies, etc...) OR 1 cup cracker crumbs
1 can condensed mushroom soup	1 can condensed cream of chicken soup OR 1 can condensed celery soup
1 cup Mayonnaise	1 cup plain yogurt OR 1 cup sour cream
1 tbsp orange juice	1 tbsp other citrus juice (lemon, lime, grapefruit)
1 cup cooked white rice	1 cup cooked barley
1 cup cooked brown or wild rice	1 cup cooked quinoa
½ cup chopped shallots	½ cup chopped leek OR ½ cup chopped onion OR ½ cup chopped green onion
1 cup white wine	1 cup chicken broth OR 1 cup apple juice
1 cup red wine	1 cup beef broth OR 1 cup cranberry juice OR 1 cup grape juice + 2 tsp vinegar