



Ingredient Substitutions

Have you ever been all set to prepare a favorite dish and suddenly discover you do not have one of the ingredients for your recipe? Here are some substitutions that can be used.

Ingredient	Amount	Substitutions
Baking powder	1 teaspoon	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar, or 1/4 teaspoon baking soda plus 1/2 cup sour milk, or buttermilk (if using sour milk or buttermilk, decrease liquid called for in recipe by 1/2 cup)
Beef or chicken broth	1 (14 1/2 oz.) can	2 teaspoons instant beef or chicken bouillon granules with water to equal amount of broth needed
Bouillon cube	1	1 Tablespoon soy sauce
Dry bread crumbs	1/4 cup	1/4 cup cracker crumbs, corn meal, or 1 cup soft bread crumbs
Butter	1 cup	7/8 to 1 cup shortening plus 1/2 teaspoon salt, or 1 cup margarine
Catsup or chili sauce	1 cup	1 cup tomato sauce plus 1/2 cup sugar and 2 Tablespoons vinegar (for use in cooking only)
Corn syrup	1 cup	1 cup sugar plus 1/4 cup liquid (use the type of liquid that is called for in recipe)
Cornstarch	1 Tablespoon	2 Tablespoons all purpose flour, or 2 Tablespoons quick cooking tapioca
Egg (cake batter only)	1	2 Tablespoons mayonnaise
Flour, all purpose	1 Tablespoon	1/2 Tablespoon cornstarch or quick cooking tapioca (for thickening)
Flour, all purpose	1 cup sifted	1 cup plus 2 Tablespoons sifted cake flour, or 1 cup unsifted all purpose flour minus 2 Tablespoons.
Flour, cake	1 cup sifted	1 cup minus 2 Tablespoons sifted all purpose flour
Garlic	1 clove, small	1/8 teaspoon garlic powder

Ingredient	Amount	Substitutions
Gelatin, flavored	3 ounce package, (prepared with water)	1 Tablespoon plain gelatin plus 2 cups fruit juice
Herbs, fresh	1 Tablespoon	1 teaspoon dried herbs
Honey	1 cup	1 1/2 cups sugar plus 1/4 cup liquid (use liquid called for in recipe)
Lemon	1 medium	2-3 Tablespoons juice and 1-2 teaspoons rind
Lemon Juice	1 teaspoon	1/2 teaspoon vinegar (for use as acid source in cooking only)
Milk, buttermilk	1 cup	1 cup yogurt or 1 cup sour milk (make sour milk by putting 1 Tablespoon of vinegar or lemon juice in a measuring cup and add milk to 1 cup mark)
Milk, whole	1 cup	1/2 cup evaporated milk plus 1/2 cup water
Milk, skim	1 cup	5 Tablespoons nonfat dry milk and 1 cup water
Onion, fresh	1 small	1 Tablespoon dry minced onion, rehydrated
Prepared mustard	1 Tablespoon	1 teaspoon dried mustard
Parsley, dried	1 teaspoon	3 teaspoons chopped fresh parsley
Shortening, melted	1 cup	1 cup vegetable oil
Sour cream	1 cup	1 cup yogurt
Sugar, white	1 cup	1 cup corn syrup minus 1/4 cup liquid in recipe, or 1 cup brown sugar (firmly packed), or 1 cup honey (reduce liquid in recipe by 1/4 cup), or 1 3/4 cup confectioners (powdered) sugar (packed)
Tomato juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato sauce	1 (15 oz. can)	1 (6 oz. can) tomato paste and 1 cup water
Tomatoes	1 (16 oz. can)	3 fresh medium tomatoes, cut up
Yogurt	1 cup	1 cup buttermilk or sour milk (make sour milk by putting 1 Tablespoon of vinegar or lemon juice in a measuring cup and add milk to 1 cup mark)

The Eating Right is Basic cookbook has recipes using nonfat dry milk. Information on using fluid milk in place of nonfat dry milk is included whenever possible. In general, 1 cup of skim milk equals 1 cup of water plus 5 tablespoons of nonfat dry milk powder.

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