

## Common cooking substitutes

Sometimes when you are cooking and baking, you will come to realize halfway through mixing up your ingredients that you are out of something. It isn't good frugal practice to rush out to the store every time you need something. Here is a list of common ingredients that you can substitute when cooking. Keep this list handy. As you grow in your cooking you will come to appreciate this list.

Baking powder	1 teaspoon	1/3 teaspoon baking soda + 1/2 teaspoon cream of tartar
		1 cup crushed crackers
Bread crumbs	1 cup	1 cup crushed cornflakes
		1 cup ground oats
		1 cup crushed potato chips
Broth—beef or chicken	1 cup	1 bouillon cube dissolved in 1 cup hot water
Buttermilk (sour milk)	1 cup	1 cup milk + 1 T lemon juice—let stand 3 min
Ketchup	1 cup	1 cup tomato sauce + 1/2 cup sugar + 2 T vinegar
Chocolate unsweetened	1 square, or 1 ounce	3 Tablespoons cocoa powder
Corn syrup	1 cup	1 cup maple syrup
Cornstarch-for thickening	1 Tablespoon	2 Tablespoon flour
Cracker crumbs	1 cup	1 cup dried bread crumbs
		1 cup ground oats
		7/8 cup milk + 1/2 Tablespoon butter
Cream, half and half	1 cup	1 cup evaporated milk, undiluted
		3 Tablespoons oil + enough milk to equal 1 cup
Whipped topping		Chill a 13 ounce can of evaporated milk for 12 hours. Add 1 Tablespoon lemon juice, whip until stiff.
Cream of tartar	1 teaspoon	1 teaspoon lemon juice or vinegar
		1/8 teaspoon garlic powder
Garlic	1 clove, small	1/4 teaspoon instant minced garlic
		1/2 teaspoon granulated garlic

		$\frac{1}{2}$ teaspoon to 1 teaspoon garlic salt
Herbs	1 Tablespoon finely cut	1 teaspoon dried ground or crumbled herbs
Honey	1 cup	1 $\frac{3}{4}$ cup granulated sugar and $\frac{1}{4}$ cup liquid. Use the liquid called for in the recipe
Hot pepper sauce	1 teaspoon	$\frac{3}{4}$ teaspoon cayenne pepper plus 1 teaspoon vinegar
Italian seasoning		Combine 1 teaspoon basil + 1 Tablespoon parsley + $\frac{1}{2}$ teaspoon oregano
Lemon juice, freshly squeezed	1 Tablespoon	1 Tablespoon bottled lemon juice 1 Tablespoon fresh or bottled lime juice
Maple syrup	2 cups	Combine 2 cups sugar and 1 cup water, bring to clear boil then take off heat. Add $\frac{1}{2}$ teaspoon maple flavoring 1 cup honey
Mayonnaise for use in salads and dressings	1 cup	$\frac{1}{2}$ cup plain yogurt + $\frac{1}{2}$ cup mayonnaise 1 cup either yogurt, salad dressing, or sour cream 1 cup cottage cheese pureed in blender
Evaporated milk	1 cup	1 cup liquid whole milk
Sweetened condensed milk	1 can	Heat the following ingredients until sugar and butter are dissolved: 1/3 cup and 2 Tablespoons evaporated milk, 1 cup sugar, and 3 Tablespoons butter or margarine
Mustard, dry	1 teaspoon	1 Tablespoon prepared mustard
Oil for sautéing		Substitute melted butter or margarine $\frac{1}{4}$ cup chopped, fresh green onions 1 1/3 teaspoons onion salt
Onion	1 small	1-2 Tablespoon instant minced onion 1 teaspoon onion powder 2 Tablespoon dried minced onion
Poultry seasoning	1 teaspoon	$\frac{1}{2}$ teaspoon ground sage+ $\frac{1}{2}$ teaspoon dried thyme + 1 teaspoon dried rosemary
Pumpkin pie spice	1 teaspoon	$\frac{1}{2}$ teaspoon cinnamon + $\frac{1}{4}$ teaspoon ginger + 1/8 teaspoon allspice + 1/8 teaspoon nutmeg

Shortening, solid used in baking	1 cup	1 cup butter or margarine
Sour cream	1 cup	1 cup plain yogurt $\frac{3}{4}$ cup milk + $\frac{3}{4}$ teaspoon lemon juice + $\frac{1}{3}$ cup butter or margarine
Brown sugar	1 cup firmly packed	1 cup granulated sugar + $\frac{1}{4}$ cup molasses 1 cup raw or granulated sugar
1 cup powdered sugar	1 cup	1 cup granulated white sugar in blender will turn into powder 1 cup honey
White sugar	1 cup	1 cup brown sugar 1 cup powdered sugar
Tahini	1 Tablespoon	1 Tablespoon peanut butter
Tomatoes, fresh	2 cups	1-16 oz can diced tomatoes
Tomato juice	1 cup	$\frac{1}{2}$ cup tomato sauce + $\frac{1}{2}$ cup water
Worcestershire sauce	1 teaspoon	1 teaspoon bottled steak sauce