

Substitutions LIST

BAKING SUBSTITUTIONS

- **BAKING POWDER:** ½ TSP CREAM OF TARTAR + ¼ TSP BAKING SODA = 1 TSP BAKING POWDER
- **CAKE FLOUR:** ¾ CUP + 2 TBSP ALL-PURPOSE FLOUR + 2 TBSP CORNSTARCH = 1 CUP CAKE FLOUR
- **SELF-RISING FLOUR:** 1 CUP ALL-PURPOSE FLOUR + 1½ TSP BAKING POWDER + ¼ TSP SALT
- **BROWN SUGAR:** 1 CUP GRANULATED SUGAR + 1 TBSP MOLASSES
- **POWDERED SUGAR:** BLEND 1 CUP GRANULATED SUGAR + 1 TBSP CORNSTARCH UNTIL FINE
- **MONK FRUIT SWEETENER:** USE 1:1 IN PLACE OF GRANULATED SUGAR
- **UNSWEETENED BAKING CHOCOLATE:** 3 TBSP COCOA POWDER + 1 TBSP VEGETABLE OIL = 1 SQUARE/1 OUNCE UNSWEETENED BAKING CHOCOLATE
- **COCOA POWDER:** 1 OUNCE MELTED UNSWEETENED BAKING CHOCOLATE -1 TABLESPOON BUTTER OR OIL FROM THE RECIPE = 1/4 CUP COCOA POWDER
- **CAROB POWDER:** USE 1:1 IN PLACE OF COCOA POWDER
- **YEAST:** USE 2 1/4 TEASPOONS INSTANT YEAST FOR EVERY 1 TABLESPOON ACTIVE DRY YEAST.

DAIRY SUBSTITUTIONS

- **BUTTERMILK:** 1 TBSP LEMON JUICE OR VINEGAR + MILK TO MAKE 1 CUP; LET SIT 5 MIN
- **HEAVY CREAM:** ¾ CUP MILK + ¼ CUP MELTED BUTTER = 1 CUP CREAM
- **HALF-AND-HALF:** ¾ CUP MILK + ¼ CUP HEAVY CREAM
- **MILK:** USE EQUAL AMOUNT OF ALMOND, OAT, SOY, OR COCONUT MILK
- **SOUR CREAM:** PLAIN GREEK YOGURT (1:1)
- **RICOTTA CHEESE:** STRAINED COTTAGE CHEESE OR BLENDED TOFU WITH LEMON JUICE (1:1)
- **CREAM CHEESE:** BLEND GREEK YOGURT WITH BUTTER, OR USE MASCARPONE (1:1)

OIL AND BUTTER SUBSTITUTIONS

- **VEGETABLE OIL (IN BAKING):** USE EQUAL AMOUNT OF MELTED BUTTER, APPLESAUCE, OR COCONUT OIL
- **BUTTER (IN BAKING):** USE EQUAL AMOUNT OF SHORTENING OR MARGARINE
- **BUTTER (FOR COOKING):** USE OLIVE OIL OR GHEE (1:1)
- **OIL (FOR COOKING):** USE BROTH OR WATER FOR SAUTÉING, 1:1

THE RECIPE CRITIC

<https://therecipecritic.com/cooking-substitutions-guide/>

SWEETENER SUBSTITUTIONS

- **HONEY:** USE AGAVE OR MAPLE SYRUP (1:1)
- **MAPLE SYRUP:** USE HONEY OR CORN SYRUP (1:1)
- **MOLASSES:** USE MAPLE SYRUP OR DARK CORN SYRUP (1:1)
- **STEVIA:** FOLLOW MANUFACTURER'S INSTRUCTIONS; TYPICALLY 1 TSP STEVIA = 1 CUP SUGAR
- **DATE PASTE:** USE ¾ CUP DATE PASTE TO REPLACE 1 CUP SUGAR

EGG SUBSTITUTIONS (PER 1 EGG)

- 1 TBSP GROUND FLAXSEED + 3 TBSP WATER (LET SIT 5 MIN)
- 1 TBSP CHIA SEEDS + 3 TBSP WATER (LET SIT 5 MIN)
- ¼ CUP MASHED BANANA
- ¼ CUP APPLESAUCE
- ¼ CUP BLENDED SILKEN TOFU
- 3 TBSP AQUAFABA (LIQUID FROM CANNED CHICKPEAS)

WINE AND ALCOHOL SUBSTITUTIONS

- **RED WINE:** EQUAL AMOUNT OF GRAPE JUICE, CRANBERRY JUICE, OR BEEF BROTH
- **WHITE WINE:** EQUAL AMOUNT OF WHITE GRAPE JUICE, APPLE JUICE, OR CHICKEN BROTH
- **BEER:** EQUAL AMOUNT OF BROTH + SPLASH OF VINEGAR OR LEMON JUICE
- **RUM OR BRANDY (IN DESSERTS):** USE APPLE JUICE OR WATER WITH A SPLASH OF VANILLA

SPICE SUBSTITUTIONS

- **ONION POWDER:** 1 TBSP ONION POWDER = ½ CUP CHOPPED ONION
- **GARLIC POWDER:** ½ TSP GARLIC POWDER = 1 SMALL CLOVE
- **CHILI POWDER:** 2 TSP PAPRIKA + 1 TSP CUMIN + PINCH CAYENNE = 1 TBSP CHILI POWDER
- **ITALIAN SEASONING:** MIX EQUAL PARTS OREGANO, BASIL, THYME, AND ROSEMARY
- **CURRY POWDER:** 1 TSP TURMERIC + ½ TSP CUMIN + ½ TSP CORIANDER

HERB AND FLAVOR SUBSTITUTIONS

- **FRESH TO DRIED HERBS:** 1 TBSP FRESH = 1 TSP DRIED
- **LEMON JUICE:** USE LIME JUICE OR ORANGE JUICE (1:1)
- **VANILLA EXTRACT:** USE EQUAL AMOUNT OF MAPLE SYRUP OR HALF THE AMOUNT OF ALMOND EXTRACT
- **ALLSPICE:** USE ½ TSP CINNAMON + ½ TSP CLOVES
- **SOY SAUCE:** USE TAMARI OR COCONUT AMINOS (1:1)

Substitutions LIST

GRAIN AND BREAD SUBSTITUTIONS

- **BREADCRUMBS:** USE 1 CUP CRUSHED CRACKERS, PANKO, CORNFLAKES, PRETZELS, ALMOND FLOUR, OATS, OR CRUSHED CEREAL
- **COOKED RICE:** USE EQUAL AMOUNT OF QUINOA, COUSCOUS, FARRO, OR CAULIFLOWER RICE
- **TORTILLAS:** USE PITA BREAD, LAVASH, OR LARGE LETTUCE LEAVES

PANTRY SUBSTITUTIONS (CANNED AND CONDENSED)

- **TOMATO PASTE:** 3 TBSP TOMATO SAUCE OR PUREE, SIMMERED TO REDUCE = 1 TBSP PASTE
- **EVAPORATED MILK:** SIMMER 2¾ CUPS MILK DOWN TO 1 CUP
- **SWEETENED CONDENSED MILK:** SIMMER 1 CUP WHOLE MILK + ½ CUP SUGAR UNTIL THICK
- **CREAM OF MUSHROOM SOUP:** 1 CUP MILK + 1 TBSP FLOUR + ¼ CUP SAUTÉED MUSHROOMS

CRUST SUBSTITUTIONS

- **GRAHAM CRACKER CRUST:** USE 1½ CUPS CRUSHED NILLA WAFERS, SHORTBREAD COOKIES, OR VANILLA OREOS
- **PIE CRUST:** USE 1½ CUPS CRUSHED PRETZELS, GRANOLA, OR NUTS MIXED WITH ¼ CUP MELTED BUTTER

THE RECIPE CRITIC

<https://therecipecritic.com/cooking-substitutions-guide/>

CHEESE SUBSTITUTIONS

- **PARMESAN:** USE NUTRITIONAL YEAST, ASIAGO, OR ROMANO (1:1)
- **RICOTTA:** USE COTTAGE CHEESE (BLENDED IF NEEDED) OR FIRM TOFU + LEMON (1:1)
- **CHEDDAR:** USE MONTEREY JACK, COLBY, OR PLANT-BASED CHEDDAR (1:1)
- **CREAM CHEESE:** USE MASCARPONE, OR GREEK YOGURT BLENDED WITH A BIT OF BUTTER (1:1)

PROTEIN SUBSTITUTIONS

- **GROUND BEEF:** USE EQUAL AMOUNTS OF GROUND TURKEY, MUSHROOMS, LENTILS, OR PLANT-BASED MEAT.
- **CHICKEN:** SUBSTITUTE WITH TOFU, CHICKPEAS, OR JACKFRUIT.
- **EGGS (IN SCRAMBLES):** USE CRUMBLed TOFU OR COMMERCIAL EGG REPLACERS LIKE JUST EGG

BROTH AND STOCK SUBSTITUTIONS

- **CHICKEN BROTH:** USE WATER + 1 TSP POULTRY SEASONING OR BOUILLON PER CUP
- **BEEF BROTH:** USE MUSHROOM BROTH, VEGGIE BROTH + 1 TSP SOY SAUCE PER CUP
- **VEGETABLE BROTH:** USE WATER + ONION POWDER, GARLIC, HERBS, AND SALT TO TASTE