

INGREDIENT SUBSTITUTIONS

Baking powder	1 tsp	¼ tsp baking soda + ½ tsp cream of tartar
Baking soda	1 tsp	4 tsp baking powder
Breadcrumbs	1 cup	1 cup cracker crumbs
Buttermilk	1 cup	1 cup whole milk + 2 tbsp vinegar or 1 cup yogurt
Chocolate, semisweet	3 oz	½ cup semisweet chips
Cocoa	¼ cup	1 oz unsweetened chocolate
Cream of tartar	1 tsp	2 tsp lemon juice or vinegar
Evaporated milk	1 cup	1 cup light cream
Cake flour	1 cup	1 cup all purpose flour minus 2 tbsp, sifted
Dijon mustard	1 tbsp	1 tbsp dry mustard + 1 tsp water + 1 tsp white vinegar + 1 tbsp mayonnaise + pinch sugar
Flour, self-rising	1 cup	1 cup all-purpose minus 2 tsp + 1½ tsp baking powder + ½ tsp salt
Half and half	1 cup	½ cup whole milk + ½ cup cream
Herbs, fresh	1 tbsp chopped	1 tsp dried
Hot pepper sauce	1 tsp	¾ tsp cayenne pepper + 1 tsp vinegar
Ketchup	1 cup	1 cup tomato sauce + 1 tsp vinegar + 1 tbsp sugar
Lemon juice	1 tsp	½ tsp vinegar or ½ tsp white wine or 1 tsp lime juice
Lemon zest	1 tsp	½ tsp lemon extract or 2 tsp lemon juice
Lime juice	1 tsp	1 tsp vinegar or 1 tsp white wine or 1 tsp lemon juice
Lime zest	1 tsp	1 tsp lemon zest
Mayonnaise	1 cup	1 cup sour cream or 1 cup plain yogurt
Soy sauce	½ cup	¼ cup Worcestershire sauce + 1 tbsp water
Sugar, light brown	1 cup	½ cup dark brown sugar + ½ cup granulated sugar
Tomato juice	1 cup	½ cup tomato sauce + ½ cup water + dash salt and sugar
Tomato sauce	2 cups	1 cup tomato paste + 1 cup water
