



Substitutions

Here are some handy ideas when you need to make a substitution for an ingredient.

Ingredient	Amount	Substitute
Baking powder	1 teaspoon	$\frac{1}{4}$ teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar
Bread crumbs, dry	$\frac{1}{4}$ cup	$\frac{1}{4}$ cups cracker crumbs or cornmeal or 1 slice bread cubed or $\frac{2}{3}$ cup quick-cooking oats
Broth, chicken or beef	1 cup	1 bouillon cube or 1 teaspoon bouillon granules + 1 cup hot water
Brown sugar	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup white sugar + 2 Tablespoons molasses
Chocolate, Unsweetened	1 ounce/1 square	3 Tablespoons cocoa + 1 Tablespoon shortening or margarine
Cornstarch	1 Tablespoon	2 Tablespoons flour
Corn Syrup	1 cup	1 cup sugar + $\frac{1}{4}$ cup water
Honey	$\frac{2}{3}$ cup	1 cup sugar + 2 Tablespoons liquid, if necessary
Milk	1 cup	$\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water or 1 cup reconstituted nonfat dry milk
Milk, buttermilk or sour milk	1 cup	1 Tablespoon vinegar or lemon juice + enough milk to equal 1 cup
Milk, sweetened condensed	1 can	$1\frac{1}{4}$ cup dry milk + $\frac{1}{2}$ cup cold water + $\frac{3}{4}$ cup sugar
Onion	1 medium	2 Tablespoons instant onion flakes or $1\frac{1}{2}$ teaspoons onion powder
Onion soup mix	1 package	4 teaspoons instant beef bouillon + 8 teaspoons dried onions + 1 teaspoon onion powder
Pumpkin pie spice	1 teaspoon	$\frac{1}{2}$ teaspoon cinnamon + $\frac{1}{2}$ teaspoon ginger + $\frac{1}{8}$ teaspoon ground allspice + $\frac{1}{8}$ teaspoon nutmeg
Shortening	1 cup, melted	1 cup cooking oil
Sour cream	1 cup	1 cup plain yogurt or 1 cup cottage cheese mixed in blender with 2 Tablespoons milk + 1 tablespoon lemon juice
Spaghetti sauce	1 cup	1 8-ounce can sauce + 1 teaspoon Italian seasoning
Tomato sauce	1 cup	$\frac{3}{4}$ cup tomato paste + $\frac{1}{4}$ cup water

How Much Is....

Equivalent Weights and Measures

Dry Measures		Liquid Measures		
4 Tablespoons	=	¼ cup	=	2 fluid ounces
8 Tablespoons	=	½ cup	=	4 fluid ounces
12 Tablespoons	=	¾ cups	=	6 fluid ounces
16 Tablespoons	=	1 cup	=	8 fluid ounces
2 cups	=	1 pint	=	16 fluid ounces
4 cups	=	2 pints or 1 quart	=	32 fluid ounces
16 cups	=	4 quarts or 1 gallon	=	128 fluid ounces

Cooking Terms

Braise:	To brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.
Cream:	To work one or more foods until soft and creamy.
Marinate:	To allow food to stand in an oil and acid mixture to add flavor or tenderize.
Poach:	To cook food by slipping it into a hot liquid.
Sauté:	To cook in a small amount of fat.
Simmer:	To cook in liquid below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface, at about 185°F.
Stir Fry:	To cook and stir small pieces of food quickly in a small amount of oil until just tender.

Abbreviations

c.	= cup
t or tsp.	= teaspoon
T or Tbsp or Tbs.	= tablespoon
oz.	= ounces
lb.	= pound

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