



RECIPE SUBSTITUTIONS

If you don't have this	Use this Instead
1 Tbsp. Cornstarch	2 Tbsp. all purpose flour (for thickening)
1 Cup Homo. Milk	1 Cup Skim Milk + 2 Tbsp. Butter
1 tsp. Baking Powder	1/2 tsp. Cream of Tartar + 1/4 tsp. Baking Soda
1/2 Cup Butter or Margarine	7 Tbsp. Vegetable Shortening
1 Clove Fresh Garlic	1 tsp Garlic Salt or 1/8 tsp. Garlic Powder
1 Tbsp. Fresh Chopped Chives	1 tsp. Freeze-Dried Chives
1 cup Sour Cream	1 cup Yogurt
1 Cup Dairy Sour Cream	1 Tbsp. Lemon juice + evaporated milk to make 1 Cup
1 tsp. mixed Italian Herbs	1/2 tsp. Leaf Basil+1/4 tsp Leaf Oregano+1/4 tsp Thyme
Juice of 1 Orange	1/4 Cup Orange Juice
1 Whole Egg	2 Egg Yolks + 1 Tbsp. Water
1 Oz. Unsweetened Chocolate	3 Tbsp. Cocoa Powder + 1 Tbsp. Butter or Margarine
2 tsp. minced onion	1 tsp. onion powder
1 tsp. dry leaf Herb	1 Tbsp. chopped fresh Herb
1 tsp. pumpkin spice	1/2 tsp. grnd.cinnamon+1/4 tsp. grnd.ginger+1/4 tsp nutmeg
1/4 cup Teriyaki Sauce	3 Tbsp. Soy Sauce + 1 Tbsp. Sherry
1 cup cake flour	7/8 cup all purpose flour
1 cup Cream	1/2 cup butter + 3/4 cup milk
1 Tbsp Fresh Herbs	1 tsp Dry Herbs
1 cup Honey	1 1/4 cups sugar + 1/4 cup liquid
1 cup Molasses	1 cup Honey
1 Tbsp. Prepared Mustard	1 tsp dry mustard
1 cup Ricotta Cheese	1 cup cottage cheese + 1 Tbsp. skim milk
1 cup Brown Sugar	3/4 cup granulated sugar + 1/4 cup molasses
1 cup yogurt	1 cup buttermilk

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1 cup Cake Flour	1 cup minus 2 TBSP All-purpose Flour
1 cup Self-Rising Flour	1 cup All-purpose Flour plus 1 tsp. Baking Powder and 1/2 tsp. Salt.
1 TBSP Cornstarch	2 TBSP All-purpose Flour (for thickening)
1 TBSP Arrowroot	2 TBSP All-purpose Flour OR 1 TBSP Cornstarch
1 tea. Baking Powder	1/2 tsp Cream of Tartar plus 1/4 tsp Baking Soda
1 pkg. (1/4 oz.) Active Yeast	2 1/4 tsp Active Yeast
1 cup Granulated Sugar	1 cup packed Brown Sugar. OR 2 cups sifted Confectioners' Sugar
1 cup Corn Syrup	1 cup Sugar plus 1/4 cup Milk OR Water
1/8 tea. Cayenne Pepper	3 - 4 drops Liquid Hot Red Pepper Seasoning
1 square (1 oz) Unsweetened Chocolate	3 TBSP Unsweetened Cocoa plus 1 TBSP Vegetable Shortening OR Butter OR Cooking Oil
1 cup Heavy Cream, whipped	2 cups Whipped Dessert Topping
1 cup Light Cream	1 TBSP melted Butter plus enough Milk to equal 1 cup
1 cup Dairy Sour Cream	1 cup Plain Yogurt plus 3 TBSP melted Butter. OR 1 TBSP Lemon Juice plus enough Evaporated Milk to equal 1 cup
1 cup Reduced-fat Buttermilk OR Reduced-fat Sour Milk	1 TBSP Lemon Juice OR Vinegar plus enough 2% Milk to equal 1 cup (let stand 5 minutes before using) OR 1 cup 2% Milk plus 1 3/4 tea. Cream of Tartar OR 1 cup Plain Yogurt
1 cup Whole Buttermilk OR Sour Milk	Same as above, except use Whole Milk
1 cup Whole Milk	1/2 cup Evaporated Milk plus 1/2 cup Water. OR 1 cup Water plus 1/3 cup Nonfat Dry Milk Powder. OR 1 cup Skim Milk plus 2 tea. Butter
1 Egg	2 Egg Yolks (for custard or thickening sauces). 2 Egg Yolks plus 1 TBSP Water (for baking)
1 cup Broth	1 cup Boiling Water plus 1 Bouillon Cube OR 1 envelope Instant Broth Mix
1/2 cup seedless Raisins OR dried Currants	1/2 cup minced, plump, pitted Prunes OR Dates
1/2 cup Tartar Sauce	6 TBSP Mayonnaise blended with 2 TBSP minced Pickles OR Pickle Relish
1 cup canned Tomatoes	1 1/3 cups cut-up Fresh Tomatoes simmered 10 minutes
1 cup Tomato Juice	1/2 cup Tomato Sauce plus 1/2 cup Water
2 cup Tomato Sauce	3/4 cup Tomato Paste plus 1 cup Water

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1 medium Clove Garlic	1/8 tea. Garlic Powder OR 1/2 tea. Garlic Salt
1 tea. Fresh Ginger, chopped	1/4 tea. Ground Ginger
1 TBSP Mustard	1 tea. Dry Ground Mustard (in cooking mixtures)
1 tea. grated Fresh Orange OR Lemon Peel	3/4 tea. Dry Orange Peel OR Dry Lemon Peel
1 tea. Pure Anise Extract	1 1/2 tea. Anise Seed
5 tea. Brandy	1 tea. Brandy Extract
1 TBSP Dark Rum	2 TBSP Rum Extract
5 TBSP Light Rum	1 TBSP Rum Extract
1 TBSP Sherry	1 TBSP Pure Sherry Extract
6 small sheets of gelatine	3 teaspoons of powdered gelatine ( a 10g sachet)

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