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Fact Sheet # FS 6004 FCS
Date: February, 2006

Ingredient Substitution

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Have you ever been all set to prepare a food and suddenly discover one of the ingredients in your recipe is missing? Sometimes it isn't convenient to run out and purchase the items needed. The chart below gives substitutes that may be used to get a finished product that closely resembles the original. We may suggest using the substitutions only in unexpected situations because recipe results may vary.

INGREDIENT	AMOUNT	SUBSTITUTES
Baking Powder	1 teaspoon	<p>¼ teaspoon soda plus 1/2 teaspoon cream of tartar plus ¼ teaspoon cornstarch, or</p> <p>¼ teaspoon baking soda plus ½ cup sour milk or butter milk (decrease liquid called for in recipe by ½ cup), or</p> <p>¼ teaspoon baking soda plus ½ tablespoon vinegar or lemon juice used with sweet milk to make ½ cup (decrease liquid called for in recipe by ½ cup), or</p> <p>¼ teaspoon baking soda plus ¼ to ½ cup molasses</p>
Bread Crumbs, Dry	1/3 cup	1 slice bread
Bread Crumbs, Soft	¾ cup	1 slice bread
Butter	1 cup	<p>7/8 to 1 cup hydrogenated fat plus ½ teaspoon salt, or</p> <p>7/8 cup oil plus ½ teaspoon salt, or</p> <p>7/8 cup lard plus ½ teaspoon salt, or</p> <p>1 cup margarine</p>
Chocolate Chips, Semisweet	1 ounce	1 ounce sweet cooking chocolate
Chocolate, Semisweet	1 2/3 ounces	Ounce unsweetened chocolate plus 4 teaspoons sugar
Chocolate, Semisweet Pieces, Melted	6 ounce package	2 squares unsweetened chocolate plus 2 tablespoons shortening and

		½ cup sugar
Chocolate, unsweetened	1 ounce or square	3 tablespoons unsweetened cocoa plus 1 tablespoon butter or margarine
Cocoa	¼ cup or 4 tablespoons	1 ounce (square) chocolate and omit ½ tablespoon fat
Corn Syrup	1 cup	1 cup sugar plus ¼ cup liquid (use whatever liquid is called for in recipe)
Cornstarch (for thickening)	1 tablespoon	2 tablespoons all-purpose flour, or 2 tablespoons, or 4 teaspoons quick cooking tapioca
Cracker Crumbs	¾ cup	1 cup bread crumbs
Cream, Half-and-Half	1 cup	7/8 cup milk plus ½ tablespoon butter
Cream, Heavy (36-40% fat)	1 cup	About ¾ cup milk plus 1/3 cup butter (for use in cooking and baking)
Cream, Sour	1 cup	3 tablespoons butter plus 7/8 cup sour milk, or 7/8 cup buttermilk plus 3 tablespoons butter
Cream, Whipped		Chill a 13 oz. can of evaporated milk for 12 hours. Add 1 teaspoon lemon juice. Whip until stiff
Egg	1 whole (3 tablespoons)	3 tablespoons slightly beaten egg, or 3 tablespoons plus 1 teaspoon thawed frozen egg, or 2 ½ tablespoons sifted dry whole egg powder plus 2 ½ tablespoons lukewarm water, or 2 yolks plus 1 tablespoon water (in cookies), or 2 yolks (in custards, cream fillings, and similar mixtures)
Egg 1 + Cornstarch 1 Tablespoon		3 eggs
Egg Whites Egg Whites, cont.	1 white (2 tablespoons)	2 tablespoons frozen egg white, or 2 teaspoons sifted dry egg white powder plus 2 tablespoons water

Egg yolk	1 yolk (1 ½ tablespoons)	2 tablespoons sifted dry egg yolk powder plus 2 teaspoons water, or 1 1/3 tablespoons frozen egg yolk
Flour, All-Purpose (for thickening)	1 tablespoon	½ tablespoon cornstarch, potato starch, rice starch, or 1 teaspoon arrowroot starch, or 1 tablespoon granular tapioca, or 2 to 3 teaspoons quick cooking tapioca, or 1 whole egg, 2 egg whites, or 2 egg yolks, or 2 tablespoons granular cereal, or 1 tablespoon waxy rice flour, or 1 tablespoon waxy corn flour, or 2 tablespoons browned flour, or 1 ½ tablespoons whole-wheat flour, or ½ tablespoon whole wheat plus ½ tablespoon all-purpose flour
Flour, All-Purpose	1 cup sifted	1 cup plus 2 tablespoons sifted cake flour, or 1 cup unsifted all purpose flour minus 2 tablespoons, or 1 ½ cups bread crumbs, or 1 cup rolled oats, or 1/3 cup cornmeal or soybean flour plus 2/3 cup all purpose flour, or ½ cup cornmeal, bran, rice flour, rye flour, or whole wheat flour, plus ½ cup all purpose flour, or ¾ cup bran or whole wheat flour plus ¼ cup all purpose flour, or 1 cup rye or rice flour, or ¼ cup soybean flour plus ¾ cup all-purpose flour
Flour, Cake	1 cup sifted	1 cup minus 2 tablespoons sifted all-purpose flour
Flour, Whole Wheat		substitute whole wheat flour for ¼ of white, wheat flour called for in recipe
Gelatin, Flavored	3 ounce package	1 tablespoon plain gelatin plus 2 cups fruit juice
Honey	1 cup	1 ½ cups sugar plus ¼ cup liquid (use liquid called for in recipe)
Macaroni (4 cups cooked)	2 cups, uncooked	2 cups spaghetti, uncooked, or 4 cups noodles, uncooked

Marshmallows, Miniature	1 cup	10 large
Milk, Buttermilk	1 cup	1 cup yogurt
Milk, Buttermilk or Sour	1 cup	1 tablespoon vinegar or lemon juice and enough milk to make 1 cup, or 1 cup sweet milk plus 1 $\frac{3}{4}$ teaspoons cream of tartar
Milk, Evaporated	$\frac{1}{2}$ cup plus $\frac{1}{2}$ cup water	1 cup liquid whole milk
Milk, skim	1 cup	4 to 5 tablespoons non-fat dry milk powder plus enough ice water to make one cup, or follow manufacturer's directions
Milk, Skim	$\frac{1}{4}$ cup	4 teaspoons non-fat dry milk powder plus water to make $\frac{1}{4}$ cup, follow manufacturer's directions
Milk, Skim	$\frac{1}{3}$ cup	2 tablespoons non-fat dry milk powder plus water to make $\frac{1}{3}$ cup, or follow manufacturer's directions
Milk, Sweetened Condensed	1 can (about 1 $\frac{1}{3}$ cup)	$\frac{1}{3}$ cup plus 2 tablespoons evaporated milk, plus 1 cup sugar, plus 2 tablespoons plus 2 teaspoons butter. Heat until sugar and butter are dissolved, or
Milk, Sweetened Condensed, cont.	1 cup	$\frac{1}{3}$ cup evaporated milk, plus $\frac{3}{4}$ cup sugar, plus 2 tablespoons butter. Heat until sugar and butter are dissolved, or Add 1 cup plus 2 tablespoons dry milk to $\frac{1}{2}$ cup warm water. Mix well. Add $\frac{3}{4}$ cup sugar and stir until smooth.
Milk, Whole	1 cup	1 cup reconstituted non-fat dry milk plus 2 $\frac{1}{2}$ teaspoons butter or margarine, or $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water, or
Milk, Whole		4 tablespoons whole dry milk plus 1 cup water or follow manufacturer's directions, or 1 cup fruit juice or 1 cup potato water in baking, or $\frac{1}{4}$ cup non-fat dry milk plus $\frac{7}{8}$ cup water plus 2 teaspoons butter
Shortening, Melted	1 cup	1 cup cooking oil (cooking oil should not be substituted if recipe)

does not call for melted shortening)

Sugar, White	1 teaspoon	1/8 teaspoon noncaloric sweetener solution or follow manufacturer's directions
Sugar, White	1 cup	1 cup corn syrup minus 1/4 cup of liquid in recipe, or 1 1/3 cup molasses minus 1/3 cup of liquid in recipe, or 1 cup powdered sugar, or 1 cup brown sugar, firmly packed, or 1 cup honey and reduce liquid in recipe by 1/4 cup, or 1 3/4 cup confectioners sugar, packed, or 1 cup molasses, plus 1/4 to 1/2 teaspoon soda. Omit baking powder.
Brown Sugar, firmly packed	1 cup	1 cup sugar plus 2 tablespoons molasses

Tapioca, Granular	1 tablespoon	2 tablespoons pearl tapioca
Tapioca, Granular	2 teaspoons	1 tablespoon flour

Yeast, Active Dry	1 tablespoon	1 cake, compressed, or 1 package (1/4 oz) active dry yeast
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