

# Emergency Substitutions

## IF YOU DON'T HAVE

Baking powder, 1 teaspoon  
 Balsamic vinegar, 1 tablespoon  
 Bread crumbs, fine dry,  $\frac{1}{4}$  cup  
 Broth, beef or chicken, 1 cup  
 Buttermilk, 1 cup  
 Chocolate, semisweet, 1 ounce  
 Chocolate, sweet baking, 4 ounces  
 Chocolate, unsweetened, 1 ounce  
 Cornstarch, 1 tablespoon (for thickening)  
 Corn syrup (light-color), 1 cup  
 Egg, 1 whole  
 Flour, cake, 1 cup  
 Flour, self-rising, 1 cup  
 Garlic, 1 clove  
 Ginger, fresh, grated, 1 teaspoon  
 Molasses, 1 cup  
 Mustard, dry, 1 teaspoon  
 Mustard, yellow, 1 tablespoon  
 Onion, chopped,  $\frac{1}{2}$  cup  
 Sour cream, dairy, 1 cup  
 Sugar, granulated, 1 cup  
 Sugar, brown, 1 cup packed  
 Tomato juice, 1 cup  
 Tomato sauce, 2 cups  
 Wine, red, 1 cup  
 Wine, white, 1 cup  
 Yeast, active dry, 1 package

## SUBSTITUTE

$\frac{1}{2}$  teaspoon cream of tartar plus  $\frac{1}{4}$  teaspoon baking soda  
 1 tablespoon cider vinegar or red wine vinegar plus  $\frac{1}{2}$  teaspoon granulated sugar  
 $\frac{3}{4}$  cup soft bread crumbs, or  $\frac{1}{4}$  cup cracker crumbs, or  $\frac{1}{4}$  cup cornflake crumbs  
 1 teaspoon or 1 cube instant beef or chicken bouillon plus 1 cup hot water  
 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 minutes before using) or 1 cup plain yogurt  
 3 tablespoons semisweet chocolate pieces or 1 ounce unsweetened chocolate plus 1 tablespoon granulated sugar  
 $\frac{1}{4}$  cup unsweetened cocoa powder plus  $\frac{1}{3}$  cup granulated sugar and 3 tablespoons shortening  
 3 tablespoons unsweetened cocoa powder plus 1 tablespoon cooking oil or shortening, melted  
 2 tablespoons all-purpose flour  
 1 cup granulated sugar plus  $\frac{1}{4}$  cup water  
 2 egg whites, or 2 egg yolks, or  $\frac{1}{4}$  cup refrigerated or frozen egg product, thawed  
 1 cup minus 2 tablespoons all-purpose flour  
 1 cup all-purpose flour plus 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon bottled minced garlic or  $\frac{1}{8}$  teaspoon garlic powder  
 $\frac{1}{4}$  teaspoon ground ginger  
 1 cup honey, 1 cup dark-color corn syrup, 1 cup pure maple syrup, or  $\frac{3}{4}$  cup packed dark brown sugar  
 1 tablespoon yellow mustard (in cooked mixture)  
 $\frac{1}{2}$  teaspoon dry mustard plus 2 teaspoons water  
 2 tablespoons dried minced onion or  $\frac{1}{2}$  teaspoon onion powder  
 1 cup plain yogurt  
 1 cup packed brown sugar or 2 cups sifted powdered sugar  
 1 cup granulated sugar plus 2 tablespoons molasses  
 $\frac{1}{2}$  cup tomato sauce plus  $\frac{1}{2}$  cup water  
 $\frac{3}{4}$  cup tomato paste plus 1 cup water  
 1 cup beef or chicken broth in savory recipes; cranberry juice in desserts  
 1 cup beef or chicken broth in savory recipes; apple juice or white grape juice in desserts  
 About  $2\frac{1}{4}$  teaspoons active dry yeast

# Weights and Measures

## TABLESPOON MATH

3 teaspoons = 1 tablespoon  
 4 tablespoons =  $\frac{1}{4}$  cup  
 $5\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup  
 8 tablespoons =  $\frac{1}{2}$  cup  
 $10\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup  
 12 tablespoons =  $\frac{3}{4}$  cup  
 16 tablespoons = 1 cup

## MEASURE

1 tablespoon  
 1 cup  
 2 cups  
 2 pints (4 cups)  
 4 quarts (8 cups)

## EQUIVALENT MEASURE

$\frac{1}{2}$  pint  
 1 pint  
 1 quart  
 1 gallon

## EQUIVALENT OUNCES

$\frac{1}{2}$  fluid ounce  
 8 fluid ounces  
 16 fluid ounces  
 32 fluid ounces  
 128 fluid ounces