

# 100 EMERGENCY INGREDIENT SUBSTITUTIONS

Missing an ingredient mid-recipe? No worries! Our recipe-rescuing substitutions cover every spice, liquid, and sweet you find yourself short of.

**Allspice:** ground cinnamon, dash ground nutmeg, or dash ground cloves

**Anise seed:** fennel seed or a few drops anise extract

**Apple pie spice:** For 1 teaspoon, substitute ½ teaspoon ground cinnamon plus ¼ teaspoon ground nutmeg, ⅛ teaspoon ground allspice, and dash ground cloves or ground ginger.

**Baking powder:** For 1 teaspoon baking powder, substitute ½ teaspoon cream of tartar plus ¼ teaspoon baking soda.

**Basil:** oregano or thyme

**Bay leaf:** For 1 bay leaf, substitute ¼ teaspoon crushed bay leaf or ¼ teaspoon thyme.

**Bread crumbs, fine dry:** For ¼ cup fine, dried bread crumbs, substitute ¾ cup soft bread crumbs, ¼ cup cracker crumbs, ¼ cup cornflake crumbs, or ⅔ cup rolled oats.

**Broth, beef or chicken:** For 1 cup broth, substitute 1 bouillon cube or 1 teaspoon instant bouillon granules per 1 cup water.

**Brown sugar:** For 1 cup brown sugar, substitute

white sugar in an equal amount. This will cause cookies to be a little crispier. To fix the crispiness, add 2 tablespoons molasses for every cup of white sugar.

**Butter, salted:** For 1 cup salted butter, substitute 1 cup margarine; 1 cup shortening plus ½ teaspoon salt; ⅞ cup vegetable oil plus ½ teaspoon salt; or ⅞ cup lard plus ½ teaspoon salt.

**Butter, unsalted:** For 1 cup unsalted butter, substitute 1 cup shortening, ⅞ cup vegetable oil, or ⅞ cup lard.

**More Butter:** For half of the called-for butter, substitute applesauce, shortening, oil, or butter spreads and shortenings specially formulated for baking that don't have Trans fats.

For half of the called-for butter, substitute tofu or pureed white beans (cannellini, black beans, lentils).

For one-quarter of the called-for butter, substitute flaxseed meal.

To avoid dense, soggy, or flat baked goods, do not substitute oil for butter or shortening. Also, do not

substitute diet, whipped, or tub-style margarine for regular margarine.

**Buttermilk:** For 1 cup buttermilk, substitute 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup. Let stand for 5 minutes before using. For 1 cup buttermilk, substitute 1 cup plain yogurt.

**Canola oil:** For 1 tablespoon canola oil, substitute 1 tablespoon sunflower or safflower oil.

**Cardamom:** ground ginger

**Chervil:** tarragon or parsley

**Chili powder:** dash bottled hot pepper sauce plus a combination of dried oregano and ground cumin

**Chives:** green onion, onion, or leek

**Chocolate, semisweet:** For 1 ounce semisweet chocolate, substitute 3 tablespoons semisweet chocolate pieces or 1 ounce unsweetened chocolate plus 1 tablespoon sugar.

**Chocolate, sweet baking, such as German's sweet chocolate:** For 4 ounces sweet baking chocolate, substitute ¼ cup unsweetened cocoa

powder plus ⅓ cup sugar and 1 tablespoon cooking oil or shortening, melted.

**Chocolate, unsweetened:** For 1 ounce unsweetened chocolate, substitute 3 tablespoons unsweetened cocoa powder plus 1 tablespoon cooking oil or shortening, melted.

**Cilantro:** parsley

**Cinnamon:** For 1 teaspoon, substitute ¼ teaspoon ground nutmeg or ground allspice.

**Cloves:** ground allspice, ground cinnamon, or ground nutmeg

**Cooking oil:** For 1 tablespoon cooking oil, substitute 1 tablespoon olive oil, canola oil, or coconut oil, or replace half the amount of oil for mashed bananas in baking and adjust as needed.

**Cornstarch, for thickening:** For 1 cup cream-based soup, substitute 1 cup broth thickened with a roux.

**Corn syrup:** For 1 cup corn syrup, substitute 1 cup granulated sugar plus ¼ cup water.

**Cream cheese:** For 8 ounces cream cheese, substitute 8 ounces ricotta or Neufchatel cheese.

**Cream-based soups:** For 1 cup cream-based soup, substitute 1 cup broth thickened with a roux.

**Cumin:** chili powder

**Curry powder:** Mix ground tumeric, ground ginger, ground black pepper, ground coriander, ground cumin, and chili powder.

**Dill, weed or seed:** Use an equal amount of tarragon

**Egg:** For 1 whole egg, substitute  $\frac{1}{4}$  cup refrigerated or frozen egg product (thawed if frozen).

Another option is to combine 1 tablespoon ground flaxseed with 3 tablespoons water to replace 1 egg.

**Espresso powder:** For 1 cup self-rising flour, substitute 1 cup all-purpose flour plus 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon baking soda.

**Evaporated milk:** For 1 cup evaporated milk, substitute 2- $\frac{1}{4}$  cups whole milk, simmered until reduced to 1 cup, or 1 cup whole milk.

**Fajita seasoning:** For 1 tablespoon fajita seasoning, substitute 1- $\frac{1}{2}$  teaspoons ground cumin plus  $\frac{1}{2}$  teaspoon dried oregano, crushed;  $\frac{1}{4}$  teaspoon salt;  $\frac{1}{4}$  teaspoon cayenne pepper;  $\frac{1}{4}$  teaspoon black pepper;  $\frac{1}{8}$  teaspoon garlic powder; and  $\frac{1}{8}$  teaspoon onion powder.

**Fennel:** anise seed

**Flour, cake:** For 1 cup cake flour, substitute 1 cup minus 2 tablespoons all-purpose flour.

**Flour, self-rising:** For 1 cup self-rising flour, substitute 1 cup all-purpose flour plus 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon baking soda.

**Fruit liqueur:** For 1 tablespoon fruit liqueur, substitute 1 tablespoon fruit juice.

**Frosting:** Instead of frosting, top your baked goods with fresh fruit or low-fat yogurt in vanilla or fruit flavors. Powdered sugar and skim milk make a low-calorie glaze for cookies.

**Garlic:** For 1 clove garlic, substitute  $\frac{1}{2}$  teaspoon minced garlic or  $\frac{1}{8}$  teaspoon garlic powder. These ingredients, in these amounts, are interchangeable in most recipes.

**Ginger:** ground allspice, ground cinnamon, ground mace, or ground nutmeg

**Gingerroot:** For 1 teaspoon, substitute  $\frac{1}{4}$  teaspoon ground ginger.

**Ground beef:** For 1 pound ground beef, substitute 1 pound ground turkey, ground chicken breast, cooked lentils, or black beans. All of these options have less fat and a similar amount of protein. If you choose lentils or black beans for your

burgers or meatballs, mash them slightly so they hold shape better.

**Half-and-half or light cream:** For 1 cup light cream, substitute 1 tablespoon melted butter plus enough whole milk to make 1 cup.

**Heavy cream, whipped:** For 1 cup whipped heavy cream, substitute 2 cups whipped dessert topping.

**Herbs:** For any herb, you can substitute 1 teaspoon dried herb for 1 tablespoon fresh herb.

**Honey:** For 1 cup, substitute 1  $\frac{1}{4}$  cups granulated sugar plus  $\frac{1}{4}$  cup water

**Italian seasoning:** basil, oregano, or rosemary

**Leeks:** For 1 cup, substitute 1 cup chopped green onions, 1 cup chopped shallots, or 1 cup chopped sweet onions.

**Lemon peel or zest:** For 1 teaspoon, substitute  $\frac{1}{2}$  teaspoon lemon extract, 2 tablespoons lemon juice, or 1 teaspoon lime zest.

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**Mace:** ground allspice, ground cinnamon, ground ginger, or ground nutmeg

**Margarine:** For 1 cup margarine, substitute 1 cup butter or 1 cup shortening plus  $\frac{1}{4}$  teaspoon salt.

**Marjoram:** basil, thyme, or savory

**Mascarpone cheese:** For 8 ounces mascarpone cheese, substitute 8 ounces regular cream cheese.

**Milk:** For 1 cup milk, substitute  $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water or 1 cup water plus  $\frac{1}{3}$  cup nonfat dry milk powder.

Non-dairy milk substitutes include soy milk, almond milk, rice milk, and coconut milk.

**Mint:** basil, marjoram, or rosemary

**Molasses:** For 1 cup molasses, substitute 1 cup honey.

**Mustard, dry:** For 1 teaspoon dry mustard, substitute 1 tablespoon prepared mustard

**Mustard, yellow:** For 1 tablespoon yellow mustard, substitute  $\frac{1}{2}$  teaspoon dry mustard plus 2 teaspoons vinegar

**Nutmeg:** ground cinnamon, ground ginger, or ground mace

**Onion, chopped:** You can use  $\frac{1}{2}$  cup chopped fresh onion, 2 tablespoons dried minced onion, or  $\frac{1}{2}$  teaspoon onion powder interchangeably for flavor.

**Oregano:** thyme or basil

**Parsley:** chervil or cilantro  
**Pasta:** When cooking with pasta, you can substitute whole wheat or whole grain pasta, brown rice

noodles and other gluten-free noodles, zucchini, squash, soba noodles, quinoa, and shirataki noodles in equal amounts.

**Pepper, black:** For ½ teaspoon, substitute ½ teaspoon ground white pepper or ⅛ teaspoon cayenne pepper.

**Pepper, white:** For ½ teaspoon, substitute ½ teaspoon black pepper.

**Poblano pepper:** For stuffed peppers, use Anaheim or sweet peppers. For heat, use canned fire-roasted chile peppers or serrano peppers.

**Poultry seasoning:** For 1 teaspoon, substitute ¾ teaspoon dried sage plus a ¼ teaspoon blend of any of these: dried thyme, dried marjoram, dried savory, ground black pepper, and dried rosemary.

**Pumpkin:** For 1 cup canned pumpkin or pumpkin puree, substitute 1 cup cooked, mashed sweet potato or butternut squash. These ingredients, in these amounts, are interchangeable in most recipes.

**Pumpkin pie spice:** For 1 teaspoon, substitute ½ teaspoon ground cinnamon plus ¼ teaspoon ground ginger, ¼ teaspoon ground allspice, and ⅛ teaspoon ground nutmeg.

**Red pepper, crushed:** In place of the red pepper in your recipe, use a dash of bottled hot pepper sauce

or an equal amount of black pepper.

**Rice:** White rice can be replaced with brown rice, wild rice, quinoa, barley, millet, flax, buckwheat or bulgur in equal amounts.

**Rosemary:** thyme, tarragon, or savory

**Saffron:** dash ground turmeric (for color)

**Sage:** poultry seasoning, savory, marjoram, or rosemary

**Salt:** For 1 teaspoon salt, substitute 1 teaspoon salt-free dried herb blends, fresh herbs, or garlic (in cooking only).

**Savory:** thyme, marjoram, or sage

**Seasoning salt:** equal amount of snipped fresh herbs or equal amount of salt-free seasoning blend

**Sour cream:** For 1 cup sour cream, substitute 1 cup plain Greek or nonfat yogurt.

**Soy sauce:** For ½ cup soy sauce, substitute 4 tablespoons Worcestershire sauce mixed with 1 tablespoon water.

**Spice blends:** garlic powder instead of garlic salt

**Sugar, granulated:** For 1 cup sugar, substitute 1 cup packed brown sugar. Note: This works best in baking (cookies especially), and the texture maybe chewier.

**Sun-dried tomato:** For ¼ cup sun-dried tomato, substitute ¼ cup raw tomato, chopped.

**Tarragon:** chervil, dash fennel seed, or dash anise seed

**Thai seasoning:** For 1 tablespoon, mix 1 teaspoon ground coriander, 1 teaspoon crushed red pepper, ¼ teaspoon salt, ¼ teaspoon ground ginger, ¼ teaspoon garlic powder, and ¼ teaspoon onion powder.

**Thyme:** basil, marjoram, oregano, or savory

**Tomato juice:** For 1 cup tomato juice, substitute ½ cup tomato sauce plus ½ cup water.

**Tomato sauce:** For 2 cups tomato sauce, substitute ¾ cup tomato paste plus 1 cup water.

**Vanilla:** For 2 tablespoons of vanilla extract, substitute 1 whole vanilla bean in its place.

**Vanilla beans:** For 1 vanilla bean, substitute 2 tablespoons vanilla extract in its place.

**Vegetable oil:** For 1 cup vegetable oil, substitute ½ cup applesauce or fruit puree.

As a general rule, use half applesauce and half fat. For example, if a recipe calls for 1 cup oil, use ½ cup applesauce and ½ cup oil. For baking, start by replacing half the amount of oil with

mashed bananas and adjust as needed.

For frying, substitute 1 cup vegetable oil for 1 cup lard or vegetable shortening.

**Vinegar, balsamic:** For 1 tablespoon, substitute 1 tablespoon cider vinegar or red wine vinegar plus ½ teaspoon sugar.

**Vinegar, white:** For 1 teaspoon, substitute 1 teaspoon lemon/lime juice or 2 teaspoons white wine.

**Wine, red:** For 1 cup red wine, substitute 1 cup beef or chicken broth or cranberry juice in savory recipes or 1 cup cranberry juice in desserts.

**Wine, white:** For 1 cup white wine, substitute 1 cup chicken broth in savory recipes or 1 cup apple juice or white grape juice in desserts.

**Whipping cream:** For 1 cup whipping cream, substitute 2 cups whipped dessert topping.

**Yeast:** For 1.06-ounce compressed cake, substitute ¼-ounce envelope active dry yeast.

**Yogurt, fruit-flavor:** For 1 cup fruit-flavor yogurt, substitute 1 cup plain low-fat yogurt with fresh fruit.