

*EMERGENCY SUBSTITUTIONS*

Ingredient	Amount	Substitution
Baking powder	1 teaspoon	¼ teaspoon baking soda plus ½ teaspoon cream of tartar
Buttermilk	1 cup	1 cup plain yogurt or 1 tablespoon vinegar plus milk to equal 1 cup or 1 tablespoon lemon juice plus milk to equal 1 cup
Cake flour	1 cup	1 cup minus 2 tablespoons sifted all-purpose flour
Chocolate, unsweetened	1 ounce (1 square)	3 tablespoons unsweetened cocoa plus 1 tablespoon butter or margarine
Cornstarch	1 tablespoon	2 tablespoons all-purpose flour
Corn syrup	2 cups	1 cup granulated sugar
Cream, heavy	see <i>Cream, whipping</i>	
Cream, light	1 cup	1½ tablespoons butter plus whole milk to equal 1 cup
Cream, whipping	1 cup	⅓ cup butter plus whole milk to equal 1 cup
Egg yolk	2 yolks	1 whole egg (can be used for baking but not for a piecrust or a sauce)
Egg, whole	1 egg	2 egg yolks (for baking, 2 egg yolks plus 1 tablespoon water)
Herbs, fresh	1 tablespoon	1 teaspoon dried herbs
Honey	1 cup	¼ cups granulated sugar
Lemon juice	1 tablespoon	1 tablespoon distilled white vinegar
Milk, skim	1 cup	⅓ cup nonfat dry milk plus ¾ cup water
Milk, whole	1 cup	½ cup evaporated milk plus ½ cup water
Molasses	1 cup	¾ cup granulated sugar
Mushrooms, fresh	1 lb	12 ounces canned mushrooms, drained
Mustard, dry	1 teaspoon	1 tablespoon prepared mustard
Sour cream	1 cup	3 tablespoons butter plus buttermilk or yogurt to equal 1 cup
Sugar, brown	1 cup	1 cup granulated sugar
Sugar, granulated	1 cup	1¾ cups confectioners' sugar (Do not substitute for baking.)
Tomato juice	3 cups	1½ cups tomato sauce plus 1½ cups water or 1 can (6 ounce size) tomato paste plus 3 cans water, dash salt and dash sugar
Tomato sauce	1 cup	1 can (3 ounce size) tomato paste plus ½ cup water
Yogurt	1 cup	1 cup buttermilk

*FOOD WEIGHTS AND MEASURES*

Weight/Measure	Equivalent
Dash	less than ⅛ teaspoon
1½ teaspoons	½ tablespoon
3 teaspoons	1 tablespoon
2 tablespoons	⅛ cup (1 fluid ounce)
4 tablespoons	¼ cup (2 fluid ounces)
5⅓ tablespoons	⅓ cup (5 tablespoons plus 1 teaspoon)
8 tablespoons	½ cup (4 fluid ounces)
10⅓ tablespoons	⅔ cup (10 tablespoons plus 2 teaspoons)
12 tablespoons	¾ cup (6 fluid ounces)
16 tablespoons	1 cup (8 fluid ounces)
⅝ cup	¼ cup plus 2 tablespoons
⅔ cup	½ cup plus 2 tablespoons
⅞ cup	¾ cup plus 2 tablespoons
1 tablespoon	½ fluid ounce
1 cup	½ pint (8 fluid ounces)

Weight/Measure	Equivalent
2 cups	1 pint (16 fluid ounces)
4 cups	1 quart (32 fluid ounces)
2 pints	1 quart
2 quarts	½ gallon
4 quarts (liquid)	1 gallon
8 quarts (dry)	1 peck
4 pecks	1 bushel
16 ounces (dry)	1 pound
1 gram	.035 ounces
1 kilogram	2.21 pounds
1 ounce	28.35 grams
1 teaspoon	4.9 milliliters
1 tablespoon	14.8 milliliters
1 cup	236.6 milliliters
1 liter	1.06 quarts or 1,000 milliliters

## INGREDIENT EQUIVALENTS

Ingredient	Equivalent
<b>Chocolate</b>	
1 cup semisweet chocolate pieces	6-ounce package semisweet chocolate pieces
1 ounce unsweetened chocolate	1 square unsweetened chocolate

<b>Crumbs</b>	
1 cup bread cubes	2 slices bread
1 cup soft bread crumbs	1½ to 2 slices bread
1 cup dry bread crumbs	4 slices bread
1 cup graham cracker crumbs	14 graham cracker squares
1 cup finely crushed vanilla wafer crumbs	22 vanilla wafers
1 cup chocolate wafer crumbs	19 chocolate wafers
1 cup finely crushed gingersnap crumbs	15 gingersnaps

<b>Dairy</b>	
½ cup butter or margarine	1 stick (¼ pound) butter or margarine
6 tablespoons cream cheese	3-ounce package cream cheese
1 cup cream cheese	8-ounce package cream cheese
1 cup crumbled blue cheese	4 ounces crumbled blue cheese
1¼ cups grated cheese	¼ pound hard cheese (Parmesan, Romano)
1 cup shredded hard cheese (Cheddar, Swiss)	4 ounces hard cheese
1¼ cups shredded soft cheese (American, Monterey Jack)	4 ounces soft cheese
2 cups whipped cream	1 cup heavy cream or 1 cup whipping cream

<b>Fruit</b>	
1 cup sliced apple	1 large apple
1½ cups mashed banana	3 medium bananas
2 cups sliced banana	3 medium bananas
2 to 3 tablespoons freshly squeezed lemon juice	1 medium lemon
2 teaspoons grated lemon zest	1 medium lemon
1½ to 2 tablespoons freshly squeezed lime juice	1 medium lime
1½ teaspoons grated lime zest	1 medium lime
1¼ to 2 cups berries	1 pint berries
3½ to 4 cups berries	1 quart berries

Ingredient	Equivalent
<b>Nuts</b>	
1 to 1¼ cups almond nutmeats	1 pound almonds in shells
3 to 3½ cups chopped almonds	1 pound almonds, shelled
2 to 2¼ cups pecan nutmeats	1 pound pecans in shells
4 cups chopped pecans	1 pound pecans, shelled
1½ to 2 cups walnut meats	1 pound walnuts in shells
4 cups chopped walnuts	1 pound walnuts, shelled

<b>Pasta, Rice</b>	
2 to 2½ cups cooked pasta (depending on shape)	¼ pound dried (uncooked) pasta
3 cups cooked rice	1 cup raw long grain white rice

<b>Sugar</b>	
2 cups granulated sugar	1-pound box granulated sugar
2¼ cups brown sugar, firmly packed	1-pound box brown sugar
3⅓ to 4 cups confectioners' sugar, sifted	1-pound box confectioners' sugar

<b>Vegetables</b>	
4½ cups shredded cabbage	1 small head cabbage (1 pound)
1 cup grated carrot	1 large carrot
1 cup diced or chopped celery	2 medium celery stalks
1 cup diced green pepper	1 large green pepper
6 cups torn lettuce	1 medium head lettuce
3 cups sliced raw mushrooms	¾ pound raw mushrooms
½ cup chopped onion	1 medium onion
1¼ cups mashed potato	3 medium potatoes

<b>Miscellaneous</b>	
½ cup crumbled bacon	8 slices bacon
1 cup dried beans or peas	½ pound dried beans or peas
2¼ to 2½ cups cooked beans or peas	1 cup dried beans or peas
1 cup beef or chicken broth	1 bouillon cube or 1 envelope bouillon dissolved in 1 cup boiling water
2 cups cooked chicken	1 large boned whole chicken breast
3 cups cooked chicken	3½-pound raw whole chicken
1 tablespoon chopped fresh herbs	1 teaspoon dried herbs
½ pound shelled and deveined cooked shrimp	1 pound raw shrimp in shell