

Cheese and Dairy Products

Food	Amount	Substitute
Butter	1 cup	1 cup margarine
Butter	1 cup	1 1/3 cup whipped butter (for sauteing)
Butter	1 cup	1 cup hydrogenated fat plus 1/2 tsp salt
Butter	1 cup	7/8 cup oil plus 1/2 tsp salt
Butter	1 cup	7/8 cup lard plus 1/2 tsp salt
Butter	1 cup	7/8 cup vegetable shortening
Butter	1 cup	7/8 cup oil
Butter	1 cup	3/4 cup olive oil
Butter	1 cup	8 tsp (1 envelope) butter buds, 1/2 cup liquid, 1/2 cup butter
Buttermilk or Sour Milk	1 cup	Mix 1 tbsp white vinegar or lemon juice with 1 cup milk, let stand 5 minutes
Buttermilk or Sour Milk	1 cup	1 cup whole milk, 1 3/4 tsp cream of tartar
Buttermilk or Sour Milk	1 cup	1 cup water, 1/4 cup buttermilk powder
Buttermilk or Sour Milk	1 cup	3/4 cup of plain yogurt and 1/4 cup of milk
Buttermilk or Sour Milk	1 cup	1 cup plain yogurt (for baking)
Buttermilk or Sour Milk	1 cup	1 cup sour cream (for baking)
Cheese, farmer	equal amount	Cottage cheese, dry or drained
Cheese, goat	equal amount	Feta cheese
Cheese, mascarpone	equal amount	Cream cheese
Cheese, parmigiano reggiano	equal amount	Domestic Parmesan, Grana Padano, aged Asiago, Pecorino Romano
Cheese, ricotta	equal amount	Cottage cheese
Cheese, romano	equal amount	Parmesan cheese
Cheese, sharp cheddar	1 cup	1 cup cheddar (mild), 1/8 tsp dry mustard, 1/4 tsp worcestershire sauce
Cottage cheese	equal amount	Ricotta or farmer cheese
Cream Cheese	equal amount	Part skim milk ricotta cheese or lowfat cottage cheese beaten until smooth
Cream, half and half	1 cup	7/8 cup whole milk plus 1/2 tbsp butter
Cream, half and half	1 cup	3 tbsp oil plus milk to equal 1 cup
Cream, half and half	1 cup	1 cup evaporated milk
Cream, half and half	1 cup	3/4 cup whole milk plus 1/4 cup heavy cream
Cream, half and half	1 cup	2/3 cup skim or low-fat milk plus 1/3 cup heavy cream
Cream, heavy	1 cup (not for whipping)	3/4 cup sweet milk plus 1/3 cup butter
Cream, heavy	1 cup (not for whipping)	2 cups whipped dessert topping
Cream, heavy	1 cup (not for whipping)	1 cup evaporated milk
Cream, heavy	1 cup whipped	2/3 cup buttermilk plus 1/3 cup oil
Cream, light	1 cup	1/2 cup heavy cream, 1/2 cup whole milk
Cream, light	1 cup	7/8 cup sweet milk plus 3 tbsp butter
Cream, light	1 cup	1 tbsp melted butter plus enough milk to make 1 cup
Cream, light	1 cup (for cooking)	7/8 cup whole milk, 3 tbsp butter
Cream, light	1 cup (for cooking)	1 cup undiluted evaporated milk



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Food	Amount	Substitute
Cream, soured	1 cup	7/8 cup sour milk plus 3 tbsp butter
Cream, soured	1 cup	7/8 cup buttermilk plus 3 tbsp butter
Cream, whipped, sweetened	1 cup	4 oz whipped topping
Cream, whipped, sweetened	1 cup	1 1/4 oz dessert topping mix, prepared
Cream, whipped, sweetened	1 cup	13 oz. can evaporated milk chilled for 12 hours plus 1 tsp lemon juice. Whip until stiff.
Cream, whipped, sweetened	1 cup	1/2 cup ice-cold water and 1/2 cup nonfat dry milk. Beat until stiff. Add 1/2 cup sugar while beating. Add 2 tbsp lemon juice and beat until mixed.
Cream, whipping	1 cup	2/3 cup evaporated milk, 4 tsp lemon juice or vinegar
Cream, whipping	1 cup	1/2 cup nonfat dry milk, 1/3 cup water, 1 tbsp lemon juice
Crème fraîche	1 cup	1/2 cup sour cream plus 1/2 cup heavy cream
Half and Half	1 cup	7/8 cup whole milk, 1 1/2 tsp butter
Half and Half	1 cup	1/2 cup whole milk, 1/2 cup light cream
Half and Half	1 cup	3/4 cup whole milk, 1/4 cup heavy cream
Half and Half	1 cup	2/3 cup low-fat or skim milk, 1/3 cup heavy cream
Milk, condensed, sweetened	1 cup	1 cup nonfat dry milk, 1/2 cup boiling water, 2/3 cup sugar, 3 tbsp melted butter (process in blender until smooth)
Milk, condensed, sweetened	1 cup	1 cup evaporated milk plus 1 1/4 cup of sugar cooked over low heat until sugar is dissolved.
Milk, evaporated	1 can (12 oz)	12 oz cream
Milk, evaporated	1 can (12 oz)	Whip until smooth: 1 cup nonfat dry milk, 1 3/4 cups warm water. Keep refrigerated.
Milk, regular or low-fat	1 cup	1/2 cup evaporated milk plus 1/2 cup water
Milk, regular or low-fat	1 cup	nonfat dry milk prepared as directed on package
Milk, skim	1 cup	3/4 cup water, 1/3 cup nonfat dry milk
Milk, sour	1 cup	1 cup sweet milk plus 1 tbsp vinegar or lemon juice
Milk, sweet	1 cup	1/2 cup evaporated milk plus 1/2 cup water
Milk, sweet	1 cup	1 cup reconstituted nonfat dry milk plus 2 tsp butter
Milk, whole	1 cup	1/2 cup evaporated milk, 1/2 cup water
Milk, whole	1 cup	1 cup nonfat milk, 2 1/2 tsp butter
Milk, whole	1 cup	1 cup skim milk, 1 tbsp melted butter
Milk, whole	1 cup	7/8 cup skim milk, 1/8 cup heavy cream
Milk, whole	1 cup	5/8 cup skim milk, 3/8 cup half and half
Milk, whole	1 cup	2/3 cup 1% milk, 1/3 cup half and half
Milk, whole	1 cup	3/4 cup 2% milk, 1/4 cup half and half
Milk, whole	1 cup	1 cup water, 4 tbsp dry whole milk
Milk, whole	1 cup	1 cup water plus 1 1/2 tsp butter (in baking)
Milk, whole	1 cup	1 cup reconstituted nonfat dry milk plus 2 1/2 tsp butter



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Food	Amount	Substitute
Sour Cream	1 cup	1 cup plain whole yogurt, 3 tbsp melted butter
Sour Cream	1 cup	3/4 cup buttermilk plus 1/4 cup oil
Sour Cream	1 cup	3/4 cup milk, 3/4 tsp lemon juice and 1/3 cup butter or margarine
Sour Cream	1 cup	1/2 cup cottage cheese and 1/2 cup. of plain yogurt.
Sour Cream (for baking)	1 cup	3/4 cup sour milk or buttermilk, 1/3 cup butter
Sour Cream (for baking)	1 cup	1 cup plain yogurt, 1 tsp baking soda
Sour Cream (for baking)	1 cup	1 tbsp lemon juice, 7/8 cup plus 1 tbsp evaporated milk
Sour Cream (for dips)	1 1/4 cups	1 cup cottage cheese, 1/4 cup plain yogurt or buttermilk (blend in processor)
Sour Cream (for dips)	1 1/4 cups	1 cup cottage cheese, 1 tbsp lemon juice, 1/4 cup milk or water, 1/8 tsp salt (blend in processor)
Sour Cream (for dips)	1 1/4 cups	8 oz cream cheese, 1/4 cup milk (blend in processor)
Whipping Cream (whipped)	equal amount	Frozen (thawed) whipped topping
Whipping Cream (whipped)	equal amount	Prepared whipped topping mix
Yogurt, plain	equal amount	Sour cream
Yogurt, plain	equal amount	Buttermilk
Yogurt, plain	equal amount	Cottage cheese blended until smooth

