

Fats, Oils and Vinegars

Food	Amount	Substitute
Balsamic Vinegar	equal amount	Sherry or cider vinegar
Chili Oil	1/4 tsp	1/4 tsp salad oil plus pinch of cayenne
Lard	equal amount	Schmaltz
Lard	equal amount	Shortening
Sesame Oil	1 tbsp	1 1/2 tsp sesame seeds sautéed in 1/2 tsp vegetable oil
Shortening, melted	1 cup	1 cup cooking oil (cooking oil should not be substituted if recipe does not call for melted shortening)
Shortening	1 cup	1 cup minus 2 tbsp schmaltz (savory dishes)
Shortening	1 cup	1 cup minus 2 tbsp lard
Shortening	1 cup	1 1/8 cups unsalted butter
Vegetable Oil	equal amount	Olive oil
Vegetable Oil	equal amount	Butter
Vegetable Oil	equal amount	Ghee
Vegetable Oil	equal amount	Coconut Oil
Vegetable Oil	equal amount	Lard
Vegetable Oil	equal amount	Peanut Oil
Vegetable Oil	equal amount	Safflower Oil
Vegetable Oil	equal amount	Sunflower Oil
Vinegar	equal amount	Lemon juice
Vinegar, Chinese	equal amount	Balsamic vinegar
Vinegar, Red Wine (for salad dressing)	4 tbsp	3 tbsp cider vinegar, 1 tbsp red wine
Vinegar, Sherry	equal amount	Balsamic vinegar

