

## Miscellaneous Substitutions

Food	Amount	Substitute
Bacon, cooked and chopped	1 strip	1 tbsp bacon bits
Bacon, cooked and chopped	1 strip	Smoked ham
Bacon, cooked and chopped	1 strip	Pancetta
Beer	equal amount	Nonalcoholic beer, apple cider or beef broth
Bread Crumbs	equal amount	Finely crushed cracker crumbs, corn flakes or quick-cooking or old-fashioned oats
Bread Crumbs	1/3 cup dry	1 slice bread
Bread Crumbs	3/4 cup soft	1 slice bread
Bread Crumbs	1 cup soft	2 slices bread
Bread Crumbs	1 cup soft	3/4 cup cracker crumbs
Bread Crumbs	1 cup soft	1 1/3 cups oatmeal (uncooked)
Broth, chicken or beef	1 cup	1 cup boiling water, 1 bouillon cube, td1
Broth, chicken or beef	1 cup	cup boiling water, 1 tsp bouillon crystals
Bulgur, cooked	equal amount	Cooked couscous or brown rice
Chili Paste	equal amount	Red pepper flakes, cayenne, or bottled hot sauce
Chili Sauce	1 cup	1 cup tomato sauce, 1/4 cup brown sugar, 2 tbsp vinegar, 1/4 tsp cinnamon, dash of ground cloves, and dash of allspice
Chili Sauce	1 cup	1 cup catsup, 1/4 tsp cinnamon, dashes of ground cloves and allspice
Cocktail Sauce	1 1/4 cups	1 cup ketchup or chili sauce, 3 tbsp horseradish, 1 tbsp lemon juice, 2 tsp worcestershire sauce
Coconut, grated	1 cup	1 1/3 cups coconut, flaked
Coconut Cream	equal amount	Whipping cream
Coconut Milk	1 cup	1 cup whipping cream plus 1/2 tsp each of coconut extract and granulated sugar
Coconut Milk	1 cup	1 cup whole or 2% milk
Coconut Milk	1 cup	3 tbsp cream of coconut, 7/8 cup water or low-fat milk
Cracker Crumbs	equal amount	Dry bread crumbs
Espresso, Instant	1 tsp	2 tsp instant coffee
Espresso, Instant	1 tsp	1/2 tsp of dark roast instant coffee
Espresso, Instant	1 tsp	2 tsp instant coffee plus 1/2 tsp dark cocoa powder
Gelatin, flavored	3 oz pkg prepared	1 tbsp plain gelatin plus 2 cups fruit juice
Honey	1 cup	1 1/4 cups granulated sugar with 1/4 cup water or apple juice
Honey	1 cup	7/8 cup buttermilk plus 2 tbsp melted shortening, whipped
Honey	1 cup	1 cup corn syrup
Horseradish, bottled	2 tbsp	1 tbsp horseradish, dried, 1 tbsp vinegar, 1 tbsp water
Horseradish, fresh	1 tbsp	2 tbsp bottled
Ketchup, Catsup (Tomato)	1 cup	1 can tomato sauce plus 1/2 cup granulated sugar and 2 tbsp white vinegar
Ketchup, Catsup (Tomato)	1 cup	1 cup chili sauce



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Food	Amount	Substitute
Mayonnaise, commercial	1 cup	1 cup cottage cheese (process in blender until smooth)
Mayonnaise, commercial	1 cup	1/2 cup mayonnaise, 1/2 cup plain yogurt
Mayonnaise, commercial	1 cup	1 cup salad dressing
Mayonnaise, commercial	1 cup	1 cup sour cream
Mayonnaise, commercial	1 cup	1 cup yogurt
Mayonnaise, homemade	1 cup	1 cup commercial mayonnaise, 1 tsp lemon juice, 1 tsp prepared mustard
Mustard, dry (for wet mixtures)	1 tsp	1 tbsp prepared mustard
Mustard, prepared	1 tbsp	1 tbsp dry mustard, 1 tsp vinegar, 1 tsp water, milk or cream, 1 tsp sugar
Pancake Syrup	equal amount	1/2 cup brown sugar plus 1 1/2 cup water plus 2 1/2 tsp cornstarch. Cook until slightly thickened.
Pepperoni	equal amount	Soppressata
Pie Crust Mix	8 cups	6 1/4 cups flour, 1 tbsp salt, 2 1/2 cups shortening
Red Pepper Sauce	3 or 4 drops	1/8 tsp ground red pepper (cayenne)
Rice	1 cup regular, uncooked	1 cup uncooked converted rice (3 cups cooked)
Rice	1 cup regular, uncooked	1 cup uncooked brown rice
Rice	1 cup regular, uncooked	1 cup uncooked wild rice
Rice	1 cup cooked	1 cup cooked bulgur wheat
Rice	1 cup cooked	1 cup cooked pearl barley
Rum	1 tbsp dark rum	2 tbsp rum extract
Rum	5 tbsp light rum	1 tbsp rum extract
Salami	equal amount	Pepperoni
Stock Base, instant	2 tsp	1 bouillon cube
Stock Base, instant	4 tsp dissolved in 1 1/4 cup water	1 can (10 1/2 oz) condensed, undiluted bouillon or consommé
Tabasco Sauce	4 drops	18 tsp cayenne
Tabasco Sauce	4 drops	1/4 tsp black pepper
Taco Seasoning	1 pkg (1 1/4 oz size)	4 tsp instant minced onion, 2 tsp chili powder, 2 tsp salt, 1 tsp garlic powder, 1 tsp cornstarch, 1 tsp ground cumin, 1 tsp cayenne
Tapioca	1 tbsp	1 1/2 tbsp all-purpose flour
Tapioca	1 tbsp	2 tbsp pearl tapioca
Tartar Sauce	1/2 cup	6 tbsp mayonnaise, 2 tbsp pickle relish
White Sauce	1 cup	10 /4 oz canned cream-style soup (undiluted)
Wine (for cooking)	equal amount	Apple juice or cider
Wine (for marinade)	1/2 cup	1/4 cup vinegar, 1/4 cup water, 1 tbsp sugar
Wine, Red	equal amount	Nonalcoholic wine, apple cider, beef broth, tomato juice or water
Wine, Rice	equal amount	Dry sherry
Wine, White	equal amount	Nonalcoholic wine, white grape juice, apple juice, apple cider, chicken broth, or water
Worcestershire Sauce	1 tsp	1 tsp bottled steak sauce
Worcestershire Sauce	1 tsp	1 tbsp soy sauce, 4 drops tabasco sauce, 1/8 tsp lemon juice, dash sugar

