

Substitution Foods List

This is a list of substitutions that should work for most recipes. These aren't necessarily substitutions for non-vegetarian ingredients. I've included substitutions for any ingredient that might come up in a recipe. Try to avoid making more than one substitution in a single recipe.

Instead of thistry this

allspice, 1 teaspoon ground

1/2 teaspoon cinnamon and 1/4 teaspoon each,
nutmeg and ground cloves

1/2 teaspoon cinnamon and 1/2 teaspoon cloves

amaretto, 2 tablespoons

1/4 to 1/2 teaspoon almond extract

arrowroot, 1 1/2 teaspoons

1 tablespoon flour

baking powder, 1 teaspoon

1/4 teaspoon baking soda and 5/8 teaspoon
cream of tartar

baking powder, 2 tablespoons

1 teaspoon cream of tartar and 1/2 teaspoon
baking soda

balsamic vinegar, 1 tablespoon

1 tablespoon red wine vinegar plus 1/2
teaspoon sugar

bamboo shoots

asparagus in fried recipes

bergamot

mint

bouquet garni, 1 teaspoon

1/2 teaspoon each dried parsley flakes, dried
thyme leaves, and 1 bay leaf (crushed)

bourbon

orange juice, pineapple juice, peach syrup

brandy

water, white grape juice, apple cider, apple juice, diluted peach or apricot syrups

brown sugar (firmly packed), 1 cup

1 cup sugar plus 2 tablespoons molasses

butter, 1 cup

7/8 cup vegetable shortening

buttermilk, 1 cup

1 tablespoon distilled white vinegar or lemon juice stirred into 1 cup soy milk and allowed to stand for 5 minutes

cake yeast, 5/8-ounce cake

1 packet active dry yeast

champagne

ginger ale

chayotes

yellow summer squash

chervil, 1 teaspoon

1 teaspoon dried parsley flakes plus 1/8 teaspoon rubbed, dried sage

chili sauce

ketchup with prepared horseradish and lemon juice to taste

chinese black vinegar

balsamic vinegar

chocolate, semi-sweet, 1 ounce

3 tablespoons chocolate chips or 1/2 ounce unsweetened chocolate plus 1 tablespoon sugar

chocolate, sweet baking (german's), 4 ounces

1/2 cup unsweetened cocoa powder plus 1/3 cup sugar and 3 tablespoons fat

chocolate, unsweetened, 1 ounce

3 tablespoons cocoa powder plus 1 tablespoon margarine

cinnamon, 1 teaspoon ground

1/2 teaspoon ground allspice or 1 teaspoon ground cardamom

cocoa, unsweetened

Dutch-processed cocoa

coconut milk, 2 cups

combine 2 1/2 cups water and 2 cups shredded, unsweetened coconut and bring to a boil. remove from heat; cool. mix in a blender for 2 minutes; strain.

cognac

peach, apricot, or pear juice

cornstarch for thickening, 1 tablespoon

2 tablespoons all-purpose flour or 1 tablespoon potato, rice, or arrowroot starch

corn syrup, 1 cup

1 cup granulated sugar plus 1/4 liquid (use a liquid called for in recipe)

creme de menth

spearmint extract or oil of spearmint diluted with a little water or grapefruit juice for white; for green add a drop of green food coloring

delicata squash butternut squash or sweet potatoes

dry bread crumbs, 1/4 cup

1 sandwich-size slice crisp bread, crushed

dry red wine

red grape juice, cranberry juice, vegetable broth

eggs, 1 egg

1 1/2 teaspoons powder Ener-G Egg Replacer plus 2 tablespoons water for baking and binding

1/2 banana, mashed plus 1/4 teaspoon baking

powder for desserts or other sweet recipes
1/4 cup soft tofu, blended
2 tablespoons liquid plus 2 tablespoons flour
plus 1/2 teaspoon baking powder and 1/2
tablespoon vegetable shortening; add one to
two drops of yellow food coloring if desired

3 tablespoons apple sauce for sweet recipes

2 tablespoons flaxmeal plus 1/8 teaspoon
baking powder and 3 tablespoons water for
baking

1 tablespoon cornstarch plus 3 tablespoons
water for baking

fines herbes

equal parts chervil, chives, tarragon and
parsley

five-spice powder

equal parts cinnamon, cloves, fennel seeds,
star anise and Szechuan peppercorns

flour, 1 cup

1 1/2 cups fine bread crumbs

flour, all-purpose, 1 cup

1 cup plus 2 tablespoons cake flour

flour, cake, 1 cup

1 cup minus 2 tablespoons all-purpose flour

flour, self-rising, 1 cup

1 cup all-purpose flour plus 1 1/2 teaspoons
baking powder and 1/2 teaspoon salt

fresh herbs, 1 tablespoon

1 teaspoon dried herbs

garlic, 1 clove

1/8 teaspoon garlic powder

ginger, 1/2 teaspoon grated

1/4 teaspoon ground ginger

ginger, 1 teaspoon ground

1/2 teaspoon ground mace plus 1/2 teaspoon grated
Lemon peel

**grand marnier or orange flavored liqueur,
2 tablespoons**

2 tablespoons unsweetened orange juice and
1/2 teaspoon orange extract

green mangoes

sour, green cooking apples

**green or red bell pepper, 2 tablespoons
chopped**

1 tablespoon sweet pepper flakes (let stand
in liquid as directed)

habanero peppers

5 jalapeno peppers or serrano peppers

honey, 1 cup

1 1/4 cups granulated sugar plus 1/4 cup
liquid (use a liquid called for in recipe)

1 cup molasses

1 cup corn syrup

italian herb seasoning

mixture of oregano, marjoram, thyme, basil,
rosemary and sage

**kahlua or coffee or chocolate flavored
liqueur, 2 tablespoons**

1/2 to 1 teaspoon chocolate extract or 1/2
teaspoon to 1 teaspoon instant coffee in 2
tablespoons water

ketchup or tomato-based chili sauce, 1 cup

1 8 oz. can tomato sauce plus 1/2 cup
granulated sugar and 2 tablespoons distilled
white vinegar

kirsch

cherry, raspberry, or currant syrup

lemon grass, 1 tablespoon minced

1 teaspoon grated lemon rind

lemon juice, 1 teaspoon

1/2 teaspoon white wine vinegar or cider vinegar

lemon juice, 1 lemon

3 tablespoons bottled lemon juice

lemon peel, 1 teaspoon minced or zest of 1 lemon

1 teaspoon dry lemon peel

light brown sugar, 1 cup

1/2 cup dark brown sugar and 1/2 cup granulated sugar

1 cup granulated sugar plus 2 tablespoons

molasses

milk

peel and liquefy zucchini for baking or puddings; 1 1/4 lbs should yield 2 cups

mint chocolate chips

in an airtight container add 1/8 teaspoon of peppermint extract to a 12 oz. bag of dark chocolate chips. let sit for 24 hours.

molasses

maple syrup, dark corn syrup, cane syrup or golden syrup

mushrooms

diced celery

mustard, dry, 1 teaspoon

1 tablespoon prepared mustard

mustard, prepared, 1 teaspoon

1 teaspoon dry mustard mixed with 2 teaspoons wine vinegar, white wine or water

nutmeg, 1 teaspoon ground

1 teaspoon ground allspice or 1 teaspoon ground cloves or 1 teaspoon ground mace

oats, old fashioned rolled

quick cooking oats

onion, 1/4 cup minced

1 tablespoon instant minced onion (let stand in liquid as directed)

onion, 1 medium onion

2 teaspoons onion powder

orange juice, 1 medium orange

1/4 cup reconstituted frozen orange juice

orange peel, 1 teaspoon grated

1 teaspoon dry orange peel

palm sugar

light brown sugar

parsley, 2 tablespoons minced

1 tablespoon parsley flakes

pine nuts

walnuts or almonds

port wine

red grape juice

poultry seasoning, 1 teaspoon 1/4 teaspoon

ground thyme plus 3/4 teaspoon ground sage

pumpkin pie spice, 1 teaspoon

1/2 teaspoon cinnamon mixed with 1/8 teaspoon each: ground ginger, nutmeg, mace, cloves

raisins, dark

golden raisins or currants

rum (light or dark)

water, white grape juice, pineapple juice, apple juice, apple cider, syrup flavored with almond extract

saffron

turmeric, for color

sake or rice wine

dry sherry or dry vermouth

seasoned rice vinegar, 1 tablespoon

1 tablespoon rice vinegar or white vinegar,
1/2 teaspoon sugar and 1/8 teaspoon salt

self-rising flour, 1 cup

1 cup all purpose flour plus 1 1/2 teaspoons
baking powder and 1/8 teaspoon salt

shallots

red onions or spanish onions

sherry

orange juice, pineapple juice, peach syrup

shortening, 1 cup

1 cup margarine

sifted cake flour, 1 cup

3/4 cup plus 2 tablespoons sifted all-purpose
flour or all-purpose flour sifted 3 times,
then measured to make 1 cup

sour cream, 1 cup

1 cup plain soy yogurt

sugar, granulated, 1 cup

1 cup firmly packed brown sugar, flavor will
be affected

1/2 cup corn syrup or molasses and reduce
liquid in recipe by 1/2 cup

sugar, powdered, 1 cup

1 cup granulated sugar plus 1/8 teaspoon
cornstarch processed in a food processor
fitted with a metal blade

sweet white wine

White grape juice plus 1 tablespoon white
Karo syrup

tamarind juice

5 parts ketchup to 1 part vinegar

tamarind paste, 1 tablespoon

1 teaspoon each, date, prunes, dried apricots, lemon juice

tomatoes, 1 can (1 lb.)

2 1/2 cups chopped, peeled fresh tomatoes, simmered for about 10 minutes

tomato juice, 1 cup

1/2 cup tomato sauce plus 1/2 cup water

tomato paste

ketchup

tomato sauce, 1 cup

3/8 cup tomato paste and 1/2 cup water

vanilla bean, 1

1 teaspoon pure vanilla extract

whipped cream, 1 cup

puree a banana, then whip with the equivalent of an egg white. add vanilla and sugar to taste

whipping cream (40% fat), 1 cup

1/3 cup margarine plus 3/4 cup soy milk

white wine, for cooking

dry vermouth, water, vegetable broth, liquid drained from canned vegetables, ginger ale, white grape juice

wine, 1/2 cup

1/2 cup fruit juice for desserts and 1 /2 cup vegetable broth for savory recipes

Mayonnaise

Mustard

Sour cream

Plain nonfat or low-fat yogurt or nonfat sour cream

Whole milk, nondairy creamers, half-and-half

Skim (nonfat) or low-fat (1 percent) milk

Cheeses like cheddar, Swiss, American, Jack

Lower-fat cheeses like part-skim ricotta, low-fat and cream cheese, Jarlsberg, cottage cheese, and Neufchatel

Ice cream

Nonfat or low-fat frozen yogurt, ice milk, fruit ices, or sherbet

A whole egg

Two egg whites or 1/4 cup egg substitute

1 ounce baking chocolate

3 Tablespoons cocoa powder plus 1 tablespoon vegetable oil

Fat in baking recipes

Equal amounts fruit puree like prune, or applesauce

Whipping or heavy cream

Evaporated skim milk or one part skim milk and one part cream

Frying

Bake or roast on a rack, broil, grill, steam, or microwave