

# Food Substitutions

## Flour

Flour	Substitution
1 cup self-rising flour	1 1/2 tsp. baking powder, 1/2 tsp. salt, and 1 cup all-purpose flour
1 cup cake flour	1 cup all-purpose flour minus 2 T.
1 T. all-purpose flour	1/2 T. cornstarch, potato starch, rice starch or arrowroot, or 1 T. quick-cooking tapioca.

## Leavenings and Related Substitutions

Leavening	Substitution
1 tsp. baking powder	1/4 tsp. baking soda plus 5/8 tsp. cream of tartar or 1/2 tsp. baking soda and 1/2 cup buttermilk.
Baking soda	1 1/2 tsp. baking powder per cup of flour. Omit acid ingredients in the recipe. For example, if sour milk is used, substitute sweet sweet.
1 tsp. cream of tartar	1 T. vinegar or lemon juice. Omit 1 T. of the liquid in the recipe.
1 cup sour milk or buttermilk	Add 1 T. lemon juice or vinegar to 1 cup minus 1 T. milk. Let stand 5 min.

## Yeast

Yeast	Substitution
1 cake yeast (3/5 oz.)	1 T. or 1 package active dry yeast
1 package active dry yeast	1 package Quick-Rise yeast (longer rise time required)

## Sweets and Fats

Sweets & Fats	Substitution
1 cup honey	1 1/4 cups sugar and 1/4 cup liquid
1 cup granulated sugar	1 cup brown sugar or 2 cups sifted powdered sugar
1 large marshmallow	10 miniature marshmallows
1 oz. or 1 sq. unsweetened chocolate	3 T. cocoa & 1 T. fat, or 3 T. chocolate carob powder & 2 T. water
2-1 oz. sq. unsweetened chocolate	1/3 cup chocolate chips
2 sticks (1 cup) butter	1 cup margarine, 1 cup minus 2 T. lard or vegetable oil, or 1 cup minus 2-3 T. hydrogenated shortening.

## Tomato Products

Tomato Product	Substitution
1 cup tomato juice	1/2 cup tomato sauce and 1/2 cup water
1 cup tomato paste	2 cups tomato sauce and reduce other liquid by 1 cup
1 can tomato soup	8 oz. or 1 cup tomato sauce, 1/4 cup water, & salt & sugar to taste
1 cup catsup or chili sauce	1 cup tomato sauce & 1/2 cup sugar, 2 T. vinegar and spices to taste

## Evaporated and Sweetened Condensed Milk

Evaporated milk has been processed so that about one-half of the water is removed. The cans are then sealed and sterilized.

Sweetened condensed milk also has water removed. However, sugar is added to replace some of the water. The sugar makes up 40-45% of the condensed milk so the flavor would be undesirable in beverages and main course cooking.

Evaporated milk cannot be substituted for sweetened condensed milk, and vice versa.

## Herbs

Substitute 1/3 to 1/2 tsp. of dried herb for 1 T. of fresh herbs.

## Chocolate/Carob

**Cocoa** - is a rather common substitute for chocolate in baked products. Usual substitution for 1 oz. unsweetened chocolate is 3 tablespoons cocoa plus 1 tablespoon shortening for baked products. Shortening may be omitted if used for puddings or beverage. Flavor won't be as rich.

**Carob** - Lower in fat and higher in carbohydrate than cocoa or chocolate. This difference does not make much difference in the energy value of foods made with it since carob is used in such small amounts. Has a sweeter taste than cocoa or chocolate. Best in recipes developed for the product. When substituting for 1 ounce chocolate, use 1 tablespoon carob powder plus 2 tablespoons water for syrups. For baked products omit 2 tablespoons water. Do not expect quality to be the same. Costs less than cocoa or chocolate.