



NEWS RELEASE

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Ingredient Substitution

Often for lack of an ingredient, a recipe is ruined or an extra trip to the store is required. Sometimes, you need to buy a large container of an ingredient for just a teaspoon or two needed in a recipe. To the rescue: **INGREDIENT SUBSTITUTIONS!** Several discussion groups of dietitians, home economists, chefs, and other food professionals were asked their most helpful ingredient substitutions. Here are some of the suggestions cited most frequently. I am only including substitution tips for which there were the most general consensus and which used the most common ingredients.

INGREDIENT	SUBSTITUTE
Allspice: 1 teaspoon	½ teaspoon cinnamon plus 1/2 teaspoon ground cloves
Apple Pie Spice: 1 teaspoon	½ teaspoon cinnamon plus 1/4 teaspoon nutmeg plus 1/8 teaspoon cardamom
Baking Powder, Double Acting: 1 teaspoon	¼ teaspoon baking soda plus 5/8 teaspoon cream of tartar
Baking Soda	There is NO substitute for baking soda
Butter: 1 cup	* 1 cup regular margarine * 1 cup vegetable shortening (for baking)
	* An equal amount of oil can be substituted for a similar portion of MELTED butter if the recipe specifies using MELTED butter.
Buttermilk: 1 cup	1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)
Chili Sauce: 1 cup	1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves and dash of allspice
Chocolate, Unsweetened: 1 ounce	3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil
Cornstarch (for thickening): 1 tablespoon	2 tablespoons flour

INGREDIENT**SUBSTITUTE**

Cream, Whipping: 1 cup unwhipped	If you wish to use a commercial pre-whipped, whipped cream or whipped cream substitute rather than whip your own cream, use the guideline that 1 cup UNWHIPPED whipping cream expands to 2 cups when WHIPPED. For example, if your recipe called for 1 cup of cream to make whipped cream, you could substitute 2 cups of an already whipped product.
Egg: 1 whole egg	¼ cup egg substitute (examples include: Egg Beaters, Second Nature, Scramblers); check label for specific directions or Reconstituted powdered eggs; follow package directions or 2 tablespoons mayonnaise (suitable for use in cake batter).
Flour, All-Purpose White Flour: 1 cup	½ cup whole wheat flour plus 1/2 cup all-purpose flour
Flour, Cake: 1 cup	1 cup minus 2 tablespoons all-purpose flour
Flour, Self-Rising: 1 cup	1 cup minus 2 teaspoons all-purpose flour plus 1 1/2 teaspoons baking powder and ½ teaspoon salt
Garlic: 1 small clove	1/8 teaspoon garlic powder or 1/8 teaspoon instant minced garlic or ¼ teaspoon garlic salt (reduce salt in recipe by 1/8 teaspoon)
Herbs, Fresh: 1 tablespoon, finely cut	* 1 teaspoon dried leaf herbs * ½ teaspoon ground dried herbs
Lemon Zest (fresh grated lemon peel): 1 teaspoon	½ teaspoon lemon extract
Marshmallows, Miniature: 1 cup	10 large marshmallows
Mayonnaise (for use in salads and salad dressings): 1 cup	1 cup sour cream or 1 cup yogurt or 1 cup cottage cheese pureed in a blender or Use any of the above for part of the mayonnaise
Mustard, Dry: 1 teaspoon	1 tablespoon prepared mustard
Onion: 1 small or ¼ cup chopped, fresh onion	1 tablespoon instant minced onion, rehydrated (check package directions)
Pasta: 4 cups COOKED	8 ounces of UNCOOKED elbow macaroni, medium shells, rotini, twists, spirals, wagon wheels, bow ties, mostaccioli, penne, radiatore, rigatoni, spaghetti, angel hair, linguine, vermicelli and fettuccine produce about 4 cups COOKED pasta.

* Use about twice as much UNCOOKED egg noodles to provide 4 cups COOKED pasta. Approximately 8 ounces UNCOOKED egg noodles equal 2 1/2 cups COOKED noodles.

INGREDIENT**SUBSTITUTE**

Pumpkin Pie Spice: 1 teaspoon	1/2 teaspoon cinnamon plus 1/4 ground teaspoon ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg
Rice: Any amount	Most rice products will substitute for each other on a fairly equal basis in recipes; however, their cooking times and the amount of liquid needed may vary. If possible, choose a rice with a comparable grain length for the closest match.
Rum: any amount	1 part rum extract plus 3 parts water. For example: for 1/4 cup rum, substitute 1 tablespoon rum extract plus 3 tablespoons water.
Sugar, Confectioners' or Powdered: 1 cup	1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Tomato Juice: 1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato Soup: 10 3/4 ounce can	1 cup tomato sauce plus 1/4 cup water
Wine, Red: Any	The same amount of grape juice or cranberry juice
Wine, White: Any	The same amount of apple juice or white grape juice
Yeast, Compressed: 1 cake (3/5 ounce)	1 package (1/4 ounce) active dry yeast or Scant 2 1/2 teaspoons loose active dry yeast

Source: Food Reflections, February 2001.