

Substitute Ingredients

FOR	SUBSTITUTE
1 tablespoon (30ml) fresh herbs	1/3 tsp. (2ml) powdered dried or ½ tsp. (2.5ml) crushed dried herbs of same kind
1 clove garlic	1/8 teaspoon (1/2 ml) garlic powder
1 whole large egg for baking	1 teaspoon (5ml) cornstarch plus ¼ cup (60ml) water
1 whole large egg	2 egg yolks plus 1 tbsp. (15ml) water
1 cup (240ml) whole milk	½ cup (120ml) evaporated milk plus ½ cup (120ml) water or 1/3 cup (30ml) dry milk plus 1 cup (120ml) water
1 cup (240ml) buttermilk	1 cup (240ml) plain yogurt or 1 cup (240ml) sour milk (mix 4 teaspoons (20ml) white vinegar or lemon juice with milk to make 1 cup. Let sit for 5 minutes before using.)
1 cup (240ml) sour cream in baking	7/8 cup (120ml) buttermilk or sour milk (see buttermilk) plus 3 Tbsps. butter
1 cup (240ml) sour cream (salad dressings, casseroles)	1 cup (210ml) plain yogurt or ¾ cup (180ml) sour milk (see buttermilk) plus 1/3 cup (80ml) butter
1 cup (240ml) cream	1/3 cup (5½ Tbsps., 80g) butter plus ¾ cup (180ml) milk
1 cup (240ml) corn syrup	2/3 cup (140g) granulated sugar plus 1/3 cup (80ml) water
1 cup (240ml) brown sugar	1 cup granulated sugar plus 2 Tbsps. (30ml) molasses
1¾ cup (175g) confectioner's sugar	1 cup (200g) packed granulated sugar
1 cup (115g) butter or margarine (baking or cooking)	1 cup (190g) shortening or 7 fluid ounces (210ml) vegetable oil
1 square unsweetened chocolate	3 Tbsps. (45ml) cocoa plus 1 Tbsps. (15ml) vegetable oil
¾ cup (75g) cracker crumbs	1 cup (90g) bread crumbs
1 tsp. (5ml) baking powder	1/3 tsp. (2ml) baking soda plus ½ tsp. (2.5ml) cream or tarter
1 Tbsp. (15ml) cornstarch (for thickening)	2 Tbsps. (30ml) all purpose flour
1 Tbsp. (15ml) flour (for thickening)	1 ½ tsp. (7.5ml) corn flour, arrowroot, rice flour or 2 tsp. (15ml) tapioca
2 Tbsps. (30ml) tapioca (for thickening)	3 Tbsps. (45ml) flour or 1 ½ Tbsps. (23ml) cornstarch