



EMERGENCY SUBSTITUTIONS IN THE KITCHEN



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A

Allspice

Have none? To equal 1 Tbsp of allspice, mix 1 ½ teaspoon of ground cloves with 1 ½ teaspoon of ground cinnamon.

B

Baking Powder

1 teaspoon of baking powder can be substituted by using ¼ teaspoon baking soda plus ½ teaspoon of cream of tartar.

Bread Crumbs

Use crushed Corn Flakes or Wheat Flakes, or any other dry cereal. You can even use crushed potato chips.

Buttermilk

To equal 1 cup, pour 1 cup of regular milk and add 1 Tablespoon of vinegar or lemon juice. It will be ready in 5 minutes—it will be soured and slightly curdled.

C

Cake Flour

If your recipe calls for 1 cup of Cake Flour—just use 7/8 of all-purpose flour.

Cornstarch

For most cooking purposes you can substitute 2 teaspoons of flour for 1 teaspoon of cornstarch. If you need 1 Tablespoon cornstarch, try using 2 tsp of minute tapioca.



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C

Corn Syrup

Use $\frac{1}{4}$ cup of water, or other type of liquid called for in the recipe, plus 1 cup of white sugar.

Cracker Crumbs

Use bread crumbs or crushed potato chips, or even some rolled oats.

D

Dry Mustard

For 1 tsp of dry mustard needed, use 1 Tablespoon of regular prepared mustard.

E

Eggs

Add 3 or 4 extra Tablespoons of liquid called for in the recipe. If just short 1 egg for a recipe, just add 1 teaspoon of cornstarch.

F

Flour

In many baking situations, $1 \frac{1}{2}$ cups of rolled oats can replace 1 cup of all purpose flour. You can even use Oat Flour (which is ground up rolled oats).

Fresh Herbs and Spices

To equal 1 Tablespoon of fresh herbs or spices, use only 1 teaspoon of ground or dried herbs or spices.



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H

Honey

To equal 1 cup of honey—try 1 $\frac{1}{4}$ cups of white sugar and $\frac{1}{4}$ cup of any liquid.

I

Icing Sugar

Regular white sugar ground up in your blender or food processor will make a usable icing sugar.

K

Ketchup

Make some quick Ketchup by using a cup of tomato paste with 1 $\frac{1}{4}$ cups of brown sugar, 2 Tablespoons vinegar, $\frac{1}{4}$ tsp cinnamon, and a dash of ground cloves and allspice.

L

Lemon

If you only need a small amount such as 1 tsp of lemon juice, just use $\frac{1}{2}$ teaspoon of vinegar.

M

Milk

Always keep powdered milk in your Pantry Cupboard—it is useful for many things. By using powdered milk for all your cooking and baking projects, you keep the better milk for your drinking needs. However, in a pinch, powdered milk can be a good substitute for even drinking.



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N

Nuts

In brownies and other such baking, coarse Bran can be used instead of Nuts. In a Molasses Cake or Spice Cake, try browning a cup of rolled oats by spreading them on a cookie sheet in a 425 Farhenheit degree oven with the rack in the middle. Watch carefully! Add the toasted oats to your recipe just before baking.

O

Oats

1 1/3 cups of oats can be substituted by using 1 cup of all purpose flour. If you have any cereal flakes, consider substituting those. Cornflake-Raisin Cookies are not bad at all, as long as you don't apologize while serving them.

Oil

If a cake recipe calls for cooking oil try using mayonnaise or whipped salad dressing.

Onion

1 small onion is equal to 1 Tablespoon minced onion flakes that have been mixed with a little water to rehydrate them.

S

Salt

A healthy replacement—use a mixture of garlic powder, onion powder, oregano, basil, white pepper, and lemon pepper to give that flavor boost you're missing from not using salt.



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S

Sugar

In cooking, the following may be substituted for 1 cup of sugar (reduce the amount of other liquids in the recipe if needed)

- $\frac{3}{4}$ cup honey
- 1 $\frac{1}{2}$ cups molasses
- 1 $\frac{1}{2}$ cups maple syrup, table syrup, or corn syrup
- 1 cup brown sugar, however, it will result in a slight molasses flavor.

T

Tomatoes

Have one kind, but need the other? Interchange 1 cup of canned tomatoes with 1 $\frac{1}{2}$ cups of fresh tomatoes, chopped, then simmered for 10 minutes.

Tomato Juice

1 cup of Tomato Juice can be made by mixing $\frac{1}{2}$ cup of tomato sauce with $\frac{1}{2}$ cup of water

Tomato Paste

Try substituting an equal amount of ketchup.

U

Unsweetened Chocolate

Use 1 Tablespoon of unsalted butter with 3 Tablespoons of unsweetened cocoa powder to equal 1 square of unsweetened chocolate.



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V

Vanilla

Why not try a different flavor instead? Try some Lemon or Orange rind. Or perhaps you have a different flavor extract in your cupboard. Even try some Cinnamon or Nutmeg.

W

Whipped Cream

- For most uses, whip 1 egg white until stiff, then add 1 mashed banana and sugar to taste. Whip until desired consistency.
- Or, for 1 cup of whipped cream, try using 1 ½ cups of chilled evaporated milk with a teaspoon of lemon juice. Whip as normal.

Y

Yogurt

Use an equal amount of sour cream or cottage cheese that has been pureed in the blender.