

Foods I
Substitutions

Mrs. Erb

NAME:

Points: /36

Ingredient	Amount	Substitution
Allspice	1 teaspoon	
Baking mix	1 cup	1 cup pancake mix OR 1 cup Easy Biscuit Mixture
Baking Powder	1 teaspoon	
Bread crumbs	1 cup	
Broth: beef or chicken	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 tablespoon soy sauce plus enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar	1 cup, packed	
Butter (salted)	1 cup	1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt
Buttermilk	1 cup	
Chocolate(semisweet)	1 ounce	1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar OR 1 ounce semisweet chocolate chips plus 1 teaspoon shortening
Chocolate (unsweetened)	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
Cocoa	1/4 cup	
Corn syrup	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup
Cream (half and half)	1 cup	7/8 cup milk plus 1 tablespoon butter
Cream (heavy)	1 cup	
Cream of tartar	1 teaspoon	
Evaporated milk	1 cup	1 cup light cream
Flour--Bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten (available at health food stores & some supermarkets)
Flour--Cake	1 cup	
Flour--Self-Rising	1 cup	
Honey	1 cup	
Lemon juice	1 teaspoon	
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Orange zest	1 tablespoon	
Sour milk	1 cup	
Sweetened condensed milk	1 (14-ounce) can	3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes
Vegetable oil--for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Vegetable oil--for frying	1 cup	1 cup lard OR 1 cup vegetable shortening
Vinegar	1 teaspoon	
White sugar	1 cup	