

Handy Kitchen Substitutions from Common Sense Homesteading

<http://commonsensehome.com/kitchen-substitutions/>

Sweets	
1 square unsweetened chocolate (1 ounce)	3 tablespoons cocoa plus 1 tablespoon fat (butter or coconut oil)
Chocolate, semisweet 6 ounces (1 cup)	6 tablespoons unsweetened cocoa powder plus 7 tablespoons sugar plus 1/4 cup butter or coconut oil
1 ounce chocolate	3 tablespoons carob powder plus 2 tablespoons water
1 cup honey	1-1/4 cup cane sugar plus 1/4 cup liquid
1 cup brown sugar	1 cup white cane sugar plus 1-2 tablespoons molasses (1 for lighter, 2 for darker)
1-1/2 cup corn syrup	1 cup sugar plus 1/2 cup water
1 cup molasses	1 cup honey
maple sugar, 1/2 cup packed	1 cup maple syrup (you may need to adjust liquids in the recipe)

Dairy	
1 cup fresh whole milk	1/2 cup evaporated milk plus 1/2 cup water
1 cup fresh whole milk	1 cup reconstituted nonfat dry milk plus 2 tablespoons melted butter
1 cup fresh whole milk	1 cup sour milk* or buttermilk plus 1/2 teaspoon soda (decrease baking powder 2 teaspoons)
1 cup sour milk* or buttermilk	1 tablespoon lemon juice or vinegar plus enough fresh whole milk to make one cup
1 cup sour milk* or buttermilk	1 cup plain milk kefir
1 cup sour cream	1 cup yogurt (this works better in sweet recipes than savory recipes, IMO)
1 cup cream, half-and-half	1 1/2 tablespoons butter plus about 3/4 cup plus 2 tablespoons milk or 1/2 cup light cream + 1/2 cup milk
1 cup cream, heavy	1/3 cup butter plus about 3/4 cup milk
Depending on taste preferences, you can often substitute nut milks or coconut milk or cream in recipes. *sour milk indicates naturally soured raw milk, not pasteurized milk that has gone past its recommended date of use. Pasteurized milk will rot, not sour.	

Eggs	
1 whole egg	2 egg yolks plus 1 tablespoon water (in cookies, cakes, etc.)
1 whole egg	2 egg yolks (in custards or creamed dishes)
1 whole egg	3 tablespoons water plus 1 Tablespoon chia seed (combine and let sit for 10 – 15 minutes until it gels – for baking)
1 whole egg	1 tablespoon ground flax seeds plus 2-3 tablespoons water (simmer water and flax over low heat until it starts to gel – for baking)
1 whole egg	2 1/2 tablespoons dried egg beaten with 2 1/2 tablespoons water

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Flours, Leavening and Thickeners	
1 tablespoon cornstarch (for thickening)	2 tablespoons flour (approximately)
1 tablespoon flour (as thickening)	1/2 tablespoon arrowroot or 2 teaspoons quick cooking tapioca
1 cup self-rising flour	1 cup all purpose flour plus 1 tsp baking powder and 1/4 tsp salt
1 cup cake flour, sifted	3/4 cup plus 2 tablespoons sifted all-purpose flour
1 teaspoon baking powder	1/3 teaspoon baking soda plus 1/2 teaspoon cream of tarter
1 package dry yeast (1/4 ounce)	2 1/4 teaspoons dry yeast or 1 cake of compressed yeast or 2 teaspoons SAF-INSTANT yeast or 2 1/4 teaspoons bread machine yeast

Miscellaneous	
1 cup canned tomatoes	about 1-1/2 cups diced fresh tomatoes, simmered 10 minutes
2 cups tomato sauce	3/4 cup tomato paste plus 1 cup water
1 cup tomato juice	1/2 cup tomato sauce plus 1/2 cup water
1 cup bread crumbs	3/4 cup cracker crumbs
Bread crumbs, dry, 1/4 cup	1 slice bread
Bread crumbs, soft, 1/2 cup	1 slice bread
1 tablespoon mustard	1 teaspoon mustard powder, plus a little extra liquid, if needed
Garlic, 1 small clove	1/8 teaspoon powder or 1/4 teaspoon granulated or 1/2 teaspoon minced garlic
1 tablespoon fresh herbs	1 to 1/2 teaspoon dried herbs
Gelatin, 1/4 ounce envelope	about 2 1/4 teaspoons gelatin powder or 4 sheets gelatin (4×9 inches)

Measurements	
1 cup	8 fluid ounces
1 cup	240 milliliters
1 pint	2 cups
1 quart	4 cups
1 quart	0.95 liters
1 tablespoon	3 teaspoons
1 tablespoon	15 milliliters
1 teaspoon	5 milliliters
1/4 cup	4 tablespoons
1/3 cup	5 2/3 tablespoons
1 stick butter	1/2 cup butter
12 ounces chocolate chips	2 cups chocolate chips