

# Substitutions

*For best results, it is recommended to follow each recipe as it is written. Substituting one ingredient for another in a recipe may alter the flavour, texture, volume, appearance or leavening of the product. For this reason, we do not recommend substituting more than one ingredient in a recipe at a time.*

- Unless otherwise specified, assume that all ingredients and substitutions are full fat.
- In using this chart, use substitutions from left to right only, as substitutions may not work both ways.
- Consider the flavour and texture of the substitute you are using and try to match it to your recipe.

Ingredient	Amount	Substitute
Arrowroot Powder (For thickening only)	1 tbsp (15 mL)	<ul style="list-style-type: none"><li>1 tbsp (15 mL) cornstarch</li><li>2 tbsp (25 mL) flour</li></ul>
	2 tsp (10 mL)	<ul style="list-style-type: none"><li>1 tbsp (15 mL) quick-cooking tapioca</li></ul>
Baking Powder	1 tsp (5 mL)	<ul style="list-style-type: none"><li>¼ tsp (1 mL) baking soda + ½ tsp (2 mL) cream of tartar</li><li>¼ tsp (1 mL) baking soda + ½ cup (125 mL) buttermilk, reduce liquid in recipe by ½ cup (125 mL)</li></ul>
Baking Soda	No appropriate substitute.	
Butter		
Melted	1 cup (250 mL)	<ul style="list-style-type: none"><li>¾ cup (175 mL) oil</li></ul>
	¾ cup (175 mL)	<ul style="list-style-type: none"><li>¾ cup (150 mL) oil</li></ul>
	½ cup (125 mL)	<ul style="list-style-type: none"><li>½ cup (75 mL) oil</li></ul>
	¼ cup (50 mL)	<ul style="list-style-type: none"><li>3 tbsp (40 mL) oil</li></ul>
	Solid	1 cup (250 mL)
Buttermilk	See Milk.	
Chocolate	It is not recommended to substitute chocolate chips for chocolate baking squares because chocolate chips have been made to retain their shape.	
Bittersweet	1 oz	<ul style="list-style-type: none"><li>1 oz semisweet</li></ul>
Semisweet	1 oz	<ul style="list-style-type: none"><li>1 oz bittersweet</li></ul>
Unsweetened	1 oz	<ul style="list-style-type: none"><li>3 tbsp (40 mL) unsweetened cocoa powder plus 1 tbsp (15 mL) fat in recipe</li></ul>
Chocolate Chips	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) chopped chocolate baking squares</li></ul>
Chocolate Chips, melted	1 cup (250 mL)	<ul style="list-style-type: none"><li>9 tbsp (140 mL) unsweetened cocoa powder + 7 tbsp (105 mL) granulated sugar plus 3 tbsp (40 mL) fat in recipe</li></ul>
Cocoa Powder, unsweetened	3 tbsp (40 mL)	<ul style="list-style-type: none"><li>1 square unsweetened chocolate minus 1 tbsp (15 mL) fat in recipe</li></ul>
Cornstarch For thickening only.	1 tbsp (15 mL)	<ul style="list-style-type: none"><li>2 tbsp (25 mL) flour</li><li>2 tbsp (25 mL) quick-cooking tapioca</li><li>1 tbsp (15 mL) arrowroot powder</li></ul>
Corn Syrup	No appropriate substitute.	
Cream		

Ingredient	Amount	Substitute
Coffee (18%) <i>(Also known as Table Cream)</i>	1 cup (250 mL)	<ul style="list-style-type: none"><li>3 tbsp (40 mL) melted butter + homogenized milk (3.25%) to equal 1 cup (250 mL)</li></ul>
Light (10%)	1 cup (250 mL)	<ul style="list-style-type: none"><li><math>\frac{3}{4}</math> cup (175 mL) milk + <math>\frac{1}{4}</math> cup (50 mL) whipping cream (35%)</li><li><math>\frac{3}{4}</math> cup (175 mL) milk plus 2 to 3 tbsp (25 to 40 mL) fat in recipe</li></ul>
Whipping (35%)	1 cup (250 mL)	<ul style="list-style-type: none"><li><math>\frac{3}{4}</math> cup (175 mL) milk plus <math>\frac{1}{8}</math> cup (75 mL) fat in recipe, for baking and cooking only, not appropriate for whipping</li></ul>
Cream of Tartar	1 tsp (5 mL)	<ul style="list-style-type: none"><li>1 tbsp (15 mL) white vinegar</li><li>1 tbsp (15 mL) lemon juice</li></ul>
Egg <i>It is not recommended to replace more than 1 egg in any recipe</i>		
White	1 egg white	<ul style="list-style-type: none"><li>2 tbsp (25 mL) pasteurized liquid egg white</li><li>1 tbsp (15 mL) powdered egg white + 2 tbsp (25 mL) water</li></ul>
Whole.	1 large	<ul style="list-style-type: none"><li>2 <math>\frac{1}{2}</math> tbsp (32 mL) powdered whole egg + 2 <math>\frac{1}{2}</math> tbsp (32 mL) water</li><li>3 tbsp (40 mL) mayonnaise</li><li><math>\frac{1}{4}</math> cup (50 mL) pasteurized liquid egg product</li></ul>
Evaporated Milk	See Milk.	
Flour		
All-purpose	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) + 2 tbsp (25 mL) cake flour</li><li><math>\frac{1}{2}</math> cup (125 mL) whole wheat flour + <math>\frac{1}{2}</math> cup (125 mL) all-purpose flour</li></ul>
Cake and Pastry	1 cup (250 mL) sifted	<ul style="list-style-type: none"><li>1 cup (250 mL) minus 2 tbsp (25 mL) sifted all-purpose flour</li></ul>
Self-rising	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) all-purpose flour + 1 <math>\frac{1}{2}</math> tsp (7 mL) baking powder + <math>\frac{1}{2}</math> tsp (2 mL) salt</li></ul>
Flour <i>For thickening only.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"><li>1 <math>\frac{1}{2}</math> tsp (7 mL) cornstarch</li><li>1 tbsp (15 mL) quick-cooking tapioca</li><li>1 <math>\frac{1}{2}</math> tsp (7 mL) arrowroot powder</li></ul>
Garlic	1 clove	<ul style="list-style-type: none"><li><math>\frac{1}{8}</math> tsp (0.5 mL) garlic powder</li><li><math>\frac{1}{2}</math> tsp (2 mL) garlic salt minus <math>\frac{1}{2}</math> tsp (2 mL) salt in recipe</li></ul>
Ginger, fresh	1 tbsp (15 mL)	<ul style="list-style-type: none"><li><math>\frac{1}{8}</math> tsp (0.5 mL) ground ginger</li></ul>
Herbs, chopped fresh	1 tbsp (15 mL)	<ul style="list-style-type: none"><li>1 tsp (5 mL) dried herbs</li><li><math>\frac{1}{4}</math> tsp to <math>\frac{1}{2}</math> tsp (1 to 2 mL) ground or powdered herbs</li></ul>
Honey	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 <math>\frac{1}{4}</math> cups (300 mL) granulated sugar plus <math>\frac{1}{4}</math> cup (50 mL) liquid in recipe</li><li><math>\frac{1}{2}</math> cup (125 mL) granulated sugar + <math>\frac{3}{4}</math> cup (175 mL) maple syrup, corn syrup or molasses</li></ul>
Lard	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) shortening</li></ul>
Margarine, hard	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) butter</li><li><math>\frac{3}{4}</math> cup (175 mL) + 2 tbsp (25 mL) shortening</li><li><math>\frac{3}{4}</math> cup (250 mL) + 2 tbsp (25 mL) lard</li></ul>
Mascarpone	1 $\frac{1}{2}$ cups (375 mL)	<ul style="list-style-type: none"><li>8 oz (250 g) softened cream cheese + <math>\frac{1}{4}</math> cup (50 mL) whipping cream + <math>\frac{1}{4}</math> cup (50 mL) sour cream, beaten together</li></ul>
Mayonnaise	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) sour cream</li><li>1 cup (250 mL) yogurt</li></ul>

Ingredient	Amount	Substitute
Milk <i>In some cases, homogenized, 2%, 1% and skim milk can be substituted for each other.</i>		
Buttermilk	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 tbsp (15 mL) lemon juice or vinegar + enough milk to equal 1 cup (250 mL), let stand for 5 to 10 minutes before using in baking</li><li>3 tbsp (40 mL) buttermilk powder + enough water to equal 1 cup (250 mL)</li><li>1 cup (250 mL) yogurt</li></ul>
Evaporated Milk	1 cup (250 mL)	<ul style="list-style-type: none"><li>2 ¼ cups (550 mL) milk, gently simmered in a sauce pan until reduced to 1 cup (250 mL)</li><li>1 cup (250 mL) whipping cream</li></ul>
Homogenized (3.25%)	1 cup (250 mL)	<ul style="list-style-type: none"><li>¾ cup (175 mL) 2% milk + ¼ cup (50 mL) light cream (10%)</li></ul>
Skim (0.1%)	1 cup (250 mL)	<ul style="list-style-type: none"><li>⅓ cup (75 mL) skim milk powder + enough water to equal 1 cup (250 mL)</li><li>½ cup (125 mL) evaporated skim milk + ½ cup (125 mL) water</li></ul>
Sweetened Condensed Milk	14 oz (398 mL) can	<ul style="list-style-type: none"><li>1 cup (250 mL) evaporated milk + 1 ¼ cups (300 mL) granulated sugar, heated until sugar dissolves</li></ul>
Molasses	No appropriate substitute.	
Mustard	1 tsp (5 mL) dry	<ul style="list-style-type: none"><li>1 tbsp (15 mL) prepared mustard</li></ul>
Quick-cooking Tapioca <i>For thickening only.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"><li>1 tbsp (15 mL) flour</li></ul>
Salt	No appropriate substitute.	
Shortening	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) lard</li></ul>
Sour Cream (14% )	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) yogurt</li><li>1 cup (250 mL) mayonnaise</li><li>1 tbsp (15 mL) vinegar or lemon juice + enough evaporated milk or homogenized milk (3.25%) to equal 1 cup (250 mL), let stand 5 minutes before using</li></ul>
Sour Milk	See Buttermilk. Milk that has gone sour in your refrigerator is no longer safe to use.	
Sugar		
Brown	1 cup (250 mL) packed	<ul style="list-style-type: none"><li>1 cup (250 mL) granulated sugar + 2 tbsp (25 mL) molasses</li></ul>
Granulated	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) packed brown sugar</li><li>1 cup (250 mL) superfine (berry, castor) sugar</li><li>¾ cup (175 mL) honey, decrease oven temperature by 25°F (14°C)</li></ul>
Icing (confectioners', powdered)	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) granulated sugar + 1 tsp (5 mL) cornstarch, processed until mixture becomes a fine powder</li></ul>
Superfine (berry, castor)	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 cup (250 mL) granulated sugar, processed until fine crystals</li></ul>
Vanilla		
Bean	1 8 inch (20 cm) vanilla bean	<ul style="list-style-type: none"><li>2 to 3 tsp (10 to 15 mL) vanilla extract</li></ul>
Extract	1 tsp (5 mL)	<ul style="list-style-type: none"><li>3 inch (7.5 cm) vanilla bean, split and scrape out seeds</li></ul>
Vanilla Sugar	1 cup (250 mL)	<ul style="list-style-type: none"><li>1 whole vanilla bean + 1 cup (250 mL) granulated sugar. Let sit 1 to 2 weeks in airtight container.</li></ul>

Ingredient	Amount	Substitute
Vinegar, white <i>Not to be used for preserving.</i>	1 tbsp (15 mL)	▪ 1 tbsp (15 mL) lemon juice
Yogurt	1 cup (250 mL)	<ul style="list-style-type: none"> <li>▪ 1 cup (250 mL) sour cream</li> <li>▪ 1 cup (250 mL) buttermilk</li> <li>▪ 1 cup (250 mL) mayonnaise</li> </ul>

2019 © ATCO Blue Flame Kitchen. All rights reserved.