

Food 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 <i>For thickening only.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"> ▪ 1 tbsp (15 mL) cornstarch ▪ 2 tbsp (25 mL) flour 	
	2 tsp (10 mL)	<ul style="list-style-type: none"> ▪ 1 tbsp (15 mL) quick-cooking tapioca 	
Baking Powder	1 tsp (5 mL)	<ul style="list-style-type: none"> ▪ ¼ tsp (1 mL) baking soda + ½ tsp (2 mL) cream of tartar ▪ ¼ tsp (1 mL) baking soda + ½ cup (125 mL) buttermilk, reduce liquid in recipe by ½ cup (125 mL) 	
Baking Soda	No appropriate substitute.		
Butter	Melted	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ ¾ cup (175 mL) oil
		¾ cup (175 mL)	<ul style="list-style-type: none"> ▪ ⅔ cup (150 mL) oil
		½ cup (125 mL)	<ul style="list-style-type: none"> ▪ ⅓ cup (75 mL) oil
		¼ cup (50 mL)	<ul style="list-style-type: none"> ▪ 3 tbsp (40 mL) oil
	Solid	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) hard margarine ▪ ¾ cup (175 mL) + 2 tbsp (25 mL) shortening ▪ ¾ cup (175 mL) + 2 tbsp (25 mL) lard
Buttermilk	See Milk.		
Chocolate	<i>It is not recommended to substitute chocolate chips for chocolate baking squares because chocolate chips have been made to retain their shape.</i>		
	Bittersweet	1 oz	<ul style="list-style-type: none"> ▪ 1 oz semisweet
	Semisweet	1 oz	<ul style="list-style-type: none"> ▪ 1 oz bittersweet
	Unsweetened	1 oz	<ul style="list-style-type: none"> ▪ 3 tbsp (40 mL) unsweetened cocoa powder plus 1 tbsp (15 mL) fat in recipe
Chocolate Chips	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) chopped chocolate baking squares 	
Chocolate Chips, melted	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 9 tbsp (140 mL) unsweetened cocoa powder + 7 tbsp (105 mL) granulated sugar plus 3 tbsp (40 mL) fat in recipe 	
Cocoa Powder, unsweetened	3 tbsp (40 mL)	<ul style="list-style-type: none"> ▪ 1 square unsweetened chocolate minus 1 tbsp (15 mL) fat in recipe 	
Cornstarch <i>For thickening only.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"> ▪ 2 tbsp (25 mL) flour ▪ 2 tbsp (25 mL) quick-cooking tapioca ▪ 1 tbsp (15 mL) arrowroot powder 	

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Corn Syrup	No appropriate substitute.	
Cream		
Coffee (18%) <i>Also known as Table Cream</i>	1 cup (250 mL)	<ul style="list-style-type: none"> 3 tbsp (40 mL) melted butter + homogenized milk (3.25%) to equal 1 cup (250 mL)
Light (10%)	1 cup (250 mL)	<ul style="list-style-type: none"> ¾ cup (175 mL) milk + ¼ cup (50 mL) whipping cream (35%) ¾ cup (175 mL) milk plus 2 to 3 tbsp (25 to 40 mL) fat in recipe
Whipping (35%)	1 cup (250 mL)	<ul style="list-style-type: none"> ¾ cup (175 mL) milk plus ⅓ cup (75 mL) fat in recipe, for baking and cooking only, not appropriate for whipping
Cream of Tartar	1 tsp (5 mL)	<ul style="list-style-type: none"> 1 tbsp (15 mL) white vinegar 1 tbsp (15 mL) lemon juice
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"> 2 tbsp (25 mL) pasteurized liquid egg white 1 tbsp (15 mL) powdered egg white + 2 tbsp (25 mL) water
Whole	1 large	<ul style="list-style-type: none"> 2 ½ tbsp (32 mL) powdered whole egg + 2 ½ tbsp (32 mL) water 3 tbsp (40 mL) mayonnaise ¼ cup (50 mL) pasteurized liquid egg product
Evaporated Milk	See Milk.	
Flour		
All-purpose	1 cup (250 mL)	<ul style="list-style-type: none"> 1 cup (250 mL) + 2 tbsp (25 mL) cake flour ½ cup (125 mL) whole wheat flour + ½ cup (125 mL) all-purpose flour
Cake and Pastry	1 cup (250 mL) sifted	<ul style="list-style-type: none"> 1 cup (250 mL) minus 2 tbsp (25 mL) sifted all-purpose flour
Self-rising	1 cup (250 mL)	<ul style="list-style-type: none"> 1 cup (250 mL) all-purpose flour + 1 ½ tsp (7 mL) baking powder + ½ tsp (2 mL) salt
Flour <i>For thickening only.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"> 1 ½ tsp (7 mL) cornstarch 1 tbsp (15 mL) quick-cooking tapioca 1 ½ tsp (7 mL) arrowroot powder
Garlic	1 clove	<ul style="list-style-type: none"> ⅛ tsp (0.5 mL) garlic powder ½ tsp (2 mL) garlic salt minus ½ tsp (2 mL) salt in recipe
Ginger, fresh	1 tbsp (15 mL)	<ul style="list-style-type: none"> ⅛ tsp (0.5 mL) ground ginger
Herbs, chopped fresh	1 tbsp (15 mL)	<ul style="list-style-type: none"> 1 tsp (5 mL) dried herbs ¼ tsp to ½ tsp (1 to 2 mL) ground or powdered herbs
Honey	1 cup (250 mL)	<ul style="list-style-type: none"> 1 ¼ cups (300 mL) granulated sugar plus ¼ cup (50 mL) liquid in recipe ½ cup (125 mL) granulated sugar + ¾ cup (175 mL) maple syrup, corn syrup or molasses
Lard	1 cup (250 mL)	<ul style="list-style-type: none"> 1 cup (250 mL) shortening
Margarine, hard	1 cup (250 mL)	<ul style="list-style-type: none"> 1 cup (250 mL) butter ¾ cup (175 mL) + 2 tbsp (25 mL) shortening ¾ cup (250 mL) + 2 tbsp (25 mL) lard
Mascarpone	1 ½ cups (375 mL)	<ul style="list-style-type: none"> 8 oz (250 g) softened cream cheese + ¼ cup (50 mL) whipping cream + ¼ cup (50 mL) sour cream, beaten together
Mayonnaise	1 cup (250 mL)	<ul style="list-style-type: none"> 1 cup (250 mL) sour cream 1 cup (250 mL) yogurt

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"> ▪ 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 ▪ 3 tbsp (40 mL) buttermilk powder + enough water to equal 1 cup (250 mL) ▪ 1 cup (250 mL) yogurt 	
Evaporated Milk	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 2 ¼ cups (550 mL) milk, gently simmered in a sauce pan until reduced to 1 cup (250 mL) ▪ 1 cup (250 mL) whipping cream 	
Homogenized (3.25%)	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ ¾ cup (175 mL) 2% milk + ¼ cup (50 mL) light cream (10%) 	
Skim (0.1%)	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ ⅓ cup (75 mL) skim milk powder + enough water to equal 1 cup (250 mL) ▪ ½ cup (125 mL) evaporated skim milk + ½ cup (125 mL) water 	
Sweetened Condensed Milk	14 oz (398 mL) can	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) evaporated milk + 1 ¼ cups (300 mL) granulated sugar, heated until sugar dissolves 	
Molasses	No appropriate substitute.		
Mustard	1 tsp (5 mL) dry	<ul style="list-style-type: none"> ▪ 1 tbsp (15 mL) prepared mustard 	
Quick-cooking Tapioca <i>For thickening only.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"> ▪ 1 tbsp (15 mL) flour 	
Salt	No appropriate substitute.		
Shortening	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) lard 	
Sour Cream (14%)	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) yogurt ▪ 1 cup (250 mL) mayonnaise ▪ 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 	
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"> ▪ 1 cup (250 mL) granulated sugar + 2 tbsp (25 mL) molasses 	
Granulated	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) packed brown sugar ▪ 1 cup (250 mL) superfine (berry, castor) sugar ▪ ¾ cup (175 mL) honey, decrease oven temperature by 25°F (14°C) 	
Icing (confectioners', powdered)	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) granulated sugar + 1 tsp (5 mL) cornstarch, processed until mixture becomes a fine powder 	
Superfine (berry, castor)	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) granulated sugar, processed until fine crystals 	
Vanilla			
Bean	1 8 inch (20 cm) vanilla bean	<ul style="list-style-type: none"> ▪ 2 to 3 tsp (10 to 15 mL) vanilla extract 	
Extract	1 tsp (5 mL)	<ul style="list-style-type: none"> ▪ 3 inch (7.5 cm) vanilla bean, split and scrape out seeds 	
Vanilla Sugar	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 whole vanilla bean + 1 cup (250 mL) granulated sugar. Let sit 1 – 2 weeks in airtight container. 	
Vinegar, white <i>Not to be used for preserving.</i>	1 tbsp (15 mL)	<ul style="list-style-type: none"> ▪ 1 tbsp (15 mL) lemon juice 	
Yogurt	1 cup (250 mL)	<ul style="list-style-type: none"> ▪ 1 cup (250 mL) sour cream ▪ 1 cup (250 mL) buttermilk ▪ 1 cup (250 mL) mayonnaise 	