

# Substituting Ingredients

## An A to Z Kitchen Reference

SECOND EDITION

*by*

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## Introduction

Don't have an ingredient? *Substitute!* Don't like something? *Substitute!* Can't afford it? *Substitute!*

It's Sunday morning. You wake up and find yourself strangely filled with energy. You decide to make pancakes as a special treat for the family-the fluffy yet substantial kind of pancakes your mother made on Sundays. You can almost taste them. You reach for the cookbook where the recipe is marked by a turned-down, much bespattered page.

"Sour Milk Griddle Cakes," the recipe reads. You stop. Who, in his or her right mind, keeps sour milk around? You can almost feel the softness of the pancake in your mouth, smothered with real Vermont maple syrup. This is the only pancake recipe you want to use. What should you do?

It's a Friday evening. You've prepared a wonderful meal, straight out of Julia Child (well, almost), fit for a king. Fit, you hope, for an enchanting business dinner that will eventually bring you all the projects, raises, and promotions you've dreamed of. It's 7:30, and the guests are due any moment. The sauce needs only one final touch to complete its superb flavor. You reach for the cognac to dash in the required two tablespoons. Then you stop. You recall cousin Don finished off the cognac last weekend. What now?

Whether on a deserted island, in a rented vacation cottage, or at home with no time for a trip to the store, everyone has, at some time, been in this predicament: The recipe you're making calls for an ingredient you don't happen to have on hand.

After becoming frantic with problems like this once too often, we decided to do something about it and came up with something that we, as well as our friends, could benefit by: a book of substitutions. A year of research, questioning, and testing later, the first edition appeared. For this second edition we have added ingredients required for newly popular American regional and international cuisines, including Cajun, Mexican, Central American, Southeast Asian, French Provincial, Italian country, and Pacific Rim. We have also incorporated ingredient equivalents directly into the text.

Take into account your personal preferences and our modern cuisine with its increasing health consciousness. Use your own judgment when you choose between substitutes for a given ingredient. Generally, these are substitutions, not exact equivalents.

Simple? Yes!

With this guide in your kitchen, you need not despair. We have it covered, from allspice to zucchini. Just look up the next best thing and continue on with your cooking and baking.

Remember: It's better to substitute than omit!

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## **Tips for Successful Substituting**

Here are a few general things to note for successful results when substituting:

]Where several substitutes are given, we've tried to list them beginning with the best-tasting (and best-functioning) equivalent; but use your own preferences as a guide.

It's important to remember that substitutions which work in the oven may not work on top of the stove. And vice versa.

## **Baking**

Certain substitutions are standard in baking recipes, one of the most obvious being that margarine can be used in place of shortening or butter without noticeably affecting the texture of the baked goods.

Baking times may vary, depending on the substitution, so be sure to monitor items and test for doneness.

When making substitutions in baking, try to keep the ratio of liquid ingredients to dry ingredients as close as possible to the original recipe.

## **Dairy Products**

Except when needed for whipping, heavy cream and light cream can be used interchangeably. Yogurt or sour cream can be used for a tangier taste or a different fat content, although it's generally not a good idea to boil yogurt or sour cream: They can separate.

## **Fruits**

When you're making a pie, one berry can be as flavorful as the next. And limes are as good as lemons in any recipe we can think of. Both are indispensable—a splash of either juice, for instance, will keep cut fruits and vegetables from turning brown.

We have substituted fruits by taste, which seemed the most appropriate method, especially when preparing non-baked items like drinks, salads, and sorbets. For cooking and baking, you will find that a fruit's size and textural differences affect cooking times and may alter the amount of fruit to be used in the recipe. For apples, especially, the type is important, both for taste and texture.

## **Herbs, Spices, and Flavorings**

In general, 1 tablespoon of fresh herbs equals 1 teaspoon of dried herbs. When using dried herbs, crush them in the palm of your hand to release their flavors. If using dried substitutions, cook the dish 15 minutes after adding, then taste.

Wines and spirits are often used to add flavor. The alcohol evaporates quickly during cooking. For both red and white wines, stick to the drier, rather than sweet, varieties.

Madeira, sherry, and port are used to add sweetness to specific cooking and baking recipes.

## Make Your Own

You will notice recipes for common condiments, sauces, spice mixtures, and more throughout the book. Be adventurous and try them!

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## Substituting Ingredients A to Z

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### A

#### **Acorn Squash**

- = butternut squash
- = pumpkin

#### **Agar-Agar**

- = gelatin

#### **Alfalfa Sprouts**

- = watercress
- See Sprouts*

#### **Allspice**

- = 1/4 teaspoon cinnamon and 1/2 teaspoon ground cloves
- = 1/4 teaspoon nutmeg, in baking
- = black pepper, in cooking

#### **Almonds**

- = 1 lb. shelled = 1 to 1 1/2 cups
- = 1 lb. in shells = 3 1/2 cups

#### **Angel Hair Pasta**

*See Pasta*

#### **Angostura Bitters**

= cinnamon, cloves, mace, nutmeg, orange and/or lemon peel, prunes, and rum (a secret formula)

**Anise**

- = fennel
- = dill
- = cumin

**Anise Seed Or Star Anise**

- = fennel seed
- = caraway seed (use more)
- = chervil (use a lot more)

**Apples, chopped, 1 cup**

- = 1 cup firm pears, chopped, plus 1 tablespoon lemon juice

**Apples** 1 lb. = 2 large apples 1 lb. = 2 1/2 to 3 cups, sliced

**Apples, sweet/mild**

- = golden delicious
- = New Zealand Fuji
- = red delicious
- = Rome
- = russet

**Apples, tart**

- = Granny Smith
- = Gravenstein

**Apples, tart/sweet**

- = Jonathan
- = McIntosh
- = New Zealand Braeburn
- = pippin
- = Winesap

**Arrowroot**

- = flour, up to a few tablespoons, for thickening
- See Flour*

**Artichoke Hearts**

- = chayote, cooked and seasoned
- = Jerusalem artichoke, also known as sunchoke
- = kohlrabi, cooked

**Arugula or Rocket**

- = Belgian endive
- = endive

- = escarole
- = dandelion greens

### **Asian Pears**

- = pears

### **Azafran or Safflower**

- = saffron (use only a tiny bit)

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## **B**

### **Bacon**

- = smoked ham, in cooking

### **Baking Powder, 1 teaspoon double-acting**

- = 1/2 teaspoon cream of tartar plus 1/4 teaspoon baking soda.
- = 1/4 teaspoon baking soda plus 1/2 cup sour milk or cream or buttermilk; reduce some other liquid from recipe
- = 1/4 teaspoon baking soda plus 2 more eggs if recipe calls for sweet milk; reduce some other liquid from recipe
- = 4 teaspoons quick-cooking tapioca

### **Baking Powder, 1 teaspoon single-acting**

- = 3/4 teaspoon double-acting baking powder

### **Bananas**

- 1 lb. = 3 to > 4 whole
- 1 lb. = 2 cups, mashed

### **Barbecue Sauce**

- 1/2 cup vinegar
  - 1 cup ketchup
  - 1/2 cup onion, chopped
  - 1/2 teaspoon cayenne pepper
  - 1/2 cup brown sugar
  - 2 teaspoons dry mustard
  - 2 tablespoons Worcestershire sauce
  - 1/2 cup vegetable oil
  - 1/2 teaspoon salt (optional)
  - 2 tablespoons liquid smoke (optional)
- Combine ingredients. Simmer for 30 minutes, if desired. Yields 2 1/3 cups.

**Basil, dried**

= tarragon

= summer savory

**Basmati Rice**

= long-grain white rice

**Bay Leaf**

= thyme

**Beans, dried**

1 lb. = 1 1/2 to 2 cups

1 lb = 5 to 6 cups cooked

1 cup = 2 to 2 1/2 cups canned

**Bean Sprouts**

= celery

*See Sprouts*

**Beef, ground**

= ground turkey

= ground pork

= ground veal

= ground lamb

Note: Combinations of beef and these substitutes can also be used in most recipes.

**Beet Greens**

*See Greens*

**Belgian Endive**

= fennel

*See Lettuce*

**Bermuda Onions**

*See Onions*

**Blackberries**

= boysenberries

= loganberries

= raspberries

**Black Pepper**

= allspice in cooking, especially if salt is used in dish

**Black Peppercorns**

= white peppercorns

Note: Peppercorns vary in strength.

**Blueberries**

= huckleberries

= elderberries

**Bok Choy or Chinese Cabbage**

= Napa cabbage

= Savoy cabbage

= green cabbage

**Borage**

= cucumber, especially in dishes with yogurt

**Bouquet Garni**

3 sprigs parsley, 1 sprig thyme, 1 bay leaf.

(Optional: basil, celery leaf, fennel, marjoram, tarragon, and other similar aromatic herbs)

**Bourbon**

= whiskey

**Boysenberries**

= blackberries

= raspberries

**Brandy**

= cognac

= rum

**Bread**

1 lb. = 10 to 14 slices

1 slice = 1/2 cup soft bread crumbs

1 slice = 1/4 to 1/3 cup dry bread crumbs

**Bread crumbs, dry, 1/4 cup**

= 1/4 cup cracker crumbs

= 1/2 slice bread, cubed, toasted, and crumbled

= 1/4 cup rolled oats

= 1/3 cup soft bread crumbs

= 1/4 cup matzoh meal

= 1/4 cup flour

= 1/4 cup crushed corn flakes



**Broccoli rabe or Italian turnip**

*See Greens*

**Broth, Beef, 1 cup**

- = 1 bouillon cube plus 1 cup water
- = 1 cup beef stock
- = 1 cup beef consommé

**Broth, Chicken, 1 cup**

- = 1 bouillon cube plus 1 cup water
- = 1 cup chicken stock

**Bulgur**

- = cracked wheat
- = buckwheat or kasha
- = brown rice
- = couscous
- = millet
- = quinoa

**Butter, for frying**

- = oil
- = bacon grease (this will flavor food, too)

**Butter, in baking**

- = margarine
- = shortening

Note: Oil is generally not interchangeable with butter in baking.

**Butter, 1 cup**

- = 1 cup margarine
- = 7/8 cup vegetable shortening
- = 7/8 cup lard
- = 7/8 cup cottonseed oil
- = 7/8 cup nut oil
- = 7/8 cup corn oil
- = 2/3 cup chicken fat (not for baking or sweets)
- = 7/8 cup solid shortening

Note: For softened butter, or to stretch butter, blend 1/2 cup corn oil or safflower oil into 1 lb. butter; refrigerate.

**Butter**

- 1 lb. = 4 sticks
- 1 lb. = 2 cups
- 1 cup = 2 sticks
- 1 stick = 1/2 cup

2 tablespoons = 1/4 stick  
2 tablespoons = 1 ounce  
4 tablespoons = 1/2 stick  
4 tablespoons = 2 ounces  
8 tablespoons = 1 stick  
8 tablespoons = 4 ounces  
16 tablespoons = 2 sticks  
16 tablespoons = 8 ounces

**Buttermilk**

= 1 cup milk plus 1 3/4 tablespoons cream of tartar  
= sour cream

**Butternut Squash**

= acorn squash  
= pumpkin  
= buttercup squash

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# C

**Cabbage**

*See Chinese Cabbage, Green Cabbage, Red Cabbage, Savoy Cabbage*

**Cabbage**

1 lb. = 4 cups shredded raw  
1 lb. = 2 cups cooked

**Cactus or Nopal**

= green pepper  
= okra

**Cactus Pear**

= kiwi  
= watermelon

**Capers**

= pickled, green nasturtium seeds  
= chopped green olives

**Capon**

= large roasting chicken

**Caraway Seed**

- = fennel seed
- = cumin seed

**Cardamom**

- = cinnamon
- = mace

**Carrots**

- = parsnips

**Carrots**

1 lb. = 3 cups shredded or sliced raw

**Cauliflower**

- = kohlrabi

**Cayenne Pepper**

- = hot red pepper
- = ground chili powder

**Celery**

- = green pepper
- = jicama
- = bean sprouts
- = Belgian endive
- = fennel

**Celery**

1 stalk = 1/3 cup diced

**Celery Root or Celeriac**

- = kohlrabi
- = turnip

**Celery Seed**

- = dill seed

**Cepe (Porcini or Boletus) Mushrooms**

- = Shiitake mushrooms
- See Mushrooms*

**Chanterelle Mushrooms**

- = pied de mouton or hedgehog mushrooms
- See Mushrooms*

**Chard**

*See Greens*

**Chayote Squash or Nirliton Or Christophine Squash**

- = green peppers, when cooked and stuffed
- = large zucchini, cooked

**Cheese**

4 ounces = 1 cup shredded

**Cheese**

*Within each group, these cheeses can be substituted for each other.*

- = fontina
- = Havarti
- = Monterey Jack
- = muenster
- = Port-Salut

- = American
- = cheddar
- = colby
- = longhorn

- = Edam
- = Gouda

- = Emmenthaler
- = Gruyere

- = Jarlsberg
- = radette
- = Swiss

- = mozzarella [not buffalo mozzarella] (for cooking)
- = provolone

- = bleu (blue) cheese
- = Roquefort

- = Brie
- = Camembert

- = Gorgonzola
- = Stilton

- = Parmesan
- = pecorino
- = Romano
  
- = buffalo milk mozzarella
- = mozzarella (not for cooking)
  
- = hevre or goat (white)
- = feta
  
- = cottage cheese
- = cream cheese
- = farmer cheese
- = hoop cheese
- = mascarpone
- = ricotta
- = yogurt (especially in dips)

**Cherimoya**

- = a mixture of pears, pineapple, and banana with lemon/lime juice

**Chervil**

- = parsley
- = tarragon (use less)
- = anise (use less)
- = Italian parsley

*See Lettuce*

**Chicken, pieces**

- = turkey
- = Cornish game hen
- = rabbit

**Chicken Breasts, boneless**

- = turkey breast slices
- = veal scallops

**Chile (or Chili) Oil or Red Pepper Oil**

- 3 tablespoons sesame oil
- 3 to 4 spicy red peppers

Heat oil. Fry peppers until they turn dark. Remove peppers and discard. Use the remaining oil.

**Chile or Chili Peppers, hot**

- = habanero

- = Fresno
- = jalapeno
- = serrano

**Chile or Chili Peppers, milder**

- = Anaheim or Chile verde
- = banana peppers or Hungarian wax peppers
- = pepperoncini
- = poblano (called ancho when dried)

Note: Chili peppers vary greatly in strength from mild to extra-hot, so use care when attempting substitutions.

**Chili Powder**

- = cayenne pepper (Optional. add cumin, oregano, garlic, and other spices)

**Chinese Cabbage**

- = cabbage = lettuce

**Chinese Parsley**

*See Cilantro*

**Chives**

- = green onion tops
- = onion powder (use small amount)
- = leeks
- = shallots (use less)

**Baking Chocolate**

1 square = 1 ounce

**Chocolate, Baking, unsweetened, 1 ounce or square**

- = 3 tablespoons unsweetened cocoa plus 1 tablespoon butter or margarine
- = 3 tablespoons carob powder plus 2 tablespoons water

**Chocolate, Baking, unsweetened pre-melted, 1 ounce**

- = 3 tablespoons unsweetened cocoa plus 1 tablespoon oil or melted shortening

**Chocolate, Semi-sweet, 6 ounces chips, bits, or squares**

= 9 tablespoons cocoa plus 7 tablespoons sugar plus 3 tablespoons butter or margarine

**Chocolate, White**

Note: There is no exact substitute for white chocolate.

**Chocolate, White, chips**

- = semi-sweet or milk chocolate chips, in cookies or cakes

**Chocolate Chips**

1 12-ounce package = 2 cups

**Chutney**

1 8-ounce jar apricot or peach preserves

1 clove garlic, minced, or 1/2 teaspoon garlic powder

1/2 teaspoon powdered ginger, or 1 tablespoon fresh or candied ginger

1/2 teaspoon salt

1 tablespoon apple cider vinegar

1/2 cup raisins (optional)

Combine ingredients. Yields 1 1/2 cups.

**Cilantro or Coriander Leaf or Chinese Parsley**

= parsley and lemon juice

= Italian parsley (for looks)

= orange peel with a little sage

= lemon grass with a little mint

**Cinnamon**

= allspice (use less)

= cardamom

**Clementines**

= tangerines

= mandarin oranges

**Cloves, ground**

= allspice

= nutmeg

= mace

**Club Soda**

= mineral water seltzer

**Cockles**

= small clams

**Cocktail Sauce**

2 tablespoons horseradish

1/2 cup ketchup

1 1/2 teaspoons Worcestershire sauce (optional)

2 tablespoons lemon juice (optional)

black pepper (optional)

bottled hot sauce (to taste; optional)

1/2 cup chili sauce (optional)

Combine ingredients.

**Coconut, grated**

Note: If less than 1/2 cup, can be omitted from recipe. Coconut Milk, fresh, thick, 1 cup

- = 4 to 5 tablespoons coconut cream, solidified, dissolved in 1 cup hot water or milk
- = 1 cup top layer of canned cream of coconut liquid
- = 1 cup medium cream with 1 teaspoon coconut flavoring

**Coconut Milk, fresh, thin, 1 cup**

- = 2 tablespoons coconut cream, solidified, dissolved in 1 cup hot water or milk
- = 1 cup canned cream of coconut liquid
- = 1 cup whole milk with 1 teaspoon coconut flavoring
- = 1 cup milk beaten with 3 tablespoons grated coconut

**Coffee**

- 1/2 cup strong brewed = 1 teaspoon instant in 1/2 cup water
- 1 lb. ground = 80 tablespoons
- 1 lb. ground = 30-40 cups (servings)

**Cognac**

- = brandy

**Collard Greens**

*See Greens*

**Coriander Leaf**

*See cilantro*

**Coriander Seed, ground**

- = caraway plus cumin
- = lemon plus sage

**Corn**

- 6 ears = 2 to 3 cups kernels

**Corn Flour**

- = flour, up to a few tablespoons, for thickening
- See Flour*

**Cornish Game Hen**

- = squab
- = quail Cornmeal
- = (corn) grits
- = polenta



**Cornstarch**

= flour, up to a few tablespoons, for thickening

*See Flour*

**Corn syrup, light, 1 cup**

= 1 1/4 cups sugar plus 1/3 cup liquid, boiled together till syrupy

**Cottage Cheese**

1 lb. = 2 cups

**Cottage Cheese**

*See Cheese, Cottage*

**Couscous**

= bulgur (cracked wheat)

= quinoa

= kasha

= millet

= orzo

= rice

**Crayfish**

= small lobster

= prawns

= langouste (langoustine)

**Cream, Clotted**

= heavy cream, whipped to soft peaks

= sour cream with a pinch of baking soda

= creme fraiche

**Cream, Heavy, not for whipping, 1 cup**

= 3/4 cup milk plus 1/4 cup shortening or butter

= 2/3 cup evaporated milk

**Heavy or Whipping Cream**

1 cup = 2 cups whipped

**Cream, light (or Half and Half), 1 cup**

= 1/2 cup heavy cream plus 1/2 cup milk

= 7/8 cup milk plus 3 tablespoons butter or margarine

= 1/2 cup evaporated milk plus 1/2 cup milk

**Cream, Whipped, sweetened, 1 cup**

= 1 4-ounce package frozen whipped cream topping

= 1 envelope whipped topping mix, prepared as directed

- = 1 mashed banana beaten with 1 stiffly beaten egg white plus 1 teaspoon sugar
- = 1 cup nonfat dry milk powder whipped with 1 cup ice water and sweetened to taste (this is for low-calorie desserts and drinks; it will not hold firm)
- = ice-cold evaporated milk, whipped (use immediately)

### **Cream Cheese**

= cottage cheese blended with cream or cream with a little butter and/or milk to correct consistency

### **Creme Fraiche**

= sour cream, in recipes  
= 1/2 sour cream and 1/2 heavy cream  
Creme Fraiche 1 cup heavy cream 1/2 cup buttermilk or sour milk or yogurt Stir well in glass container. To make firm creme fraiche, let sit in a wane place for 6 hours and then refrigerate. Yields 1 1/2 cups.

### **Cumin**

- = 1/3 anise plus 2/3 caraway
- = fennel

### **Currants**

- = gooseberries

### **Currants, 1 cup (dried)**

- = 1 cup raisins
  - = 1 cup soft prunes or dates, finely chopped
- Note: If less than 1/2 cup, can be omitted from recipe.

### **Curry Powder**

2 tablespoons ground coriander  
1 tablespoon black pepper  
2 tablespoons cumin  
2 tablespoons red pepper  
2 tablespooons turmeric  
2 tablespoons ground ginger  
Optional: allspice, cinnamon, ground fennel, fenugreek, garlic powder, mace  
Combine. Yields 2/3 cup.

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## **D**

### **Daikon**

- = jicama
- = radish

**Dandelion Greens**

*See Greens*

*See Lettuce*

**Dates**

1 lb. = 22/3 cups chopped, pitted

**Dates**

= raisins

= figs

= prunes

Note. If less than 1/2 cup, can be omitted from recipe.

**Dill Seed**

= caraway

= celery seed

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# E

**Edible Blossoms, for garnish and in salads**

= bachelor buttons

= blue borage

= calendula petals

= chive blossoms

= Johnny-jump-ups

= mini carnations

= nasturtiums

= pansies

= rocket

= rose petals

= snap dragons

= violets

= wild radish

**Eggs** 1 cup = 4 to 5 Large 1 cup = 8 to 10 whites 1 cup = 10 to 12 yolks

**Eggs, for scrambling**

= tofu, lightly chopped

**Eggs, Whole**

= 2 tablespoons liquid plus 2 tablespoons flour plus 1/2 tablespoon shortening plus 1/2 teaspoon baking powder

= 2 yolks plus 1 tablespoon water

= 2 yolks, in custards, sauces, or similar mixtures

= 2 tablespoons oil plus 1 tablespoon water

= 1 teaspoon cornstarch plus 3 tablespoons more liquid in recipe

Note: If halving recipe, do not try to halve one egg; use one whole egg.

If short one more egg in recipe, substitute 1 teaspoon vinegar or 1 teaspoon baking powder.

**Elderberries**

= blueberries

= huckleberries

**Elephant Garlic**

= garlic (use less)

**Endive or Curly Endive**

= Belgian endive

= chicory

= escarole

*See lettuce*

**Enoki (Enokitake) Mushrooms**

= oyster mushrooms

*See Mushrooms*

**Escarole**

= arugula

= endive

**Evaporated Milk**

= light cream or half and half

= heavy cream

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# F

**Fava Beans**

= lima beans, especially baby lima beans

**Feijoa**

*See Guava*

**Fennel, bulb or Florentine**

= Belgian endive = celery

**Fennel Seed**

= anise seed or star anise = caraway seed

**Figs**

1 lb. = 2 2/3 cups chopped

**Figs**

Note: If less than 1/2 cup, can be omitted from recipe. File Powder

*See Gumbo File*

**Fines Herbes**

Equal amounts of parsley, tarragon, chervil, and chives

**Fish Fillets**

= bass or sea bass, also known as Mexican bass or Chilean bass

= bluefish

= carp

= catfish

= cod

= coho salmon, also known as salmon trout

= flounder

= grouper

= haddock

= halibut

= ling cod

= John Dory

= mahimahi

= monkfish, also known as lotte

= muskellunge, also known as muskie

= nilefish

= orange roughy

= pickerel

= pike

= plaice

= pollock

= red snapper

= rock cod

= rockfish

= salmon

= sandab

- = scrod (this is a type of catch, not a type of fish)= shark (dogfish)
- = sole
- = striped bass= talapia, also known as golden talapia or St. Peter's fish= trout
- = turbot
- = walleyed pike= whitefish

### **Fish Steaks**

- = ahi
- = albacore
- = cod
- = halibut
- = John Dory
- = mackerel
- = ono
- = salmon
- = sea bass
- = shark
- = swordfish
- = tuna

### **Fish, Whole**

- = bass
- = catfish
- = flounder
- = halibut
- = mackerel
- = muskellunge
- = perch
- = pike
- = salmon
- = smelt
- = trout
- = turbot

### **Five Spice Powder, for Oriental cooking**

Equal amounts of anise, fennel, cinnamon, black pepper, and cloves

### **Flavorings (extracts and aromatics)**

*Commonly available; some are imitation:*

- = almond
- = anise
- = banana
- = brandy
- = butter

- = cherry
- = chocolate
- = coconut
- = lemon
- = liquid smoke
- = maple
- = orange
- = peppermint
- = pineapple
- = root beer
- = rose water
- = rum
- = vanilla

*See Liqueurs*

**Flour**

- 1 lb. white = 3 1/2 to 4 cups
- 1 cup white = 1 cup plus 2 tablespoons cake flour
- 1 lb. cake = 4 to 4 1/2 cups
- 1 cup cake = 7/8 cup white flour
- 1 lb. whole wheat = 3 cups sifted

**Flour, for thickening, up to a few tablespoons only**

- = Bisquick
- = tapioca, quick cooking
- = cornstarch or corn flour (use less)
- = arrowroot (use less)
- = brown rice flour or soy flour or rye flour
- = potato starch or potato flour
- = mashed potatoes, flakes or prepared
- = 1 whole egg or 2 yolks or 2 whites (especially for cooked sauces)-whisk continuously
- = pancake mix, for frying pork chops or chicken

**Flour, Graham**

- = whole wheat flour

**Flour, Self-rising, 1 cup**

- = 1 cup flour plus 1/4 teaspoon baking powder
- (Optional. add a pinch of salt)

**Flour, White, for baking, 1 cup**

- = 1 cup plus 2 tablespoons cake flour
- = 3/4 cup whole wheat flour; reduce shortening to 2/3 the amount for cookies; add 1 or 2 more tablespoons liquid for cakes; add more for bread.

Note: Whole wheat flour will make the product denser (heavier); it's advisable to start

out substituting half whole wheat or other grain flours. Rye, for instance, has a nutty flavor. Soy can also be used for extra protein; substitute 1/10 to 1/4 soy flour for wheat flour. Flour, Whole Wheat, 1 cup

= 1 cup graham flour = 2 tablespoons wheat germ plus enough white flour to make 1 cup. Note.- Product may be less dense or lighter when using white flour.

## **Flowers**

*See Edible Blossoms*

## **Focaccio Bread**

= baked pizza dough

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# **G**

## **Galangal or Laos Powder**

= ginger root or powdered ginger plus cardamom

## **Garam Masala, for Indian cooking**

2 teaspoons ground cardamom

5 teaspoons ground coriander

4 teaspoons ground cumin

1 teaspoon ground cloves

2 teaspoons black pepper

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

Combine. Yields 1/3 cup

## **Garlic, 1 clove**

= 1/4 teaspoon minced, dried garlic

= 1/8 teaspoon garlic powder

= 1/4 teaspoon garlic juice

= 1/2 teaspoon garlic salt (and omit 1/2 teaspoon salt from recipe)

= garlic chives (use more)

= elephant garlic (use more)

## **Garlic**

1 clove garlic = 1/2 - 1 teaspoon chopped garlic

## **Garlic Butter**

1 clove garlic, mashed

4 tablespoons salted butter, creamed or melted

Combine. Yields 1/4 cup.



**Garlic, Green**

= leeks

**Ghee**

= clarified butter

**Ginger, fresh, grated**

= powdered ginger (use less)

= minced, crystalized ginger with sugar washed off

**Ginger, powdered**

= 1/3 mace plus 2/3 lemon peel

**Gooseberries**

= currants

**Green Beans**

= haricots verts

= wax beans

**Green Cabbage**

= Savoy cabbage = Chinese cabbage = kohlrabi = lettuce

**Green Onions**

= scallions

= leeks

= shallots (use less)

= chives

**Green Peppers**

1 large = 1 cup diced

**Green Peppers**

= yellow peppers = red peppers = celery

**Greens, mild in flavor**

= beet greens

= collard greens

= broccoli rabe, also known as rapini

**Greens, medium in flavor**

= kale

= spinach

= Swiss chard, also known as chard

**Greens, strong in flavor**

- = dandelion greens
- = mustard greens
- = turnip greens

**Grits (corn)**

- = cornmeal
- = polenta

**Guavas**

- = pears with nutmeg and lime juicy

**Gumbo File**

- = sassafras

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# H

**Haricots Verts**

- = young green beans

**Herb Butter**

- 1/2 teaspoon parsley
  - 1/2 teaspoon chives
  - 1/2 teaspoon tarragon
  - 1/2 teaspoon shallots
  - 4 tablespoons salted butter, creamed
- Combine. Yields 1/3 cup.

**Honey**

- 1 lb. = 11/3 cups

**Honey, in baking, 1 cup**

- = 1 1/4 cups sugar plus 1/4 cup more liquid

Note. This may cause the product to brown faster and may necessitate a lower oven temperature.

**Honey Butter**

- 1 tablespoon honey
  - 3 tablespoons unsalted butter, creamed
- Combine. Yields 1/4 cup.

**Honey mustard**

2 tablespoons honey  
3 tablespoons prepared yellow mustard  
Combine. Yields 1/4 cup.

**Hot Fudge Sauce**

1 egg, slightly beaten  
1 cup sugar  
1/4 cup cream  
2 squares unsweetened baking chocolate  
1 tablespoon butter  
1 teaspoon vanilla

Melt first 4 ingredients slowly over low heat. Bring to a boil: Cool a minute. Beat in butter and vanilla. Serve warm over ice cream. Yields 1 1/2 cups.

**Bittersweet Hot Fudge Sauce**

4 squares unsweetened baking chocolate  
3 tablespoons butter  
2/3 cup water  
1 3/4 cups sugar  
3/4 cup corn syrup  
1 teaspoon vanilla or rum

Melt butter and chocolate slowly over low heat. Add water, sugar, and corn syrup. Boil 10 minutes. Allow to cool a bit. Beat in the vanilla or rum. Serve warm. Yields 2 1/2 cups.

**Hot Pepper Jelly**

1 cup apple jelly  
1 1/2 small, hot chilies or 2 tablespoons canned chili peppers  
Combine. Process in a food processor. Yields 1 cup.

**Hot Pepper Sauce**

= bottled hot sauce  
= Tabasco sauce  
= ground red pepper  
= cayenne pepper  
= hot red pepper flakes  
= chili powder

**Hot Red Pepper Flakes**

= chopped, dried red pepper pods  
= red pepper (use less)

**Huckleberries**

= blueberries  
= elderberries

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# J

## **Japanese Pears**

*See Asian Pears*

## **Jerusalem Artichoke or Sunchoke**

= artichoke heart

## **Jicama**

= daikon

= raw turnip

= water chestnut

## **Juniper Berries**

= a dash of gin

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# K

## **Kabocha Squash**

= buttercup squash

= butternut squash

## **Kale**

*See Greens*

## **Ketchup**

1/2 cup tomato sauce

2 tablespoons sugar

2 tablespoons vinegar

1/2 teaspoon salt

1/2 teaspoon ground cloves

*or*

1/2 cup tomato sauce

1/4 cup sugar

2 tablespoons vinegar

1 teaspoon salt  
Combine. Yields 3/4 cup.

**Kidney Beans**

= pink beans = pinto beans = red beans Note: These substitutes are smaller beans.

**Kiwi Fruit**

= strawberries with a little lime juice Note: Use only fresh berries.

**Kohlrabi**

= cauliflower  
= artichoke  
= heart  
= broccoli  
= stems  
= cabbage  
= celeriac  
= radish  
= turnip

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# L

**Leeks**

= shallots  
= green  
= onions  
= onions (use less)

**Lemon**

= lime

**Lemon**

1 medium = 2 to 3 tablespoons juice  
1 medium = 1 to 2 teaspoons rind, grated

**Lemon, as flavoring**

= lime  
= lemongrass  
= verbena

**Lemongrass**

- = lemon or lemon rind
- = verbena

**Lemon Juice**

- = vinegar
- = lime juice
- = crushed Vitamin C pills mixed with water to taste (for small amounts)

**Lemon Peel, grated**

- = equal amount of marmalade
- = equal amount of lime or orange peel

Note: If less than 1 tablespoon, can be omitted from recipe, especially if another flavoring or essence is used.

*See Flavorings*

**Lentils**

- = yellow split peas Lettuce and Salad Greens, buttery and soft
- = bibb, also known as limestone
- = Boston, also known as butter
- = mache, also known as lamb's lettuce or corn salad
- = oak leaf
- = red salad bowl

**Lettuce and Salad Greens, crisp and crunchy**

- = Cos
- = curly endive
- = iceberg
- = romaine
- = salad bowl

**Lettuce and Salad. Greens, pungent to slightly bitter**

- = arugula, also known as rocket
- = Belgian endive
- = chervil
- = dandelion greens
- = escarole
- = lovage
- = mustard greens
- = pepper grass, also known as garden cress
- = radicchio, also known as chicory
- = sorrel
- = watercress

**Lima Beans**

- = fava beans

**Lime**

= lemon

**Lime Juice**

= lemon juice

**Liqueurs**

*Standard flavors include:*

Mint-Creme de Menthe

Orange-Curacao, Grand Marnier, Cointreau

Raspberry- Cassis, Chambord

Anise (or licorice) Pastis, Ouzo, Pernod, Arak

Note. One liqueur can be used in place of two in a recipe.

**Loganberries**

= blackberries

= boysenberries

= raspberries

**Lovage**

= celery leaves

*See Lettuce*

*See Greens*

**Lychee**

= peeled grapes

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# M

**Macaroni**

1 lb. elbow = 8 to 9 cups cooked

**Macaroni**

*See Pasta*

**Mace**

= allspice

- = cloves
- = nutmeg (Optional. add cardamom)

**Mache**

*See Lettuce*

**Madeira**

- = sherry
- = port

**Mango**

= peach with a little lemon and allspice

**Margarine**

- = butter
- = shortening

Note: See Butter entries.

**Margarine**

- 1 lb. = 4 sticks
- 1 lb. = 2 cups
- 1 stick = 1/2 cup

**Marinade for Beef, Lamb, or Chicken**

- 1 cup red wine or red wine vinegar for beef or lamb; 1 cup dry white wine for chicken
  - 1 cup salad oil or olive oil or combination
  - 2 cloves garlic
  - 1 teaspoon black pepper, freshly ground
  - 1/4 cup minced fresh parsley
  - 1/2 teaspoon dried thyme
  - 1/2 teaspoon dried marjoram
  - 1 bay leaf
- Optional:*

- 1 small onion, chopped
  - 1 small carrot, chopped
  - 2 allspice berries, whole
  - 1 teaspoon salt
  - 1/2 teaspoon dried rosemary
- Combine ingredients. Yields 2 1/2 to 3 cups.

**Marinade for Fish or Chicken**

- 1 1/2 cups soy sauce
- 1 3/4 cups ketchup
- 1/4 cup dry red wine



2 tablespoons fresh grated ginger  
2 tablespoons brown sugar  
1 small onion, finely chopped  
juice of 1 lemon (2 to 3 tablespoons)  
dash of bottled hot sauce  
2 cloves garlic, mashed  
Combine ingredients. Yields 4 1/4 cups.

### **Marinade for Pork**

1 1/2 cups dry white wine 3 tablespoons olive oil  
1 small onion, chopped 1 bay leaf  
2 whole cloves  
1/2 teaspoon dried thyme  
*Optional:*

1 small carrot, chopped  
2 allspice berries, whole  
2 juniper berries, whole  
Combine ingredients. Yields 2 to 2 1/2 cups.

### **Marjoram**

= oregano (use less)  
= thyme

### **Marshmallows**

1 large = 6 miniature  
11 large = 1 cup

### **Masa Harina**

= corn flour

### **Mascarpone**

= cream cheese, whipped with a little butter and/or heavy cream  
*See Cheese, Mascarpone*

### **Matsuke Mushrooms**

= morel mushrooms  
*See Mushrooms*

### **Maui Onions**

*See Onions, Sweet*

### **Mayonnaise**

= yogurt or sour cream, especially in small amounts and in dips  
(Optional. add lemon juice)

**Melon**

- = papaya
- = mango

**Melon, Crenshaw**

- = Spanish melon

**Melon, Honeydew**

- = Casaba melon

**Mexican Mint Marigold**

- = tarragon

**Milk, Evaporated**

- = light cream or half and half
- = heavy cream

**milk, in baking**

- = fruit juice plus 1/2 teaspoon baking soda added to the flour

**Milk, 1 cup**

- = 1 cup light cream (Optional. delete up to 4 tablespoons shortening from recipe)
- = 1/2 cup evaporated milk plus 1/2 cup water
- = 1 cup skim milk (Optional. add 2 tablespoons shortening)
- = 3 tablespoons powdered milk plus 1 cup water (add 2 tablespoons butter if whole milk is required)
- = soy or nut milks, in recipes Millet
- = orzo (or other tiny pasta)
- = barley
- = quinoa

**Mineral water**

- = club soda
- = seltzer

**Mint**

- = mint or spearmint tea from tea bags or bulk tea
- = creme de menthe, in sweets

**Mirin**

- = sweet sherry
- = sweet vermouth

**Mirliton**

*See Chayote*

**Molasses, in baking, 1 cup**

= 3/4 cup white or brown sugar plus 1/4 cup liquid

**Morel Mushrooms**

= matsuke mushrooms

**Mung Beans**

= split peas

**Mushrooms**

*See Cepe, Cbanterelle, Matsuke, Morel, Oyster, Pied de Mouton, Porcini, Sbiitake*

**Mushrooms, Fresh**

1 lb. = 5 cups sliced

1 lb. = 12 ounces canned, drained

**Mustard, Dry, 1 teaspoon**

= 1 tablespoon prepared mustard from jar

**Mustard Greens**

*See Lettuce*

*See Greens*

**Mustard, Hot Chinese**

= Coleman's English dry mustard, prepared with water

**Prepared Mustard**

1 teaspoon dry mustard

1/2 teaspoon water

2 drops vinegar

Combine well. Yields 1/2 tablespoon.

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# N

**Nectarines**

= peaches

**Noodles**

1 lb. dried = 6 to 8 cups cooked

**Noodles**

*See Pasta*

**Nopal**

*See Cactus*

**Nutmeg**

- = allspice
- = cloves
- = mace

**Nuts**

- 1 lb. shelled = 4 cups nutmeats
- 1 lb. in shell = 12/3 cups nutmeats

**Nuts, in baking**

- = bran
  - = soy nuts, toasted and chopped
- Note: If less than 1/2 cup, can be omitted from recipe.

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# O

Oil, for cooking, interchangeable:

- = canola oil
  - = corn oil
  - = light sesame oil
  - = olive oil
  - = peanut oil (adds some flavor)
  - = rice bran oil
  - = safflower oil
  - = soy oil
  - = vegetable oil
- Note: The burning temperatures of different oils, butter, and margarine vary.

**Oil, for salads, flavored**

- = almond oil
- = Asian sesame or dark sesame oil (mix with an unflavored oil)
- = hazelnut oil
- = olive oil (use virgin)
- = walnut oil

**Oil, for salads, unflavored, interchangeable**

- = avocado oil
- = canola oil
- = rice bran oil
- = safflower oil
- = soy oil Oil, for sauteing (not for deep-fat frying)
- = margarine or butter

**Oil, in baking, 1 tablespoon**

- = 1 1/4 tablespoons butter
- = 1 1/4 tablespoons margarine
- = 1 tablespoon mayonnaise, in cake recipes Note: Use these substitutions only for small amounts, up to a few tablespoons. If substituting olive or other strong oils in baking, add a few drops of mint to mask the pungency; the baked goods will have a mint flavor.

**Okra**

- = eggplant (although texture will be different)

**Onion**

- 1 medium = 3/4 cup chopped

**Onion, White or yellow, 1 medium or 1/4 cup**

- = red onion, not usually used for cooking
- = 1 tablespoon instant minced onion
- = 1/4 cup frozen chopped onion
- = 1 tablespoon onion powder
- = shallots (use more)
- = leeks
- = green onions (use more)

**Onion Powder**

*See Onion, White or Yellow*

**Onions, Sweet**

- = Vidalia
- = Walla Walla
- = Maui
- = red, also called Italian red or purple
- = Bermuda
- = Spanish yellow

**Orange Peel**

- = tangerine peel
- = marmalade
- = Grand Marnier

- = Curacao
- = Cointreau
- = lemon or lime peel

### **Orange Peel, grated**

- = equal amount of marmalade
- = equal amount of lemon or lime peel

Note: If less than 1 tablespoon, can be omitted from recipe.

### **Oranges**

- 1 medium = 1/3 to 1/2 cup juice
- 1 medium = 1 to 2 tablespoons peel, grated

### **Oregano**

- = marjoram
- = rosemary
- = thyme, fresh

### **Oyster Mushrooms**

- = button or market mushrooms

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## **P**

### **Pancake Syrup**

- = fruit jelly, melted (add water to thin)

### **Pancetta**

- = lean bacon, cooked
- = prosciutto
- = thinly sliced ham

### **Paprika**

- = turmeric with red or cayenne pepper

### **Parsley**

- = chervil
- = tarragon

### **Parsley Root**

- = parsnip

**Parsnips**

- = parsley root
- = carrots

**Passion Fruit**

- = pomegranates with apricot and grapefruit
- = pomegranates

**Pasta, filled**

- = agnolotti
- = ravioli
- = tortellini
- = cannelloni
- = manicotti

**Pasta, flat**

- = noodles
- = fettuccine
- = linguine
- = tagliatelle

**Pasta, medium**

- = rice noodles
- = spaghetti
- = soba (buck wheat) noodles
- = Oriental (ramen) noodles

**Pasta, miscellaneous shapes**

- = farfalle ("butterflies")
- = mostaccioli ("little mustaches")
- = rotelle ("wheels")
- = rotini ("corkscrews")
- = ruote ("wagon wheels")
- = gnocchi (miniature potato dumplings)

**Pasta, thin**

- = angel hair
- = bucatini
- = fedelini
- = vermicelli
- = fusilli
- = spaghetti
- = cappellini

**Pasta, tiny**

- = orzo
- = pastini

**Pasta, tube**

- = bocconcini
- = cannolicchi
- = ditali
- = macaroni
- = penne
- = rigatoni
- = ziti

**Pattypan Squash or Summer Squash**

- = yellow crookneck squash
- = yellow straightneck squash
- = zucchini

**Peaches**

- 1 lb. = 4 medium
- 1 lb. = 2 cups, sliced, peeled

**Peaches**

- = nectarines
- = cantaloupe (in an ice, primarily)

**Peanut Butter**

- = sesame paste
- = other nut butters

**Peanuts**

- 1 lb. shelled = 2 1/4 cups

**Pear Apple**

*See Asian Pears*

**Pears**

- = Asian pears
- = apples

**Peas**

- 1 lb. in pod = 1 cup shelled

**Pecans**

**1 lb. shelled = 3 to 4 cups nutmeats**



**Pecans**

Walnuts, in small amounts

**Pepper**

*See Black Pepper, Cayenne Pepper, Hot Red Pepper, Red Pepper*

**Peppercorns**

*See Black Peppercorns, White Peppercorns*

**Pepperoni**

= sausage, cooked

= salami

**Peppers**

*See Chile or Chili Peppers, Green Peppers, Red Peppers, Yellow Peppers*

**Pesto**

2 cups fresh basil leaves, washed and thoroughly dried

2 cloves garlic

1/2 cup olive oil

1 cup freshly grated Parmesan or Romano cheese

Optional: 1/2 cup toasted pine nuts or shelled walnuts

Process in a blender or food processor until smooth. Serve at room temperature.

Yields 2 cups.

**Pickling Spice**

4 3-inch cinnamon sticks

1 1-inch piece dried ginger root

2 tablespoons mustard seed

2 teaspoons whole allspice

2 teaspoons black peppercorns

2 teaspoons whole cloves

2 teaspoons dill seed

2 teaspoons coriander seed

2 teaspoons whole mace, crumbled

8 bay leaves, crumbled

1 whole 1 1/2-inch dried red pepper, chopped

Combine ingredients. Yields 2/3 cup.

**Pied de Mouton or Hedgehog Mushrooms**

= chanterelles

**Pie Spice, Pumpkin or Apple**

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon allspice

1/8 teaspoon cardamom  
1/4 teaspoon ground cloves  
Combine spices. Yields enough for one 9-inch pie.

**Pimento**

= sweet red peppers, roasted and peeled

**Pineapple guava**

*See Guava*

**Pine Nuts or Pignoli**

= chopped walnuts for pesto and other Mediterranean-type recipes = blanched, peeled, slivered almonds

**Pink Beans**

= pinto beans  
= red beans  
= kidney beans (these are larger)

**Pinto Beans**

= pink beans  
= red beans  
= kidney beans (these are larger)

**Pita Bread**

= flour tortillas

**Polenta**

= cornmeal  
= grits

**Ponzu Sauce**

2 parts soy sauce  
1 part lemon juice  
Combine.

**Porcini Mushroom**

= shiitake mushrooms  
= cepe or boletus mushrooms

**Pork, ground**

= sausage meat (omit salt and other spices from recipe)

**Pork Fat, fresh**

= salt pork, boiled briefly (omit salt from recipe)  
= unsmoked bacon, boiled briefly (omit salt from recipe)

**Port**

- = Madeira
- = sherry

**Potatoes**

- 1 lb. = 3 medium
- 1 lb. = 3 cups sliced
- 1 lb. = 2 1/4 cups cooked
- 1 lb. = 1 3/4 cups mashed

**Poultry Seasoning**

- 2 tablespoons dried marjoram
  - 2 tablespoons dried savory
  - 2 teaspoons dried parsley
  - 1 tablespoon dried sage
  - 1 1/2 teaspoons dried thyme
- Combine. Yields 1/3 cup.

**Prawns**

- = shrimp

**Prosciutto**

- = smoked ham

**Prunes**

- = dates
- = raisins
- = dried apricots

Note: If less than 1/4 cup, can be omitted from recipe.

**Pumpkin**

- = acorn squash
- = butternut squash

**Prunes**

- 1 lb. = 2 1/4 cups pitted

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# Q

**Quail**

- = Cornish game hen
- = squab

**Quince**

- = golden delicious apples
- = Bartlett pears

**Quinoa**

- = couscous
  - = millet
- See Rice*

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# R

**Rabbit**

- = chicken pieces

**Radicchio**

*See Lettuce*

**Raisins, 1 cup**

- = 1 cup currants
  - = 1 cup soft prunes or dates, finely chopped
- Note: If less than 1/4 cup, can be omitted from recipe.

**Raisins**

1 lb. = 2 3/4 cups

**Rapini**

*See Greens*

**Raspberries**

- = blackberries
- = boysenberries

**Red Beans**

- = pinto beans
- = pink beans
- = kidney beans (these are larger)

**Red Cabbage**

- = green cabbage

**Red Onion**

- = Bermuda onion

= Maui onion  
= Vidalia onion  
*See Onions, Sweet*

**Red Pepper, ground**

= cayenne pepper  
= chili powder  
= hot pepper sauce  
= bottled hot sauce  
= hot red pepper flakes

**Red Pepper Flakes, Hot**

= chopped, dried red pepper pods  
= red pepper (use less)

**Red Pepper Oil**

*See Chile (or Chili) Oil*

**Red Pepper Sauce, Hot**

*See Hot Pepper Sauce*

**Red Peppers, Sweet**

= green pepper  
= yellow pepper

Note: This is for bell peppers, not Chile or chili peppers.

**Rice**

1 cup uncooked = 3 cups cooked

1 lb. = 2 to 2 1/2 cups uncooked

**Rice**

*The following grains may be served instead of rice - or rice can be substituted for them*

= barley  
= bulgur  
= couscous  
= millet  
= quinoa

**Rice, "risotto" or arborio**

= short-grain white rice  
= short-grain brown rice

**Seasoned Rice Vinegar**

3 tablespoons white wine vinegar

1 tablespoon sugar

1/2 teaspoon salt

Combine. Yields 1/4 cup.

**Rice Wine**

*See Sake*

**Rocket**

*See Arugula*

**Romaine**

*See Lettuce*

**Rosemary**

= marjoram

= oregano

**Rum**

= brandy

= cognac

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# S

**Safflower or Azafran**

= saffron (use only a tiny bit)

**Saffron, 1/8 teaspoon**

= 1 teaspoon dried yellow marigold petals

= 1 teaspoon azafran or safflower

= 1/2 - 1 teaspoon achiote seeds

= 1/2 - 1 teaspoon turmeric (for color)

**Sage**

= rosemary

= oregano

**Sake**

= very dry sherry or vermouth

= jui or Chinese rice wine

**Salami**

= pepperoni

**Salsa**

4 tomatoes, fresh or canned, chopped

1/2 cup green or red onions, chopped

1/4 cup cilantro, chopped

2 cloves garlic, minced

1 teaspoon salt

1 small jalapeno pepper, seeded and chopped

2 tablespoons lime juice or red wine vinegar

1 teaspoon olive oil

Combine all ingredients. Makes 1 1/2 to 2 cups.

**Salt, as a flavor enhancer**

= black pepper

= garlic

= onion powder

= mustard powder

= paprika

= red pepper

= lemon juice

= vinegar

= wine (not cooking wines)

**Salt, Kosher**

= table salt (use less)

**Salt, Seasoned**

1 cup salt

2 1/2 teaspoons paprika

2 teaspoons dry mustard

1 1/2 teaspoons oregano

1 teaspoon garlic powder

1 teaspoon onion powder

*or:*

1/2 cup salt

1 teaspoon paprika

1 teaspoon dry mustard

1 teaspoon garlic powder

1/2 teaspoon onion powder

Combine.

**Sapote**

- = mango with vanilla or vanilla custard
- = a mixture of peaches, lemon, and vanilla custard

**Seltzer**

*See Club Soda*

**Sardines, processed**

- = small herring
- = small mackerel

**Sassafras**

- = gumbo file

**Sausage**

- = pepperoni
- = ground pork with sage, marjoram, garlic, and onions to taste

**Savory**

- = thyme (Optional: add sage)

**Scallions**

- = green onions
- = shallots
- = leeks
- = onions (use less)

**Scallops**

- = shark

**Semolina**

- = farina or similar breakfast cereal
- = cream of wheat

**Sesame Seed**

- = finely chopped almonds

**Shallots**

- = green onions
- = leeks
- = onions (use less)
- = scallions (use more)

**Sherry**

- = Madeira
- = port



**Shiitake Mushrooms**

- = porcini mushrooms (cepe or boletus)
- = meat, especially steak or veal

**Shortening**

*See Butter or Margarine*

**Shortening, in baking, 1 cup**

- = 1 cup butter
- = 1 cup margarine

**Shrimp**

- = prawns

**Snow Peas**

- = sugar snap peas

**Sorrel**

- = spinach (add lemon)

*See Lettuce*

**Sour Cream, 1 cup**

- = 1 tablespoon white vinegar plus enough milk to make 1 cup; let stand 5 minutes before using
- = 1 tablespoon lemon juice plus enough evaporated milk to make 1 cup
- = 1 cup plain yogurt, especially in dips and cold soups
- = cottage cheese, mixed with yogurt, if desired, and 2 tablespoons milk and 1 tablespoon lemon juice; blend well
- = 6 ounces cream cheese plus 3 tablespoons milk
- = 1/3 cup melted butter plus 3/4 cup sour milk, for baking

**Sour Milk, 1 cup**

- = 1 1/2 tablespoons lemon juice or vinegar plus enough milk to make 1 cup

Note: With pasteurized milk, this is the only way to make sour milk. Pasteurized milk will spoil, but it will not go sour like raw milk.

**Soursops**

- = guavas and peaches
- = melons and peaches

**Soy Sauce** 3 tablespoons Worcestershire sauce 1 tablespoon water

Combine. Yields 1/4 cup.

Note: Light and dark soy sauce can be substituted for each other

**Indonesian-style Soy Sauce** 1/2 cup soy sauce 1/4 cup dark brown sugar 3 tablespoons dark coin syrup 1 tablespoon molasses Combine. Makes 3/4 cup.

**Spaghetti**

1 lb. = 6 1/2 cups cooked

**Spaghetti**

*See Pasta*

**Spinach**

1 lb. fresh = 2 cups cooked

**Spinach**

*See Greens*

**Split Peas**

= mung beans, in salads

= lentils, in soups or stews

**Sprouts**

*The following sprouts are interchangeable:*

= alfalfa

= bean

= buckwheat

= sunflower

Note: Radish sprouts are spicy.

**Squab**

= Cornish game hen

= chicken halves

= grouse

= pigeon

= quail

**Squash**

*See Summer Squash, Winter Squash, and individual varieties*

**Star Anise or Anise Seed**

= fennel seed

**Starfruit or Carambola**

= watermelon with lemon juice

**Stock, Chicken, Beef, Veal, Fish**

= bouillon

= consomme Note: Stock in a sauce may be replaced by wine for up to 1/3 of stock required.

**Sugar**

Granulated white, 1 lb. = 2 cups

Powdered or confectioners, 1 lb. = 3 1/2 to 4 cups

Firmly packed brown, 1 lb. = 2 1/4 cups

**Sugar, Brown, in baking, 1/2 cup**

= 1/2 cup white sugar plus 2 tablespoons molasses.

Note: To replace a combination of brown sugar and milk, use honey or molasses with powdered milk.

**Sugar, Granulated White, in baking, 1 cup**

= 1 cup superfine sugar

= 1 cup turbinado sugar

= 1 cup firmly packed brown sugar

= 2 cups powdered sugar, sifted

= 3/4 cup honey or 1 1/4 cups molasses and reduce other liquid in recipe by 1/4 cup; or add 1/4 cup flour if no other liquid is called for

= 1 cup corn syrup, but never replace more than half the amount of sugar this way; always reduce the other liquid in the recipe by 1/4 cup for each 2 cups sugar substituted this way Notes:

Sugar generally may be reduced by a quarter of the amount.

Sugar can be reduced by 1/2 cup if liquid is reduced by 1/4 cup.

A few tablespoons of granulated sugar may be replaced by maple sugar.

Sugar substitutions tend to make baked goods heavier.

Write to manufacturers of artificial sweeteners for recipes using those products.

**Sugar, Superfine**

= granulated sugar

Note: Granulated sugar may take longer to dissolve.

**Sugar Snap Peas**

= snow peas

**Sumac**

= lemongrass

= lemon

**Summer Savory**

= thyme (Optional. add sage)

**Summer Squash or Pattypan Squash**

= yellow crookneck squash

= yellow straightneck squash zucchini

**Sunchokes**

*See Jerusalem Artichokes*

**Sunflower Sprouts**

= watercress

*See Sprouts*

**Sweet Potatoes**

= yams

**Swiss Chard**

*See Greens*

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# T

**Tahini**

= ground sesame seeds

**Tamarind**

= dried apricots and dates

= chopped prunes and lemon juice

**Tamarind, pods**

= lemon juice

**Tarragon**

= anise (use less)

= Mexican mint marigold

= chervil (use more)

= parsley (use more)

**Tartar Sauce**

2 tablespoons pickle relish or pickles, chopped

6 tablespoons mayonnaise

1 tablespoon onion, chopped (optional)

1 tablespoon hard-boiled egg, chopped (optional)

a few drops lemon juice (optional)

Combine. Makes 1/2 cup.

**Tea**

1 lb. leaves = 100 servings

**Teriyaki Sauce**

5 tablespoons soy sauce

3 tablespoons seasoned rice vinegar

1 teaspoon ginger, powdered or fresh, minced  
Combine. Yields 1/2 cup.

**Thousand Island Dressing**

1 cup mayonnaise  
1/2 cup chili sauce  
1/4 cup ketchup  
1 tablespoon pickle relish  
Combine ingredients. Makes 1 3/4 cups.

**Thyme**

= marjoram  
= oregano  
= savory  
= bay leaf

**Tomatillos**

= fresh green tomatoes plus lemon juice  
= pickled green tomatoes

**Tomatoes**

1 lb. = 2 to 3 medium  
1 lb. = 1 8-ounce can  
1 lb. = 1 cup chopped

**Tomatoes, canned, 1 cup**

= 1 1/3 cups chopped fresh tomatoes, simmered

**Tomatoes, cooked, seasoned, 1 lb.**

= 8 ounces tomato sauce, for cooking

**Tomato Juice, 1 cup**

= 2 or 3 fresh, ripe tomatoes, peeled, seeded, and blended in blender or food processor (add salt and lemon juice to taste)  
= 1/2 cup tomato sauce plus 1/2 cup water

**Tomato Paste, 1 tablespoon**

= 1 tablespoon ketchup  
= 1/2 cup tomato sauce (and reduce some other liquid from recipe)

**Tomato Puree, 1 cup**

= 1 cup tomato sauce  
= 1/2 cup tomato paste plus 1/2 cup water

**Tomato Sauce, 2 cups**

- = 3/4 cup tomato paste plus 1 cup water
- = 2 cups tomato puree

**Tortillas**

- = pity bread, split

**Triticale, flaked**

- = rolled oats

**Triticale Berries**

- = wheat berries

**Truffles, fresh**

- = canned truffles or canned truffle peels; add canning liquid

Note: The above substitution is nowhere near the fresh. Truffles are in season in the fall.

**Turmeric**

- = mustard powder (Optional. add saffron)

**Tuna, canned**

- = albacore
- = cooked, boned chicken

**Turnips, for cooking**

- = kohlrabi = rutabaga

**Turnips, raw**

- = jicama
- = radish

**Turnip Greens**

*See Greens*

**Twentieth Century Pears**

*See Asian Pears*

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# U

**Ugh or Ugli Fruit**

- = grapefruit plus sugar

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# V

## **Vanilla Extract, in baking**

- = almond extract
- = peppermint or other extracts, which will alter the flavor of the products

## **Veal, scallops**

- = boned, skinned chicken breasts
- = turkey breast slices

## **Verbena**

- = lemon peel
- = lemongrass

## **Vermicelli**

*See Pasta*

## **Vidalia Onions**

*See Onions, Sweet*

## **Vienna sausages**

- = frankfurters

## **Vinegar**

- = lemon juice, in cooking and salads
- = grapefruit juice, in salads
- = wine, in marinades

## **Vinegar, Apple Cider**

- = champagne vinegar
- = malt vinegar

## **Vinegar, Balsamic**

- = sherry vinegar

## **Vinegar, Champagne**

- = apple cider vinegar

## **Vinegar, Malt**

- = apple cider vinegar

**Vinegar, Red Wine**

= white wine vinegar

**Vinegar, Sherry**

= balsamic vinegar

**Vinegar, White Wine**

= red wine vinegar

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# W

**Walla Walla Onions**

*See Onions, Sweet*

**Wasabi**

= hot mustard powder mixed with a little water

**Water Chestnuts**

= jicama, raw

**Watercress**

= sunflower sprouts

*See Lettuce*

**Wax Beans**

= green beans

**Whiskey**

= bourbon

**White Beans**

= pea beans

= navy beans

**White Peppercorns**

= black peppercorns

Note: Peppercorns vary in strength.

**Wine, for marinades, 1/2 cup**

= 1/4 cup vinegar plus 1 tablespoon sugar plus 1/2 cup water



**Winter Squash**

- = acorn squash
- = butternut squash
- = dumpling squash
- = gold nugget squash
- = kabocha squash
- = pumpkin
- = table queen squash
- = turban squash

**Worcestershire Sauce**

- 1 teaspoon soy sauce
- 2 drops hot pepper sauce
- 1 dash lemon juice
- 1 pinch sugar or 1 dash molasses
- Combine. Makes 1 1/2 teaspoons.

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# Y

**Yams**

- = sweet potatoes

**Yeast, Compressed, 1 cake**

- = 2 envelopes dry yeast
- = 2 tablespoons powdered yeast

**Yeast, Dry, 1 envelope**

- = 1 tablespoon powdered yeast
- = 1/2 cake compressed yeast, crumbled

**Yellow Finn Potatoes**

- = 2 parts white potatoes plus 1 part yams or sweet potatoes

**Yellow or Gold Peppers**

- = red peppers
- = green peppers

**Yellow Squash, Crookneck or Straightneck**

- = pattypan squash
- = zucchini

### **Yogurt, Plain**

- = sour cream
- = creme fraiche
- = buttermilk
- = heavy cream
- = mayonnaise (in small amounts, especially in salads or dips)

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## **Z**

### **Zucchini**

- = pattypan squash
- = yellow crookneck squash
- = yellow straightneck squash

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## **Too Much**

Sometimes, instead of not having a particular ingredient at all, you have the opposite problem: You end up with too much of something. The following is designed to remedy common kitchen disasters of this type.

### **Alcohol**

If too much in punch or other mixed alcoholic drinks, float thin dices of cucumber to absorb the taste of alcohol.

### **Fat, in stew, soup, or gravy**

drop in ice cubes; the grease will stick to them. Remove quickly.

*or*

Wrap ice cubes in paper towels and draw over the surface. The fat will begin to solidify and stick to the paper towel. Repeat until rough fat is removed.

*or*

Place paper towel lightly on surface and allow to absorb fat, then remove. Repeat as necessary.

*or*

Use a flat lettuce leaf the same way.

*or*

Refrigerate dish. When cool, skim solidified fat from the top stirLit c. Continue with recipe.

### **Garlic**

Simmer a sprig or small bunch of parsley in stew or soup for ten minutes.

To remove onion and garlic flavors from hands, pots and pans, chopping boards, etc., rub with salt, lemon juice, or vinegar.

### **Ketchup, in a sauce**

Add lemon juice to mask some of the ketchupy taste. You may add a bit of sugar to cut the lemon's acidity.

### **Salt**

Add a peeled, thinly sliced potato to the salty dish and boil until the potato is transparent. Remove the potato slices. or if fish is too salty, add vinegar to the cooking liquid. or For a tomato dish, add more peeled tomatoes to absorb the salt. Leave in dish if appropriate. or For items like soup, stew, or tomato sauce, add pinches of brown sugar to taste.

### **Tomato**

Add lemon juice to mask some of the tomato taste. Add a bit of sugar to cut the lemon's acidity.

### **Too Spicy**

In the pot, add salt.

On the tongue, lips, or mouth, a little sugar, buttermilk, milk, bread, or crackers will help neutralize the spiciness.

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## **Measurement Equivalents**

Here is a list of commonly used measuring equivalents for the kitchen, including:

Baking Pans  
Food Measuring Equivalents  
Metric Equivalents  
Temperatures

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## **Baking Pan Sizes**

Note: Adjust baking times when changing pan sizes.

### **Cake Pans, Rectangular**

8" x 8" x 2"  
= 6 cups  
= 20 cm x 20 cm x 5cm  
9" x 9" x 1 1/2"  
= 6 cups  
= 23 cm x 23 cm x 4 cm  
9" x 9" x 2"  
= 7 cups  
= 23 cm x 23 cm x 5 cm  
13" x 9" x 2"  
= 10 cups  
= 33 cm x 23 cm x 5 cm

### **Cake Pans, Round**

8" x 1 1/2"  
= 4 cups  
= 20 cm x 4 cm  
9" x 1 1/2"  
= 6 cups  
= 23 cm x 4 cm

### **Loaf Pans**

8 1/2" X 4 1/2" X 2 1/2"  
= 6 cups  
= 22 cm x 11 cm x 6 cm  
9" x 5" x 3"  
= 8 cups  
= 23 cm x 13 cm x 8 cm

### **Pie Pans**

8" x 1 1/4"

= 3 cups, level

= 4 1/2 cups, mounded

= 20 cm x 3 cm

9" x 1 1/2"

= 4 cups, level

= 5 to 6 cups, mounded

= 23 cm x 4 cm

### **Springform Pans**

8" x 3"

= 10 cups

= 20 cm x 8 cm

9" x 3"

= 11 cups

= 23 cm x 9 cm

10" x 3 3/4"

= 12 cups

= 25 cm x 10 cm

### **Tube Pans or Ring molds**

8 1/2" x 2 1/4"

= 4 1/2 cups

= 22 cm x 6 cm

7 1/2" x 3"

= 6 cups

= 19 cm x 8 cm

9 1/4" x 2 3/4"

= 8 cups

= 23 cm x 7 cm

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## **Food. Measuring Equivalent**

### **Dry Measures**

1 pinch = 1/8 teaspoon, approximately

1/2 tablespoon = 1 1/2 teaspoons

3 teaspoons = 1 tablespoon

1/4 cup = 4 tablespoons

1/3 cup = 5 tablespoons + 1 teaspoon

3/8 cup = 6 tablespoons

1/2 cup = 8 tablespoons

2/3 cup = 10 tablespoons + 2 teaspoons

3/4 cup = 12 tablespoons

1 cup = 16 tablespoons  
 4 cups = 1 quart  
 8 quarts = 1 peck\*  
 4 pecks = 1 bushel\*  
 \* for large fruits and vegetables, not berries

### Liquid Measures

1 dash = a few drops, approximately  
 1 tablespoon = 3 teaspoons  
 1 tablespoon = 1/2 fluid ounce  
 1 fluid ounce = 2 tablespoons  
 1 jigger = 3 tablespoons or 1 1/2 fluid ounces  
 1/4 cup = 4 tablespoons or 2 fluid ounces  
 1/2 cup = 8 tablespoons or 4 fluid ounces  
 1 cup = 16 tablespoons or 8 fluid ounces  
 1 pint = 2 cups or 16 fluid ounces  
 1 quart = 2 pints or 32 fluid ounces  
 1 gallon = 4 quarts or 64 fluid ounces

Fluid Ounces	Milliliters
1	30
2	60
4	120
6	180
8 (1 cup)	235
16 (1 pint)	475
32 (1 quart)	945

Note: 1 quart = .946 liter  
 1 liter = 1.057 quarts

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### Metric Equivalents

Ounces	Grams
1	28
2	57
3	85
4	113
5	142

6	170
7	198
8	227
9	255
10	284
11	312
12	340
13	368
14	397
15	425
16	454

<b>Grams</b>	<b>Ounces</b>
1	.035
50	1.75
100	3.5
250	8.75
500	17.5
750	26.25
1000	35 (2.21 lbs)

<b>Pounds</b>	<b>Kilograms</b>
1	.45
2	.91
3	1.4
4	1.8
5	2.3
6	2.7
7	3.2
8	3.5
9	4.1
10	4.5

<b>Kilograms</b>	<b>Pounds</b>
1	2.2
2	4.4
3	6.6

4	8.8
5	11

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## Temperature Equivalents

	Degrees Fahrenheit	Degrees Celsius (Centigrade)
Room Temperature	70	21
Lukewarm	90	32
Water's Boiling Point	212	100
Low or Cool Oven	250	120
Slow Oven	300	150
Moderately Slow Oven	325	165
Moderate Oven	350	180
Moderately Hot Oven	375	190
Hot Oven	400	205
Very Hot Oven	450--500	230-260
Broil	550	290

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## Household Formulas

You probably know what it feels like to be standing in the supermarket, not wanting to spend a small fortune on the fastest specialty cleanser just to see if maybe it works.

Remember how your grandmother used to give you helpful cleaning hints? Only now you can't recall any of them.

Look down this list, and chances are you'll find a tried-and-true recipe for just what you need. Many of these substitutions for cleansers are non-toxic alternatives--and thus kinder to both people and the environment.

### Air Freshener

Pour vinegar into an uncovered dish.

### All Purpose Cleanser

1/2 cup Borax



1 gallon warm water  
*or*

1/2 cup ammonia  
1/4 cup vinegar  
2 tablespoons baking soda  
1 gallon warm water  
Note: Good for floors.  
*or*

1/2 cup ammonia  
1/2 cup washing soda  
1 gallon warm water

### **Bathroom Cleanser**

Dip damp sponge in baking soda.

### **Black Lacquer Cleanser**

Dip a cloth in a strong tea solution and rub well.

### **Brass Cleanser**

Rub hard with lemon juice and salt. Or spread with ketchup, let stand 10 minutes, and then rub hard.

### **Breadbox Cleanser**

2 tablespoons vinegar in 1 quart water. Note: Deters mold, too.

### **Carpet Deodorizer**

1 cup baking soda or 1 cup cornstarch  
Sprinkle on carpet. Wait 30 minutes and vacuum.

### **Copper Cleanser**

Spread with a paste of lemon juice, salt, and flour, or spread with ketchup. Let stand 10 minutes and rub hard.

### **Crystal Cleanser**

Use a mixture of half rubbing alcohol, half water. Do not rinse.

### **Disinfectant**

Use 1/2 cup Borax in 1 gallon hot water.

### **Drain Freshener**

Pour 1/2 cup baking soda down the drain. After 2 minutes pour in 1/2 cup vinegar followed by 2 quarts of boiling water.

### **Drain Opener**

Dump 1 cup baking soda down drain, followed by 1 cup vinegar. Cover drain. When fizzing stops, pour boiling water down drain.

### **Electric Iron Stain Remover**

Use equal parts vinegar and salt.

### **Floor Cleaner**

1/2 cup vinegar  
1/2 gallon warm water

### **Floor Shiner**

1/2 cup cornstarch 1 gallon lukewarm water

### **Furniture Polish**

1/3 cup boiled linseed oil  
1/3 cup turpentine  
1/3 cup vinegar  
*or*

2/3 cup olive or vegetable oil  
1/3 cup lemon juice

### **Hard Water Deposit Remover**

Soak item in white vinegar or a half-and-half solution of white vinegar and water.

### **Mildew Remover**

1/2 cup vinegar 1/2 cup Borax Warm water

### **Non-Stick Pan Cleanser**

Use baking soda on a non-abrasive scouring pad.

### **Oven Cleaner, for non-self-cleaning ovens**

Pour 1/2 cup ammonia into a bowl. Set in cold oven overnight. Next morning, mix the ammonia with 1 quart warm water and wipe off inside of oven.

*or*

Mix equal parts baking soda and salt. Scrub with a damp sponge.

### **Pot and Pan Cleanser**

Soak in white vinegar for 30 minutes.

### **Refrigerator Cleanser**

1 tablespoon Borax 1 quart water

*or*

1 teaspoon baking soda 1 quart water

### **Scouring Powder**

Use baking soda.

### **Silver Cleanser**

Make paste of baking soda and water. Apply with damp sponge or cloth and continue rubbing until clean.

*or*

Use toothpaste and a soft-bristled toothbrush.

### **Spot and Blood Remover**

1/2 cup Borax  
2 cups cold water

### **Stainless Steel Cleanser**

Use ammonia and hot water, mixed with a mild, nonchlorinated cleanser.

*or*

To remove spots, rub with a cloth dampened with white vinegar.

**Toilet Bowl Cleanser**

4 tablespoons baking soda  
1 cup vinegar

**Tub and Tile Cleanser**

Rub with half a lemon dipped in Borax.

**Window Cleanser**

Mix 1/2 cup white or cider vinegar in 1/2 gallon water. Spray on windows and wipe with crumpled newspaper.

*or*

Use 1/2 cup cornstarch in 2 quarts warm water.

*or*

Use 1 tablespoon ammonia in 2 cups water. Wear protective gloves while you clean.

**Woodwork Cleanser**

1 teaspoon white vinegar  
1 quart water

**Woodwork (Varnished), Furniture, or Glass Cleanser**

Tea, steeped 30 to 40 minutes

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## About the Authors

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