



SUBSTITUTIONS CHART

baking powder	1 tsp	¼ tsp baking soda plus ½ tsp cream of tartar
buttermilk	1 cup	1 Tbsp lemon juice or vinegar plus enough milk to make 1 cup OR 1 cup yogurt
corn syrup (light)	1 cup	1 ¼ cups white sugar plus ½ cup water OR 1 cup honey
corn syrup (dark)	1 cup	¾ cup light corn syrup plus ¼ cup molasses
half-and-half	1 cup	1 cup milk plus 1 Tbsp butter
cream (heavy)	1 cup	¾ cup milk plus ¼ cup butter
cake flour	1 cup	1 cup all-purpose flour minus 2 Tbsp
fresh herbs	1 Tbsp	1 tsp dried herbs
ketchup	1 cup	1 cup tomato sauce plus 1 tsp vinegar plus 1 Tbsp sugar
mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
molasses	1 cup	¾ cup brown sugar plus 1 tsp cream of tartar
white sugar	1 cup	1 ¼ cup powdered sugar OR ¾ cup honey OR ¾ cup light corn syrup
shortening	1 cup	1 cup unsalted butter OR 1 cup margarine minus 1 tsp salt (from recipe)
sour cream	1 cup	1 cup plain yogurt OR ¾ cup buttermilk mixed with ¼ cup butter
vinegar	1 tsp	1 tsp lemon or lime juice OR 2 tsp white wine
shallots	½ cup	½ cup red onion OR ½ cup green onion

