

# Simple Substitutes

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Here's a list of substitutes you can use when you find you don't have all the ingredients you need for a recipe.

*Print and tape inside a kitchen cupboard door for handy reference!*

<b>Ingredient:</b>	<b>Substitute</b>
<b>Allspice</b>	Cinnamon plus a dash of nutmeg or cloves
<b>Baking Powder</b> - 1 teaspoon	1/2 teaspoon cream of tartar plus 1/2 teaspoon bicarbonate soda
<b>Basil</b>	Oregano or thyme
<b>Bread Crumbs</b> , fine dry - 1/4 cup	3/4 cup soft bread crumbs or 1/4 cup cracker crumbs or 1/4 cup cornflake crumbs
<b>Butter or Margarine</b> , in baking or cooking - 1 cup	1 cup lard or shortening or 7/8 cup vegetable oil
<b>Buttermilk</b> - 1 cup	1 tablespoon lemon juice or vinegar plus enough whole milk to make one cup (let stand 5 minutes before using), or 1 cup whole milk plus 1-3/4 teaspoons cream of tartar, or 1 cup yoghurt
<b>Cardamom</b>	Ginger
<b>Chocolate, Semi-Sweet</b> - 30g	30g unsweetened chocolate plus 4 teaspoons sugar
<b>Chocolate, Unsweetened</b> - 30g	3 tablespoons unsweetened cocoa powder plus 1 tablespoon shortening or cooking oil
<b>Corn Syrup</b> - 1 cup	1 cup sugar plus 1/4 cup water
<b>Cornflour</b> , for thickening - 1 tablespoon	2 tablespoons all-purpose flour
<b>Cream, Light</b> - 1 cup	1 tablespoon melted butter plus enough whole milk to make one cup
<b>Cumin</b>	Chilli powder
<b>Egg</b> - 1 whole	2 egg yolks plus 1 tablespoon water
<b>Egg, in baking</b> - 1	1 teaspoon cornflour plus 1/4 cup water
<b>Flour, Bread</b> - 1 cup	1 cup of unbleached plain flour plus 1 tablespoon (or 2 tablespoons for higher gluten) gluten
<b>Flour, Cake</b> - 1 cup	1 cup of plain flour plus 2 tablespoons cornflour
<b>Flour</b> , for thickening - 1 tablespoon	1-1/2 teaspoons cornflour, arrowroot, potato flour or rice flour or 2 teaspoons tapioca
<b>Flour, Pastry</b> - 1 cup	Use 2/3 cups all-purpose flour plus 1/3 cup cake flour

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<b>Flour, Self-Raising</b> - 1 cup	1 cup plain flour plus 1 teaspoon baking powder, 1/2 teaspoon salt, and 1/4 teaspoon bicarbonate soda
<b>Garlic</b> -1 clove	1/8 teaspoon garlic powder
<b>Ginger</b>	Allspice, cinnamon, mace, or nutmeg
<b>Herb, Fresh</b> - 1 Tablespoon any	1/3 to 1/2 teaspoon of the same dried herb
<b>Honey</b> -1 cup	1 cup sugar plus 1/4 cup water
<b>Italian Seasoning</b>	Combination of basil, oregano, rosemary and ground red pepper
<b>Mace</b>	Allspice, cinnamon, ginger, or nutmeg
<b>Milk</b> , - 1 cup	1/2 cup evaporated milk plus 1/2 cup water or 1 cup water plus 1/3 cup nonfat dry milk powder
<b>Molasses</b> - 1 cup	1 cup honey
<b>Mustard, Dry</b> (in mixtures) -1 teaspoon	1 tablespoon prepared mustard
<b>Oil</b> , in baking - 1 cup	1 cup unsweetened applesauce
<b>Onion</b> , 1 small diced	1 teaspoon onion powder or 1 tablespoon dried minced onion
<b>Poultry Seasoning</b> -1 teaspoon	3/4 teaspoon sage plus a 1/4 teaspoon combination of thyme, marjoram, savory, black pepper, and rosemary
<b>Salt</b> , Kosher	A coarse, non-iodized (make sure there are no additives) Table Salt
<b>Sour Cream</b> , in baking - 1 cup	7/8 cup buttermilk or sour milk plus 3 tablespoons butter
<b>Sour Cream</b> , in salad dressings or casseroles - 1 cup	1 cup plain yoghurt or 3/4 cup sour milk plus 1/3 cup butter
<b>Sugar</b> , Brown, dark - 1 cup	1 cup white sugar plus 2 tablespoon molasses
<b>Sugar</b> , Brown, light - 1 cup	1 cup white sugar plus 1 tablespoon molasses
<b>Sugar</b> , Icing -1 3/4 cup	1 cup white sugar + 1 tablespoon cornflour in blender until powdery, stirring often
<b>Sugar</b> , Castor	Process regular sugar in a food processor or blender for about a minute
<b>Sugar</b> , White - 1 cup	1 cup packed brown sugar, 2 cups icing sugar or equal amount of raw sugar
<b>Tapioca</b> , for thickening - 2 tablespoons	3 tablespoons plain flour
<b>Tomato Juice</b> - 1 cup	1/2 cup tomato sauce plus 1/2 cup water
<b>Tomato Sauce</b> - 2 cups	3/4 cup tomato paste plus 1 cup water