EMEGENCY FOOD SUBSTITUTIONS

BAKING/DAIRY

Baking Powder, 1 tsp.
1/2 tsp. cream of tartar & 1/4 tsp. baking soda

Butter, 1 Cup
1 C. shortening & 1/4 tsp. salt

Buttermilk, 1 Cup
1 T. lemon juice or vinegar & enough milk to equal 1 C. (let stand for 5 minutes) or 1 C. yogurt

Chocolate Unsweetened, 1 once
3 T. unsweetened baking powder & 1 T. melted shortening /oil

Light Corn Syrup, 1 cup
1 C. granulated sugar & 1/4 C. water

Egg, 1 Whole
2 egg whites, 2 egg yolks, or 1/4 C. apple sauce or mashed banana (in baking)

Cake Flour, 1 Cup
1 C. (minus 2 T.) all-purpose flour

Self-Rising Flour, 1 Cup
1 C. all-purpose flour & 1 tsp. baking powder, 1/2 tsp. salt, & 1/4 tsp. baking soda

Half-and-Half, 1 cup
1 T. melted butter & enough whole milk to equal 1 C.

Molasses, 1 Cup
1 C. honey or 3/4 C. granulated sugar, plus 1/4 C. water.

Granulated Sugar, 1 Cup
1 C. packed brown sugar or 2 C. sifted powdered sugar

EMEGENCY FOOD SUBSTITUTIONS

BAKING/DAIRY CONTINUED

Brown Sugar, 1 Cup
1 C. granulated sugar & 2 T. molasses

Vanilla Bean, 1 whole
2 tsp. vanilla extract

Yeast, Active Dry, 1 Package
2-1/4 tsp. active dry yeast

MISCILLANIOUS

Balsamic Vinegar, 1 T.
1 T. cider or red wine vinegar & 1/2 tsp. sugar

Bread Crumbs 1/2 Cup
1/2 C. cracker or corn flakes crumbs

Broth, 1 Cup
1 C. hot water & 1 tsp. or cube instant bullion

Corn Starch 1 T. (for thickening)
2 T. flour

Garlic, 1 Cove
1/8 tsp. garlic powder

Grated Fresh Ginger, 1 tsp.
1/4 tsp. ground ginger

Mustard Dry, 1 tsp.
1 T. prepared mustard

Mustard, Yellow, 1 T.
1/2 tsp. dry mustard & 2 tsp. vinegar

Sour Cream, 1 Cup
1 C. yogurt

EMEGENCY FOOD SUBSTITUTIONS

MISCILLANIOUS CONTINUED

Tomato Juice, 1 Cup
1/2 C. tomato sauce & 1/2 C. water

Red Wine, 1 Cup
1 C. broth in savory recipes, 1 C. apple juice in desserts

SEASONINGS

Apple Pie Spice, 1 tsp.
1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/8 tsp. allspice, and a pinch of cloves or ginger

Cajun Seasoning, 1 T.
1/2 tsp. black pepper, 1/2 tsp. white pepper, 1/2 tsp. garlic powder, 1/2 tsp. onion powder, 1/2 tsp. cayenne pepper & 1/2 tsp. sweet paprika.

Chinese Five Spice, 1 tsp.
1/4 tsp each: crushed anise seeds, ground cinnamon, ground cloves and ground ginger

Herbs, Fresh 1 T.
1 tsp. dried/crushed herbs

Poultry Seasoning, 1 tsp.
3/4 tsp. sage & 1/4 tsp. thyme or marjoram, crushed

Pumpkin Pie Spice, 1 tsp.
1/2 tsp. cinnamon, 1/4 tsp. ginger, 1/4 tsp. allspice & 1/8 tsp. nutmeg