

kitchen tips: helpful substitutions

- 1 cup of self rising flour=1 1/2 tsp baking powder, 1/2 tsp salt, and 1 cup all purpose flour
- 1/4 cup dry bread crumbs=1 slice of bread
- 1 cup heavy cream=3/4 cup milk and 1/3 cup melted butter
- 1 cup whipping cream=2/3 cup chilled evaporated milk, whipped
- 1 cup whole milk=1/2 cup evaporated milk and 1/2 cup water
- 1 cup broth: beef or chicken=1 bullion cube and 1 cup boiling water
There are about 2 cups of broth in a can of broth!
- 1 cup buttermilk=1 cup yogurt OR 1 TBS lemon juice or vinegar and enough regular milk to make 1 cup, let stand for 5 minutes
- 1 cup mayonnaise= 1 cup sour cream OR 1 cup plain yogurt
- 1 TBS orange juice=1 TBS any other citrus juice
- 1 cup ricotta=1 cup dry cottage cheese
- 1 tsp vinegar=1 tsp lemon OR lime juice
- 1 cup butter=1 cup regular margarine OR an equal amount of oil if the recipe calls for melted butter
- 1 cup molasses=1 cup honey OR 1 cup corn syrup OR 1 cup maple syrup
- 1 TBS cornstarch=2 TBS flour
- 1 whole egg=1/4 cup egg substitute OR 1/2 tsp baking powder, 1 TBS vinegar, and 1 TBS of a liquid, for BAKING ONLY
- 1 10 3/4 oz can tomato soup=1 cup tomato sauce and 1/4 cup water
- Lining with parchment paper=coating the pan with oil/butter
- 1 clove of garlic=1 tsp bottled minced garlic