Subsitutes For Baking Ingredients

Ingredient	Amount	Substitute
Baking Mix	2 cups	Mix 1 3/4 cups all-purpose flour, 2 1/2 tsp baking powder, 3/4 tsp salt and 1/3 cup shortening
Baking Powder	1 tsp	1/4 tsp baking soda plus 1/2 tsp cream of tartar OR
		1/4 tsp baking soda plus 1/2 cup sour milk, buttermilk, or plain yogurt OR
		1/4 tsp baking soda plus 1/2 tsp vinegar or lemon juice used with sweet milk to make 1/2 cup OR
		1/4 teaspoon baking soda plus 1/4 to 1/2 cup molasses (decrease liquid in recipe by 1-2 tbsp)
Biscuit Mix	2 1/4 cups	2 cups flour sifted, 1 tbsp baking powder, 1 tsp salt, 1/4 cup shortening
Cake Flour	1 cup	1 cup all-purpose flow minus 2 tbsp OR
		1 cup all-purpose flour sifted 3 times, then measured to make 1 cup
Carob Powder	1 tbsp	1 tbsp cocoa powder
Chocolate	1 square unsweetened	3 tbsp unsweetened baking cocoa plus 1 tbsp butter, vegetable shortening or margarine OR
		3 tbsp carob powder plus 2 tbsp water
	1 oz semisweet baking or bittersweet	1 oz unsweetened baking chocolate plus 1 tbsp sugar
	1 cup semisweet chips	6 oz semisweet baking chocolate, chopped
Cocoa	1/4 cup or 4 tbsp	1 oz (square) chocolate (decrease fat called for in recipe by 1/2 tbsp)
Coconut	1 tbsp grated, dry	1 1/2 tbsp fresh, grated
Coconut Cream	1 cup	1 cup cream
Coconut Milk	1 cup	1 cup milk
Cornmeal, self-rising	1 cup	1 cup plain cornmeal, 1 tsp baking powder, 1/2 tsp salt

Ingredient	Amount	Substitute
Cornstarch	1 tbsp	2 tbsp all-purpose flour OR
		2 tbsp tapioca OR
		2 1/2 ttsp arrowroot
Corn Syrup	1 cup light	Mix 1 cup granulated sugar with 1/4 cup liquid used in recipe OR
		1 1/4 cups light brown sugar, 1/3 cup liquid OR
		1 cup honey
	1 cup dark	1 cup light corn syrup OR
		3/4 cup light corn syrup plus 1/4 cup molasses OR
		1 cup maple-flavored syrup
Cream of Tartar	1/2 tsp	1 1/2 tsp lemon juice or vinegar
Flour, all-purpose	1 tbsp (for thickening)	1/2 tbsp cornstarch, potato starch, rice starch, or arrowroot starch OR
		1 tbsp granular tapioca OR
		2 tsp quick-cooking tapioca OR
		1/2 tbsp arrowroot OR
		1 egg, 2 egg whites, or 2 egg yolks OR
		1 tbsp corn flour OR
		7/8 cup rice flour OR
		2 tbsp browned flour OR
		1 1/2 tbsp whole wheat flour OR
		1/2 tbsp whole wheat flour plus 1/2 tbsp all-purpose flour
Flour, cake	1 cup sifted	1 cup minus 2 tbsp all-purpose flour, sifted OR
		7/8 cup all-purpose flour, 2 tbsp cornstarch
Flour, corn		All-purpose flour
Flour, gluten	13 tbsp	1 cup all-purpose flour
Flour, masa harina		Cornmeal
Flour, pastry	1 cup	7/8 cup all-purpose flour

Ingredient	Amount	Substitute
Flour, potato	1 tbsp	2 tbsp all-purpose flour OR
		1 tbsp cornstarch
Flour, rice	7/8 cup	1 cup all-purpose flour
Flour, rye	1 1/4 cup	1 cup all-purpose flour
Flour, self-rising	1 cup	1 cup all-purpose flour plus 1 1/2 tsp baking powder and 1/2 tsp salt
Flour, whole wheat, coarse	1 cup	7/8 cup all-purpose flour
Flour, whole wheat, fine		All-purpose flour
Marshmallow	1 regular	10 mini marshmallows
Marshmallow Creme	1 jar	Melt 16 ounces of marshmallows and 3 1/2 tbsp corn syrup in a double boiler
Marshmallows, miniature	1 cup	10 large marshmallows
Marzipan	2 1/2 cups	2 cups almond paste, 1 cup powdered sugar, 2 tbsp corn syrup
Molasses	1 cup	1/2 cup honey (flavor will be milder) OR
		3/4 cup sugar, 1/4 cup water
Onion Soup Mix, dry	2 tbsp	1 tbsp instant minced onion, 1 beef bouillon cube
Sugar, brown	1 cup	1 cup granulated sugar plus 1 tbsp molasses or dark corn syrup
Sugar, brown, dark	1 cup	1 cup granulated sugar plus 2 tbsp molasses or dark corn syrup
Sugar, confectioners' or powdered	1 cup	3/4 cup granulated sugar OR
		1 cup granulated sugar and 1 tsp of cornstarch finely ground in blender.
Sugar, cube	1	1/2 tsp granulated sugar
Sugar, granulated	1 cup	1 cup light brown sugar (packed) OR
		2 cups powdered sugar OR
		3/4 cup honey (reduce liquid in recipe by 1/4 cup) OR
		1 3/4 cups confectioners' sugar (not for baking)
Sugar, superfine		Grind granulated white sugar in a blender or food processor

Ingredient	Amount	Substitute
Sugar, white	1 cup	1 cup Sugar Twin or Sprinkle Sweet
	2 tsp	1 packet Equal
	1 tsp	10 drops of Sweet 10
	1/2 cup	1 tbsp of Sweet 10
Vanilla Bean	2-inch piece	1 tsp pure vanilla extract
Yeast, compressed	1 cake	1 package or 2 tsp active dry yeast
Yeast, regular or quick active dry	1 pkg (1/4 oz)	2 1/4 tsp regular or quick active dry OR
		1 pkg (.6 oz) compressed cake yeast
Salt, seasoned	4 tsp	2 tsp salt, 1/2 tsp sage, 1/2 tsp parsley flakes, 1/2 tsp onion powder, 1/4 tsp marjoram, 1/4 tsp paprika
Salt, table	1 tbsp	1 1/2 tbsp kosher salt
Savory		Thyme, marjoram, or sage
Sesame Seed	1 tbsp	1 tbsp finely chopped blanched almonds
Tarragon		Chervil, dash fennel seed, or dash aniseed
Thyme		Basil, marjoram, oregano, or savory
Tumeric	1 tsp	1 tsp dry mustard