

KITCHEN HELPS



Equivalents

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
5 tablespoons + 1 teaspoon = 1/3 cup
8 tablespoons = 1/2 cup
1 cup = 1/2 pint
2 cups = 1 pint
4 cups (2 pints) = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound
Dash or pinch = less than 1/8 teaspoon

Abbreviations

tsp = teaspoon
Tbsp = tablespoon
c = cup
oz = ounce
pt = pint
qt = quart
gal = gallon
lb or # = pound

Emergency Substitutions

Instead of	Amount	Use
Arborio rice	1 cup uncooked	1 cup uncooked short-grain white rice, regular long-grain rice or brown rice
Baking powder	1 tsp	1/4 tsp baking soda plus 1/2 tsp cream of tartar
Balsamic vinegar	1 Tbsp	1 Tbsp sherry or cider vinegar
Beer	1 cup	1 cup nonalcoholic beer, apple cider or beef broth
Bread crumbs, dry	1/4 cup	1/4 cup finely crushed cracker crumbs, corn flakes or quick-cooking or old-fashioned oats
Broth, chicken, beef or vegetable	1 cup	1 tsp chicken, beef or vegetable bouillon granules (or 1 cube) dissolved in 1 cup boiling water
Brown sugar, packed	1 cup	1 cup granulated sugar mixed with 2 Tbsp molasses or dark corn syrup
Buttermilk or sour milk	1 cup	1 Tbsp lemon juice or white vinegar plus enough milk to make 1 cup; let stand a few minutes. Or 1 cup plain yogurt.

Instead of	Amount	Use
Chocolate Semisweet baking Semisweet chips Unsweetened baking	1 oz 1 cup 1 oz	1 oz unsweetened baking chocolate plus 1 Tbsp sugar 6 oz semisweet baking chocolate, chopped 3 Tbsp baking cocoa plus 1 Tbsp vegetable oil or melted shortening or margarine
Cornstarch	1 Tbsp	2 Tbsp all-purpose flour or 4 tsp quick-cooking tapioca
Corn syrup Light Dark	1 cup 1 cup	1 cup granulated sugar plus 1/4 cup water 1 cup light corn syrup; 3/4 cup light corn syrup plus 1/4 cup molasses; 1 cup maple-flavored syrup
Eggs	1 large	2 egg whites; 1/4 cup fat-free cholesterol-free egg product; 2 egg yolks (for custard or puddings); or 2 egg yolks plus 1 Tbsp water (for cookies or bars)
Flour All-purpose Cake Self-rising	1 cup 1 cup 1 cup	1 cup plus 2 Tbsp cake flour 1 cup minus 2 Tbsp all-purpose flour 1 cup all-purpose flour plus 1 1/2 tsp baking powder and 1/2 tsp salt
Garlic, finely chopped	1 medium clove	1/8 tsp garlic powder or 1/4 tsp instant minced garlic
Gingerroot, grated or finely chopped	1 tsp	3/4 tsp ground ginger
Herbs, chopped fresh	1 Tbsp	3/4 to 1 tsp dried herbs
Lemon juice, fresh	1 Tbsp	1 Tbsp bottled lemon juice or white vinegar
Lemon peel, grated	1 tsp	1 tsp dried lemon peel
Milk, regular or low-fat	1 cup	1/2 cup evaporated milk plus 1/2 cup water; or nonfat dry milk prepared as directed on package
Mushrooms, fresh	1 cup cooked sliced	1 can (4 oz) mushroom pieces and stems, drained



Instead of	Amount	Use
Mustard, yellow	1 Tbsp	1 tsp ground mustard
Poultry seasoning	1 tsp	1/4 tsp ground thyme plus 3/4 tsp ground sage
Pumpkin or apple pie spice	1 tsp	Mix 1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice and 1/8 tsp ground nutmeg.
Sour cream	1 cup	1 cup plain yogurt
Tomato juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato paste	1/2 cup	1 cup tomato sauce cooked uncovered to reduce to 1/2 cup
Tomato sauce	2 cups	3/4 cup tomato paste plus 1 cup water
Tomatoes, canned	1 cup	About 1 1/3 cups cut-up fresh tomatoes, simmered 10 min
Wine, Red White	1 cup 1 cup	1 cup nonalcoholic wine, apple cider, beef broth, tomato juice or water 1 cup nonalcoholic wine, white grape juice, apple juice, chicken broth or water
Yeast, regular or quick active dry	1 pkg (1/4 oz)	2 1/4 tsp regular or quick active dry or 1 package (0.6 oz) compressed cake yeast
Yogurt, plain	1 cup	1 cup sour cream

